MAY 2017

The Finish Line

- **The Mission of Zoomers is to promote health and inspire fellowship by providing quality events for our community.**
- **Visit Zoomers online at zoomersrun.com for upcoming race information, past newsletters and other useful information**

Great turn out for Zoomer's movie night.

BOSTON: An American Running Story and we had a few of our own Boston runners

Southwest Florida Running and Triathlon Club
Zoomersrun.com

Is there someone you would like to see in the Spotlight?

Email suggestions to ZoomersNewsEditor@gmail.com

Southwest Florida Running and Triathlon Club
Zoomersrun.com

ZOOMERS SOUTHWEST FLORIDA RUNNING & TRIATHLON CLUB

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Dug and Marti Stetter—Zoomersyouth@gmail.com

MEMBERSHIP & MARKETING DIRECTOR
Lori Vasquez
zoomersmembership@gmail.com

COACHING & TRAINING

If you are interested in improving your running and would like to get a coach, there are several RRCA Certified Coaches in the local area. Our listing below does not indicate endorsement by the Zoomers Running

Looking for a coach? Below are Zoomers members who are coaches

Ms. Michele Galluppi
Port Charlotte, FL,
RRCA Running Coach
happy66rose@gmail.com

Heather Butcher
Multi Sport Coaching
941-416-4492
hbtrisport@aol.com

Dee Stout
RRCA Running Coach
dee.stout4@comcast.net
941-276-5671

US Masters Swimming Level II Coaches

Danielle Chance, danielle.chance@yahoo.com

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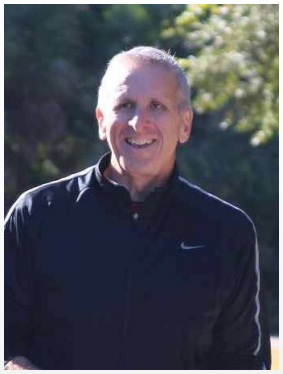
Kerry Nelson, Kerry_lynn_nelson@hotmail.com



President's Message
by Ed Gillen

As I write this, I am hoping for a beautiful morning and a nice turn out at the Zoomers 21st anniversary event at Babcock/Webb on April 30th. The word 'hope' means wanting something to happen or be true. Our hopes as athletes are unique and meaningful to each and every one of us. We hear our members say "I hope to finish," "I hope to finish under ...", "I hope to stick to my training plan," "I hope to do my first Tri this year," or "After completing the marathon, I hope to be able to get out of bed tomorrow!"

As you can read, hopes are uniquely your own. Our club's hope is that we continue moving forward in its mission. For 21 years, volunteers have stepped forward to organize events and keep our club "running" and moving forward. Over the past year we've reminded ourselves that our mission includes multi-sport athletes. We'd also like to think that the reason why you joined Zoomers and continue to support Zoomers is that at those events where you are competing and hoping, there are fellow members who care about your hopes too. They are there not to judge you but there to encourage you; to help celebrate in your accomplishments and to be there for you when you need a shoulder to cry on.

Thanks for being a Zoomers member and I'll see you at the Finish Line.

Southwest Tools & Fasteners
Air Nailers, Power Tools and Fasteners.
Sales and Repairs
~ ONSITE ~
941-254-3146
Bryan Minos
sales@southwesttoolsandfasteners.com
3941 Tamiami Trail Suite 3157 #316
Punta Gorda, FL 33950

TRICK OR TROT 5K TRAIL RUN

Presented by Zoomers

Saturday, October 21, 2017, 8:00 AM

Ann Dever Park, 6791 San Casa Drive
Englewood, FL 34224

REGISTER ONLINE at RunSignUp.com

Awards for best Overall, Youth, Masters, Grand & Sr. Grand Master, Veteran Masters and top 3 Male / Female in each age group.

To benefit The Zoomers scholarship fund.

Southwest Florida Running and Triathlon Club

Prizes for costume contest!

COMMUNITY SERVICES DEPT.

	Shirt		No-Shirt	
	Adult	Youth	Adult	Youth
Before Oct 13th	$25	$18	$20	$13
Zoomers Members	$20	$13	$15	$8
Day Of Registration (no shirts)	N/A	N/A	$30	$30
Optional Donation To Scholarship Fund	$_____			
Total Enclosed	$_____			

Make Non-Refundable Check Payable to: Zoomers
Mail to: Zoomers PO Box 380276 Murdock, FL 33938

(PLEASE PRINT)

FIRST NAME: _____ **LAST NAME:** _____ **MALE** ☐

ADDRESS: _____ **CITY:** _____ **STATE:** _____ **ZIP:** _____ **FEMALE** ☐

DATE OF BIRTH: _____ **AGE ON RACE DAY:** _____ **EMAIL:** _____

PHONE: _____ **EMERGENCY CONTACT:** _____

GENDER SPECIFIC PERFORMANCE SHIRT GUARANTEED ***IF REGISTRATION RECEIVED BY OCTOBER 13TH***.

T-SHIRT SIZE (CIRCLE ONE): ADULT: [XS] ***WOMEN'S ONLY*** [S] [M] [L] [XL]

Waiver and Release

I know that running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision on a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including but not limited to: fall, contact with other participant, the effects of the weather, traffic and conditions of the course, all such risk being known and appreciated by me. Having read this waiver and knowing these facts and in consideration on your accepting my entry, I for myself and anyone entitled to act on my behalf waive and release Charlotte County BBC, Zoomers and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in this event even though that liability may arise out of negligence or carelessness on part of the person and entities named in this waiver. I certify that I am 18 years of age or older, or that I am the parent/guardian of the entrant and am granting permission for him/her to participate. Race is chip-timed. **NO REFUNDS.**

Signature: _____ Date: _____

(Signature of Parent/Guardian if under 18)

21st Anniversary Run

Thanks to everyone who came out to celebrate Zoomers 21st anniversary! It was a beautiful cloudy morning for a walk, run or bike ride down the 5 mile road adjacent to Webb Lake. Afterwards, participants enjoyed a delicious spread of food and drink, including delicious cupcakes made by Stacey Holmes. We hope you like your shirt and don't forget to support our sponsors listed on the back! Thanks go to Roxanne Gillen for organizing the event and to Lori and Pat Vasquez and Patti Wargo for all of their help in putting this together.

RUNNING WAREHOUSE

Art of Acupuncture
Venice
www.VeniceFLacupuncture.com

ZOOMERS MONTHLY BUSINESS MEETINGS

- Do you want to be involved in what is happening in your club? Please join us on the first Wednesday of each month for the Zoomers Business Meeting. It is currently being held at the Charlotte County Chamber of Commerce at 6:30 pm.
- At these meetings, we discuss what is happening in the club, what past races were like and what races we have coming up. You will learn how it all works behind the scenes and also be able to voice your opinions, concerns or maybe you have an idea for something new?
- Come join us and see what it's like.
- Next Business Meeting is June 7, 2017

May Membership Report

WELCOME TO OUR NEW MEMBERS

Kristen Beernink
Claire, Karen, James and Sammy Chancey
H. Michael Garcia
Don Hampton
Kimberly Lathburg
Claire Pedersen
Jason Patterson
Linda Porterfield
Jim Porterfield
Merly and William Rennie
Ralph Ricker
Mark Rozecki
Courtney and Julia Swickert
Angie and Dennis Townsend

Many of our current member memberships are due to expire in June 2017. PLEASE REMEMBER TO RENEW YOUR MEMBERSHIP ON RUNSIGNUP.COM, it can be done early. If you have questions, contact Zoomersmembership@gmail.com

ZOOMERS MultiSport Series 2017

4/01/17 Escape from Fort Desoto

4/02/17 Storm Challenge

4/02/17 Lake Avalon Reverse Tri/DU

4/09/17 FGCU Eagle Sprint Tri

4/30/17 St. Anthony's Tri Sprint & Int

6/04/17 Naples Fitness Challenge

6/18/17 Heartland Tri Sprint & International

6/25/17 Siesta Key Tri/DU

7/02/17 American Tri/DU

7/8/17 Ft. Desoto Tri. Sprint/International and Duathlon #1

7/15/17 Englewood Triathlon

8/19/17 Ft Desoto Tri. Sprint/International and Duathlon #2

9/2/17 Venice Tri

9/10/17 Captiva Tri

9/23/17 Ft. Desoto lll Sprint/International and Duathlon #3

9/30/17 Siesta Beach Tri – Sprint

10/07/17 Lycra and Lace Women's Tri

12/17/17 Christmas Tri Sprint and Duathlon

If you need anything during the season, the Race Series Committee is here to help you…

Jessica Oldfather Pat Vasquez Dave Pierce Melinda Hooper

Go to www.zoomersrun.com for more info and to Opt In **

**For dues paying active members

RACE & MULTI-SPORT DISCOUNTS FOR

ZOOMERS MEMBERS

As a member of this club, you get discounts for the following races:

RACES

5/13/17 – Englewood YMCA 5k, Englewood, FL $10.00 discount

***5/20/17 – Publix Family Day 5k & 10k, North Port, FL $5.00 discount**

***10/21/17 – Trick or Trot 5k, Englewood, FL $5.00 discount**

MULTI-SPORT RACES

***5/13/17 – Cape Coral Yacht Club Tri, Cape Coral, FL - $10.00 discount**

6/25/17 – Siesta Key Women's Tri/DU, Sarasota, FL - $10.00 discount

***7/8/17 – Englewood Tri, Englewood, FL - $10.00 discount**

***9/2/17 – Venice Tri, Venice, FL - $10.00 discount**

9/23/17 – Swim for The Alligator Lighthouse (swim only), Islamorada, FL – 25% discount

10/7/17 – Lycra & Lace Women's Tri, Tampa FL – 10% discount

***Zoomers* race series**

Race savings pays for an annual Zoomers membership.

Signup through runsignup.com

the YMCA
CHARLOTTE COUNTY FAMILY YMCA
FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY
PORT CHARLOTTE
PUNTA GORDA
NORTH PORT

TRIFITSPORTS PRESENTS
SPRING RUNNING & TRIATHLON CAMP
Starting May 3, 2017

Special Olympics Track Venice
$189 for 12 sessions

This 6-week camp offers 2 workouts a week for both runners/walkers and triathletes. The weekend option is at the track if you just want to do the run workouts and if you are interested in the tri training, we will be at Englewood beach to train all 3 sports. This is a great opportunity to get started in triathlon if you have always wanted to or an opportunity to improve your running skills. Individualized workouts, run analysis, drills, core/strength in a fun group setting. Camp runs May 3rd through June 10th, all levels welcome! $189 for 12 sessions, $349 for couples. Contact Heather for more info at hbtrisports@aol.com or visit our website at trifitsports.com

Special Olympics Track Venice
Englewood Beach

Wed's - Special Olympics track in Venice 5:45pm
Sat's-Special Olympics track 7:30 am with Suzette
OR Englewood beach with me 7:30 am for tri training

Heather Butcher is USA triathlon and USA track and field certified coach with over 20 years of experience. She is one of the top local runners as well as a top masters runner in the state of FL. Heather has been a USAT All-American as well as achieving top 10 performances at the World Championships.

trifitsports.com

North Port Parks & Recreation,
Zoomers and Active Suncoast Foundation present

YOUTH FUN RUN SERIES

Morgan Family Community Center
June 8, 15, 22, & 29
6:30 p.m.

Youth age 19 and under are invited to join this free 4-week running series to promote healthy and active lifestyles. Whether a first timer or a regular runner hoping to reach a personal best, this series is a great way to prep for the Firecracker 5K Run scheduled for July 4, 2017.

Each week kids will run a well-marked, one-mile course. Parents or responsible adult must be on site for the event. Spectators can volunteer along route or cheer the kids. Registration can be done online at Zoomersrun.com or the day of the event at the Morgan Family Community Center starting at 6 p.m. This series is offered free of charge due to a generous donation by Active Suncoast Foundation. Be one of the first 50 kids to pre-register and receive a kid's T-shirt; pre-registration required to be eligible for shirt.

Additional information available at www.zoomersrun.com or
email zoomersyouth@gmail.com.

North Port Parks & Recreation is a Division of the General Services Department
For information on Parks & Recreation events, activities and services, visit www.cityofnorthport.com

Upcoming Races!!!

May

May 6, 2017—McLnwood 5k

May 13, 2017 - Turtle Trot 5k (Lovers Key)

May 13, 2017—Englewood YMCA 5k (Doo Rag)

May 14, 2017—Holly Morgan Memorial 5k

May 20, 2017—Family Fun Day 5k

May 29, 2017—Memorial Day 5k/10k

For more information on local races and links, go to

http://zoomersrun.com/races/

www.zoomersrun.com

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dsorah@darabsorahcpa.com

Real Bikes ENGLEWOOD
RealBikesEnglewood.com

Southwest Florida Running and Triathlon Club
Zoomersrun.com

KIDS RACE SERIES 2016-2017 RACE ROSTER

~~Remember the Fallen 5k- Sept 10, 2016~~

~~Trick or Trot 5k– Oct. 22, 2016~~

~~Charlotte County Sheriff's 5k run 4 the Animals– Oct 29, 2016~~

~~Myakka River~~ Zoomers Kids only 5k- Nov. ~~12, 2016~~

Frosty 5k –Dec. ~~17, 2016~~

Andrew Monroe 5k – January. ~~8, 2017~~

Boca Grande 5k– Feb. ~~26, 2017~~

~~Life~~ in the Sun 5k 10k– March. 11, 2017

~~Harbour Heights 5k – April. 1, 2017~~

~~Pine View Python Run 5k~~ – April. 15, 2017

Doo Rag May. 13, 2017

Publix Family Fun Day 5k May 20, 2017

Firecracker 5k– July 4, 2017

(((((ALL DATES SUBJECT TO CHANGE)))))

****Doo Rag is now called the Englewood YMCA 5K****

For links to race registrations go to:

http://zoomersrun.com/kids-race-series/

TREASURER'S REPORT FOR April 2017

STATEMENT DATE: April 30, 2017

BEGINING BALANCE	**$23,235.20**
REVENUE	$1,733.71
EXPENDITURES (CLEARED)	$567.36
STATEMENT ENDING BALANCE	$24,401.55
UNCLEARED EXPENDITURES	$553.79
NET REVENUE	$612.56
ENDING BALANCE	**$23,847.76**

Respectfully submitted by Patti Wargo, Treasurer

Racing with friends and family through the month of April

Zoomers is an organization that "runs" on volunteers. We ask our members to give back to our club so that we can continue to give back to our community. Volunteering is a gift to our community. Just as your Zoomers membership provides discounts and other benefits, volunteering can pay off too! If you volunteer at four (4) Zoomers-owned event, Zoomers adult race, tri series or Kids race series or race that Zoomers has been requested to provide volunteers, you will receive a 1-year long individual membership (6 events for a 1 year family membership up to 4 members). DON'T FORGET, volunteering is also a requirement for our Zoomers Scholarship.

Please check the listing of Zoomers kids, adult and tri race series at www.zoomersrun.com

Here are upcoming volunteer opportunities:

Memorial Day 10k/5k - - May 29, 2017
Zoomers Youth Fun Run Series (every Thursday in June)
Zoomers Trick or Trot 5k Trail Run - - Oct. 21, 2017
Myakka Half/5k - - Nov. 11, 2017
Zoomers Turkey Raffle Run - - Nov. 19, 2017
Habitat for Humanity Turkey Trot – Nov. 23, 2017

INTERESTED IN VOLUNTEERING? Contact Ed Gillen at zoomerspresident@gmail.com

Florida Compassion Foundation
Where caregivers find hope.

FLORIDA HANDCENTER

Zoomer's L K Who?

MAY Birthdays!!

Luke	Montgomery	5/1
Jami	VanHull	5/1
Louis	Dietrich	5/2
Kristina	Varner	5/2
Gerriane	Davis	5/5
Keith	Reester	5/9
Kaila	Smith	5/9
Reagan	Engelauf	5/11
Peter	Dowling	5/12
Enzo	Federici	5/12
Simone	Ortiz	5/12
Chris	Flavin	5/14
Sally	Libonati	5/14
Dana	Neal	5/14
Danielle	Robbins	5/14
Breanna	Eyster	5/16
Pam	Detko	5/17
Tammy	Dobbs	5/17
Isabella	Reyes	5/19
Greg	Dyer	5/20
Kevin	Russell	5/20
Edward	Tamberino	5/23
Beverly	Gaspar	5/27
Sheila	Smith	5/27
Logan	Howard	5/29
Doug	Marker	5/29
Kerry	Nelson	5/29
Lorraine	Ross	5/31

Lucy Linet
Travel Consultant
Cell: 941-661-4203
linetsparadisevacations@yahoo.com
www.linetsparadisevacations.agentstudio.com
Linet's Paradise Vacations

Allstate.
You're in good hands.
MICAH SMITH
941-423-1686
NORTH PORT

2017 Adult Zoomers Race Series

1/8 – Andrew Memorial 5k

1/21 – Walmart 5k

1/28 – Hands Across the Harbor 5k & 1/2

2/5 – Sarasota Music Half

2/11 – Scrub Jay 5k/10k

2/26 – Boca Grande 5k

3/5 – Sharks Tooth 10k

3/11 – St. Patty 8k

3/25 – FOP Fallen Heroes 5k/10k

4/2– Smoothie King 5k

5/29 – Memorial Day 5k/10k

5/20 – Family Fun Day 5k

7/4 – Firecracker 5k

7/23 – Will Run for Bacon 4 Mile

8/19 – Pirate Treasure 5k

TBD – Remember the Fallen 5k/10k

10/15 – Run941 5k Classic

10/21 – Trick or Trot 5k (Zoomers Scholarship Fundraiser)

11/11 – Myakka 5k & 1/2

11/23 – Turkey Trot 5k

12/16 – Frosty 5k

TBD – Chick-Fil-A 5k/10k

MASTERS swimming

CCS Blue Finns

Location: South County Pool
670 Cooper Street
Punta Gorda, FL

Practice Times: Tuesday-Friday 6:30am-7:45am
Saturday 7:00am-8:30am

Registration Fees: $20 (one time fee for shirt/cap)
$50/month

***Certified Coaches, On Deck Coaching, Drill & Speed Work, Goal Setting & Much More! Join today!**

Leader Board

2017 Adult Race Series

	Female	Male
Overall		
Masters		
Grand Masters		
Senior Grandmasters		
Veterans		
15-19	Dariella Costa	
20-24	Katelyn O'Brien	
25-29		
30-34	Heidi Federici	
35-39	Jessica Oldfather	Dustin Hawkins
40-44	Jennifer Gilpin	Mike Clauser
45-49	Christina Coogan	Paul Cignarale
50-54	Roxanne Gillen	Yale Houghton
55-59	Deb Dyer	Quentin Gordon
60-64	Judith Goike	Mark Stueve
65-69	Buteena Pfeffer	John Bates
70-74	Lucia Schatteleyn	Billy Squires
75-79	Carol Westerman	Don Fialka
80+		

For Full results, Rules and Regulations on the 2017 Adult Race Series and also the qualifying Races along with an option to OPT IN to the Race Series, please go to:

http://zoomersrun.com/2017-race-series-results/

2017 Race Series!

NEW Rules and Regulations for the 2017 Race Series!!

** You will only be competing against fellow Zoomers in the Race Series

** No Points for Overall or Master Categories. Age Group Only

** 1st—2nd—3rd place Zoomers Age Group Awards at the end of season

Race Series Points will be awarded as follows:

8 pts 1st Place in Zoomer's age group Male and Female

6 pts 2nd Place in Zoomer's age group Male and Female

4 pts 3rd Place in Zoomer's age group Male and Female

2 pts completing the Race

For the full details and qualifying races, go to:

http://zoomersrun.com/2017-race-series/

ZOOMERS SOUTHWEST FLORIDA RUNNING & TRIATHLON CLUB

P.O. Box 380276, Murdock, FL 33938, www.ZoomersRun.com

First Name	Last Name	Date of Birth

1. _____

2. _____

3. _____

4. _____

Street Address_____ City, State, Zip_____

Home Phone_____ Work/Cell

Membership Fee: Please check one:

- ☐ New Membership
- ☐ Renewal of active membership
- ☐ Returning member (membership expired)
- ☐ Check box to get newsletter by mail
- ☐ I'm interested in volunteering

Circle Amount	Single	Family	Student
1yr	$20	$25	$5
2 yr	$35	$45	$10
3yr	$50	$65	$15

☐ Business Membership $75 for one year

Release: I know that running, biking, swimming & volunteering to work at Club Events & road races is a potentially hazardous activity & that I should not enter & participate unless I am medically able & properly trained. I agree to abide by any race official relative to my ability to safely complete the run. I assume all risks associated with running this event including but not limited to: falls contact with other participants, the effect of the weather, including low or high temperatures &/or humidity, traffic & the conditions of the course, all such risks being known & appreciated by me. Having read this waiver & knowing these facts & in consideration of your accepting my entry, I, my-self & anyone entitled to act on my behalf waive & release the Road Runners Club of America, the Zoomers Running Club and its Officers, Members & Volunteers, & all Sponsors, their representatives, employees & successors from any & all claims & liabilities of any kind arising out of my participation in any Club event or carelessness of the per-sons named in this waiver. Further, I grant to all of the forgoing to use any photographs, motion pictures, recordings or any other record while participating in Club events for legitimate purposes.

Signature of Primary Member: _____ Date: _____

Referred by : _____ _____

Sign up online https://runsignup.com/Club/FL/Murdock/ZoomerssouthwestFloridaRunningTriathlonClub

Zoomersrun.com

P.O. BOX 380276

MURDOCK, FL 33938

MY BUDDIES PET CARE
3681 Tamiami Trail, Port Charlotte, Fl, 33952
Phone: 941-258-3647 | Email: MyBuddiesPetCare@gmail.com

ZOOMERS
Southwest Florida Running and Triathlon Club
Zoomersrun.com

HAVE YOU MOVED? PLEASE BE SURE TO UPDATE YOUR CURRENT ADDRESS, PHONE NUMBER AND E-MAIL ADDRESS SO THAT ZOOMERS CAN KEEP YOU UPDATED TOO!

Are you on Facebook? Check out or pages and keep up with what is happening in Zoomers…

https://www.facebook.com/ZoomersNewsPhotos

https://www.facebook.com/groups/Zoomersrun/

Need people to run with? Zoomers Facebook is the place to go. Members are posting where they are running so you can join.

Look for information on the Zoomers Facebook Page!!

ZOOMERS
Southwest Florida Running and Triathlon Club
Zoomersrun.com

DURTI RUNNERS
RACE TIMING @ DURTIMING.COM

ISLAND GIRL IMAGES

We hope you have enjoyed this edition of The Finish Line. Join us again in June.

From the Editors Desk

If you would like to submit an article to The Finish Line Newsletter, please email it in Word format to ymgailcow@yahoo.com by the 20th of the month preceding this monthly newsletter.

Please submit to newsletter by May 20th for the June issue.

We welcome you to share your personal experiences (running or otherwise), family vacations, photos, etc.

Please do keep in mind there is a 300 word limit on all articles.