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**

Southwest Florida Running and Triathlon Club
Zoomersrun.com

Southwest Florida Running and Triathlon Club
Zoomersrun.com

ZOOMERS SOUTHWEST FLORIDA RUNNING & TRIATHLON CLUB

PRESIDENT
Pat Vasquez
Zoomerspresident@gmail.com

VICE PRESIDENT
Talley Carpenter
Zoomersvicepresident@gmail.com

TREASURER
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ZoomersTreasurer@gmail.com

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zoomersnewseditor18@gmail.com

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Emily Gibb- Emily.jean.gibb@gmail.com

SPECIAL EVENTS
Roxanne Gillen- rmonahan63@yahoo.com

ADULT RACE SERIES CHAIR
Jessica Oldfather- ZoomersRaceSeries@gmail.com

KIDS RACE SERIES CHAIR
Dug and Marti Stetter- Zoomersyouth@gmail.com

COACHING & TRAINING

If you are interested in improving your performance and would like to hire a RRCA coach, Multi-sport (swim, bike, run) Coach or Swim Masters Coach please contact one of the following coaches:

Heather Butcher
Multi Sport Coaching
RRCA Certified
USAT Level 1 Coach
Youth and Junior Certified Coach
ACE Certified Personal Trainer
941-416-4492 or
hbtrisport@aol.com

TriFit Sports
Trifitsports.com

US Masters Swimming Level II Coaches
Danielle Chance Danielle.chance13@yahoo.com
Shelley Vakil Shelleyv5@comcast.net

CLS Blue Fins

U.S. MASTERS SWIMMING

September 2018 Presidents Message

Hello Zoomers,

September was a good month for training and racing. Zoomers had great turn outs for many local races such as Remember the Fallen and Boca Lupa Howl at the Moon. We also had members compete in Augusta 70.3, Chattanooga 140.6 and the Alligator Lighthouse swim.

I encourage everyone to participate in the Zoomers annual Trick or Trot 5k Trail run on October 20, 2018. It's a fun event with a great party afterward. This race is our big fund raiser for the Zoomers high school scholarship program which awards a Zoomers senior a $1,000.00 scholarship towards their continuing education. Please go to http://zoomersrun.com/wp-content/uploads/2019-Zoomers-Scholarship-Requirements-and-Application.pdf to find out more about the program and application process.

I want to let everyone know there will be openings on the Zoomers Board of Directors. Positions are: President, Vice President, Treasurer, Secretary, Membership & Marketing and Web Director. Please consider running for one of these positions. Be the one to guide Zoomers to their next great event. If interested, please email Zoomerspresident@gmail.com.

I look forward to seeing everyone at the Trick or Trot 5k.

Happy Racing,

Pat Vasquez, President

The Helgemo Team

Pat Vasquez, Realtor®
Buyer's Specialist

m 941 889 8753 / o 941 205 8476
Homes@HelgemoTeam.com
320 Cross Street, Punta Gorda, Florida 33950

COMPASS

Youth Spotlight:

Micah Barnes

By Denise Costa

Micah Barnes is 16 and an avid runner. Her parents are Michael Barnes and Mary Paine. She is in 11th grade and attends Florida SouthWestern College. Micah has been a Zoomers member for 3 years.

Micah has been running about four to five years. She runs for Charlotte High School. She ran track her freshman year. She is running cross country this fall as a junior and plans to run track in the spring.

Micah's favorite road race is the North Port Remember the fallen 5k memorial run. She feels this is an amazing race with hundreds of supportive people to surround you with and an amazing course.

The longest distance Micah ever ran is 7 miles.

Micah's PR in a 5k is 21 minutes.

What does Micah enjoy most about running? After completing a really hard workout there is a satisfaction of knowing that you completed that workout and put your best foot forward. It's also so amazing to have a supportive team of girls on the Charlotte High Cross Country team that help push everyone along.

Micah is in the lead

Welcome

to our new members

Christine Joplin

Laura DeStefano

Linda Brockman

Melissa Nygard

Michelangelo Barrieri

Mike Nygard

Perry Small

Timothy Lessak

Tracy Pardue

Wanda Erickson

William Scott

September 2018 Membership Report

STUDENT	INDIVIDUAL	HOUSEHOLD	BUSINESS	TOTAL
12	124	308	94	538

Member Spotlight:

TINA ELKINS

By Gail Marinari

This month our member spotlight is welcoming our new newsletter editor Tina Elkins. Tina and Ron moved out of the area for a few years but never did they cut ties with our Zoomers family. We are so happy they moved back into the area and wanting to get involved again. Tina is a personal trainer and a RRCA running coach and now our Zoomers newsletter editor. Tina has served on the board in the past for many years as well as being one of Zoomers past Presidents. Tina's company, Island Girl Images, has been a long time Zoomers sponsor. Her website is https://www.islandgirlimages.com.

Being on the Zoomers board is a blessing; we get to witness first-hand the goal setting, the hard training everyone endures and goals being reached. Yet at the same time we witness the upsets, the injuries, the heartaches and we watch when training must be put on hold. We smile, cheer and cry for all of you. We are more than a running club, Zoomers is a family.

I have enjoyed being your Zoomers secretary and newsletter editor, though I must say the first of the month comes faster every month. When Tina volunteered to be the newsletter editor I welcomed it and am passing this job back to her as she passed it to me 2 years ago.

I am not leaving the Zoomers board I am just passing on some of my duties. We have so much talent within our Zoomers family. I am asking along with the current board members to ask yourselves what gifts and talents do you have to offer to our family.

January 2019 begins a new year and a new Zoomers board and committee year. As our club is growing our board and committees need to grow with it. If you would like to run for a board position or be on a committee or even head a committee, please contact Pat Vasquez Zoomerspresident@gmail.com.

ISLAND GIRL IMAGES

Zoomers Race Series

Kids and Adults

Zoomers Kids Race Series

2018-2019 Kids Race Series for those 14 and under.

Aug 2018—July 2019

If you are in a Family Membership (in good standing) your kids are already in

To participate in the series you must OPT IN

zoomersrun.com/kids-race-series/

Pirate Treasure Trot 5K 8/18/2018
Philippi Shores 5K 10/6/2018
Trick or Trot 5k– 10/20/2018
Care2tri 5k- 11/3/2018
TBD
Frosty 5k –12/15/2018
Resolution 5K Run 1/5/18
Andrew Monroe 5k –01/06/2019
Super Hero's 5k 2/16/2019
Boca Grande 5k– 02/24/2019
Life in the Sun 5k – 03/09
Guns & Hoses 5k- 3/23/2019
Pine View Python 5k – 4/13/2019
Gator Wilderness Camp 5k 4/27/2019
Englewood 5k 5/11/2019
TBD
((((((ALL DATES SUBJECT TO CHANGE))))))

Please email us if you have any questions

Zoomersyouth@gmail.com

KIRSCHNER
Chiropractic & Wellness Centre

Zoomers Adult Race Series

Rules can be viewed on the Zoomers website. To participate in the series you must OPT IN

zoomersrun.com/2018-race-series-results/

zoomersrun.com/opt-into-2018-adult-race-series/

1/27/18—Hands Across the Harbor 1/2 and 5k

2/11/18—Sasquatch 15k Trail Run

2/25/18 - Boca Grande 5k

3/3/18—Sharks Tooth 10k

TBA Smoothie King 5k (new name announced soon)

4/28/18—Holly Morgan Fischer Memorial 5k

7/4/18—Firecracker 5k

Remember the Fallen 5k and 10k

10/20/18—Trick or Trot 5k

11/10/18—Mayakka 1/2 and 5k

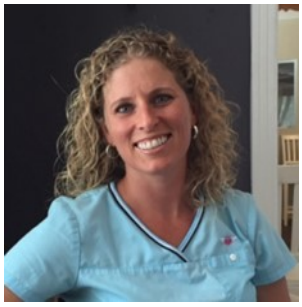
12/15/18—Frosty 5k

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

Jessica Oldfather Pat Vasquez Dave Pierce
Melinda Hooper

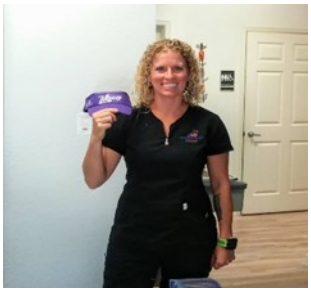
SHERWIN WILLIAMS
COVER THE EARTH

SPONSOR SPOTLIGHT



Art of Acupuncture
VENICE

411 Commercial Ct, Suite B, Venice, FL 34292
PH: 941-681-8325
www.VeniceFlAcupuncture.com

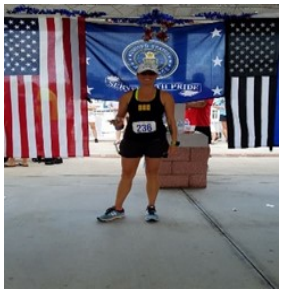


October sponsor spotlight is Art of Acupuncture, Venice. The business has been owned and operated by Dr. Mariryan Heschmeyer for thirteen years and this her second year sponsoring Zoomers.

Dr. Heschmeyer is nationally board-certified in Acupuncture, Chinese herbology and biomedicine. She has treated top professional athletes that included The Atlanta Falcons, Braves, Thrashers, Hawks, Tampa Bay Rays as well as local elite and Team USA Triathletes. Not only is she versed in treating acute and chronic injury she also specializes in internal and family medicine, including infertility as well as pre and post-natal. Her primary goal is to provide her patients with a boarder understanding of health and a more lasting sense of well-being. She would like our members to know that not only is acupuncture fantastic for pain related issues, but there are so many other benefits like digestion, stress, insomnia, vertigo, etc.

Many our members are treated by Dr. Heschmeyer or have raced against her. She is an accomplished runner and triathlete who is always on the podium. She has been instrumental in providing assistance with our Mock tri's and is always helping fellow sponsor TriFit Sports with training camps.

Dr. Heschmeyer offers a 10% office visit discount to Zoomers active membership holders. The next time you're in pain or in the Venice area, stop and see Mariryan, she will help with whatever aliment you have. Thank you Art of Acupuncture, we appreciate all that you do for Zoomers.



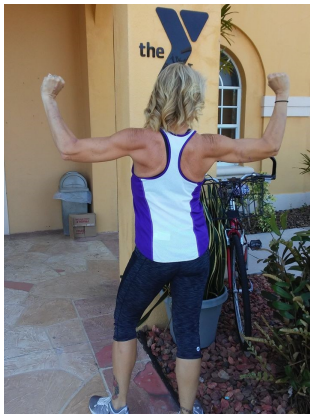
SALE

Zoomers Transition/Running Towel $15.00

Zoomers Tri Kit (a few left) $132 can be purchased separately - top $71.00, shorts $61.00.

Zoomers 22nd Anniversary Shirt
$10Men & women available

Zoomers Singlets Women and Men sizes available $20



Contact Avis Medina
Zoomersmerchandise@gmail.com.

Zoomers Visor $15

Medina Dental, LLC.
Avis M. Medina, D.M.D.
Phone: 941-347-7573
Fax: 941-347-7584
medinadental@gmail.com
6230 Scott Street, Unit 212 • Punta Gorda, FL 33950

O

ZOOMERS SOUTHWEST FLRIDA RUNNING AND TRIATHALON CLUB

August 31, 2018 TREASURER REPORT

BEGINING BALANCE	25,636.41
Revenue	2,278.00
EXPENDITURES	593.57
NET REVENUE	1,684.43
ENDING BALANCE	**27,320.84**

www.everythingpuntagorda.com
Punta Gorda's Best Information Website

SOUTHERN OXYGEN & WELDING SUPPLY
129 Carmalita Street, Punta Gorda, FL 33950
941-639-5245

Charlotte Optical Inc.
Karin Jacobs
Licensed Optician
Mon. - Fri. 8:30 - 5:00
Closed 12:00 - 1:00 Daily
PH: (941) 625-9077
Fax: (941) 258-9078
18401 Murdock Circle, Ste. A ☙ Port Charlotte, FL 33948
CharlotteOptical@yahoo.com ☙ www.CharlotteOpticalinc.com

pelican pools
service and repair, inc.

XTERRA boards

Betty's Original Embroideries

A BIG Thanks to our Sponsors!

GREAT FOOD FULL BAR GOOD TIMES
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Allstate.
You're in good hands.
MICAH SMITH
941-423-1686
NORTH PORT

WC SOUNDS

Alex's Pool HEATING & AIR CONDITIONING, LLC

WE ❤ VOLUNTEERS

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). In addition, if you refer a business to become a sponsor, you will receive credit for 1 event. 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

INTERESTED IN VOLUNTEERING? Contact Emily Gibb @ Emily.jean.gibb@gmail.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 November 7, 2018

Zoomer's L K Who?

October Birthdays!!

Glenn Pomerantz	1-Oct
Jacqueline Conniff	2-Oct
Jason Patterson	2-Oct
James Tarala	3-Oct
Ron Humphrey	3-Oct
Donna Tomaio	4-Oct
Julia Swickert	4-Oct
Lucia Schatteleyn	4-Oct
Mary Bonetz	4-Oct
Viktoria Wrenn	4-Oct
Katelyn O'Brien	5-Oct
Robin Howe	5-Oct
Dawne Gaskin	6-Oct
Todd Carpenter	6-Oct
Aaron Swann	8-Oct
Michael Flowers	8-Oct
Ryan Morazes	8-Oct
Michelle Fede	10-Oct
Andrea Wigert	11-Oct
Samir Vakil	11-Oct
Denise Mueller-Barker	12-Oct
Betty Staugler	13-Oct
Christine Watson	13-Oct
Dee Stout	13-Oct
Heather Barry	13-Oct
Michael DeMassa	13-Oct
Nathan Cecil	13-Oct
Sean Mullin	14-Oct

Florida Compassion Foundation
Where caregivers find hope.

FLORIDA HANDCENTER

FOOT AND ANKLE CENTERS
Of Charlotte County

Bracken Yingling	16-Oct
Gabi DeVries	16-Oct
Gabi DeVries	16-Oct
Keegen Bulda	16-Oct
Richard Caluori	16-Oct
Gene Laforet	17-Oct
Sondra Houhoulis	17-Oct
Stacey Holmes	19-Oct
Thomas Morgan	19-Oct
Gail Marinari	22-Oct
Anita Frank	24-Oct
Linda Brockman	24-Oct
Melinda Pensinger	24-Oct
Diana Squires	25-Oct
Kim Humphrey	25-Oct
Sandy Couch	25-Oct
Curt Will	26-Oct
Dianna Moone	26-Oct
Gary Ettinger	26-Oct
James Coogan	26-Oct
Nancy Stevens	26-Oct
Denise O'Hanian	27-Oct
Stefany Sanchez	27-Oct
Toni Ivankovic	27-Oct
Robert (James) Lilly	28-Oct
James Palmer	30-Oct

ZOOMERS FUN FREE GROUP TRAINING

ZOOMERS TUESDAY ANN DEVER FUN RUN

Stacey's Cupcakery

Hosted by: Steve and Stacey Holmes

Meet at Ann Dever Park, 6791 San Casa Dr, Englewood, FL @ 6:00pm for various distances. All walkers, runners and levels are welcome.

ZOOMERS WEDNESDAY BIKE/RUN/EAT BRICK

Hosted by: Lisa and John Briggs

Meet every Wednesday at the Pink Tequila Restaurant in North Port, 6:30-9:30pm. Bike 10-15 miles, run 1-3 miles or just show up for any of the disciplines or the after party.

ZOOMERS THRUSDAY ENGLEWOOD FUN RUN

Hosted by: Sally and John Libonati

Meet at Englewood Beach parking lot off of North Beach Rd @ 6:00pm for various distances. All walkers, runners and levels are welcome. Zoomers provides some refreshments on the 3rd Thursday of the month. Please join "Zoomers - Englewood Fun Run & Walk" on facebook to stay up to date on future runs.

ZOOMERS THRUSDAY TRIATHLON TRAINING

Hosted by: Rusty Starcher

Meet at South County Regional Park, 670 Cooper St, Punta Gorda, FL, in the pool parking lot @ 5:15pm. Bike 10-15 miles, run and/or swim after. Must have a pool membership to swim or you will be required to pay a $3.00 pool entry fee. There is no requirement to do all 3 events to participate and all paces are welcome.

ZOOMERS Kids Race Series for those 14 and under.

Race Series will begin in Aug 2018 and finish up in June 2019

If you are in a Family Membership (in good standing) your kids need to fill out the Runsignup Form, for the 2018 -2019 Race series coming up PLEASE use the LINK Below to send your children's Name, Age, Date of Birth and Gender to the Race Committee.

Pirate Treasure Trot 5K 8/18/2018
Philippi Shores 5K 10/6/2018
Trick or Trot 5k– 10/20/2018
Care2tri 5k- 11/3/2018
TBD
Frosty 5k –12/15/2018
Resolution 5K Run 1/5/18
Andrew Monroe 5k –01/06/2019
Super Hero's 5k 2/16/2019
Boca Grande 5k– 02/24/2019
Life in the Sun 5k – 03/09
Guns & Hoses 5k- 3/23/2019
Pine View Python 5k – 4/13/2019
Gator Wilderness Camp 5k 4/27/2019
Englewood 5k 5/11/2019
TBD
((((((ALL DATES SUBJECT TO CHANGE))))))

Register for the 2018-2019 Race Series
You must USE THE LINK below for this year. 2018-2019

https://runsignup.com/ZoomersKidsRaceSeriesClub

If you're not in a Family Membership ask about getting into one!
Let's get them Kids Moving!

We are all SUPER excited to get this going and seeing your kids compete in their own Race Series
Please email us if you have any Questions (Zoomersyouth@gmail.com)

TEAM DOOGIE'S

RUN IN THE NEW YEAR

5K PARTY (psssst....open bar)

HAPPY NEW YEAR!!!!!! We have teamed up with DURTI TIMING to do our first 5k and we could not be more excited!

WHEN: December 31st from 9pm to 2 am January 1st

WHAT: This is a lighted night 5k run on a beautiful golf course. Race starts and ends at the clubhouse where we will do our awards ceremony. Then at 11pm the New Years party starts and goes all the way until 2 am.

WHATS INCLUDED: Professionally timed 5k, stylish t-shirt (t-shirt hoodies to the first 20 sign ups) After party includes: all you can eat on various foods, beverages and OPEN BAR!!!!!!!!!!!!!!!!!!!! Unlimited Beer, Wine and Mixed drinks for all three hours.

WHERE: Long Marsh Golf Course 20 White Marsh Rd. Rotonda West, FL 33947

Sign up at www.teamdoogie.com

TEAM DOOGIE '18
SPORTS & SOCIAL CLUB

TRICK OR TROT 5K TRAIL RUN

Presented by Zoomers

Saturday, October 20, 2018, 8:00

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

Southwest Florida Running and Triathlon Club

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.

Prizes for costume contest!

To benefit The Zoomers scholarship fund.

COMMUNITY SERVICES DEPT

Feb 14 – Mar 31 - Adults $20, Kids $10

Apr 1 – Oct 17 - Adults $25, Kids $18

Running Club Adults Members $5.00 OFF!

If you do not want a shirt $5.00 OFF!

Jessica's Gifts
personal, creative, inspiring

Southwest Florida Running and Triathlon Club

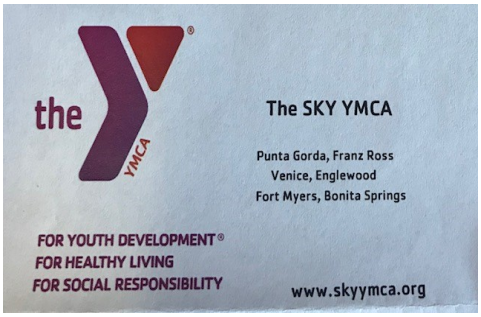
'Trick Or Trot 5K Trail Run'
SPONSORSHIP LEVELS

Race Day: October 20, 2018

CASH DONATIONS / GIFT CARDS / GIFT CERTIFICATES / PRODUCTS or IN-KIND SERVICES

COMPLETE AND RETURN 'SPONSORSHIP FORM' BELOW.

Bronze Level ($100 and above)	Sponsor acknowledged in pre-race and post-race announcements. Sponsor acknowledged in pre-race e-mail to all participants and social media. Sponsor acknowledged in text on back of race t-shirt. Advertise (flier/coupon) in pre-registration packets **(est. 350+).** **NOTE:** *Sponsor must provide race director with fliers/coupons one-week prior to race date (October 13th).*
Silver Level ($250 and above)	**All items mentioned in Bronze Level, PLUS**: Larger sponsor name and logo prominently displayed on back of race t-shirt. **NOTE:** Sponsor must provide logo. Two complimentary registrations which includes race shirts (Registration forms must be submitted **prior to October 13th**).
Gold Level ($500 and above)	**All items mentioned in Bronze and Silver Levels, PLUS:** Sponsor name and logo displayed above others on back of race t-shirt, listed as Gold sponsor. Sponsor may set-up information table/tent at event.
Title Sponsor ($1,000 and above)	**All items mentioned in Gold, Bronze and Silver Levels, PLUS:** Sponsor name and/or logo displayed on front of race t-shirt. Sponsor mentioned in every race communication sent out post agreement. Sponsor may set-up information table/tent at event. Sponsor receives a total of four complimentary race registrations (Registration forms must be submitted **prior to October 13th**).



noxgear

Southwest Florida Running and Triathlon Club

2018 'Trick Or Trot 5K Trail Run' Sponsorship Form

Sponsor Name:_____

Address: _____

City: _____ State: _____ Zip:_____

Contact person: _____

Contact phone: _____ Contact email: _____

SPONSORSHIP LEVEL (*Please Circle*): Gold Silver Bronze Title

We plan to set up a table at the event (for Gold/Title sponsor levels only): Yes No

Please e-mail company logo to be used on t-shirt, social media and website to Jessica Oldfather, Race Director, at < jnoldfather@yahoo.com >

Please make check payable to Zoomers and mail with completed form to:
Zoomers, P.O. Box 380276, Murdock, FL 33938

Southwest Florida Running and Triathlon Club
PO Box 380276, Murdock, FL 33938
Zoomersrun.com

Circle Amount	Single	Family	Student
1 yr	$20	$25	$5
2 yr	$35	$45	$10
3 yr	$50	$65	$15
Annual Business Membership: $75.00			

MEMBERSHIP APPLICATION/RENEWAL

NAME (up to 5 per household or business membership)	DOB	EMAIL	USAT #

BUSINESS NAME (if sponsor):

Address/Phone of Primary Member or Business:

Street/PO Box	City	State	Zip Code
Home #	Cell #	Work #	

Waiver: I know that running, swimming, biking and volunteering to work on and participate in club races are potentially hazardous activities. I should not enter and participate in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official or run leader relative to my ability to safely complete the event. I assume all risks associated with running, swimming, biking and volunteering to work in club races, activities including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership or participation, I, for myself and anyone entitled to act on my behalf, waive and release Zoomers SW Florida Running & Triathlon Club and its officers and agents, all sponsors, their representatives and successors, including the Road Runners Club of America, its officers, directors agents and employees, from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings or any other record of this event for any legitimate purpose

_____Date:_____

(Signature of Primary Member or Parent/Legal Guardian (if member is under 18 yrs old)

Yes or No (circle one) I am Interested in Volunteering (only a requirement if participating in races series)

Please make check payable to Zoomers SW FL Running & Tri Club & mail to address above.
Please find us on Facebook @ Zoomers Southwest Florida Running & Triathlon Club
Sign Up Online @ https://runsignup.com/Club/FL/Murdock/ZoomersSouthwestFloridaRunningTriathlonClub

Referred By: _____

From the Editors Desk

Keep running, stay healthy, encourage others and always smile!

Look for Zoomers on www.strava.com/clubs/zoomersrtc download the free mobile app used to track athletic activity such as running, biking & swimming via GPS

If you would like to submit an article to The Finish Line Newsletter, please email it in Word format to zoomersnewseditor18@gmail.com by the 20th of the month preceding this monthly newsletter.

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

FITNESS QUEST INC. Physical Therapy

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

~Gail Marinari ~

Dog Inspired... Dog Approved!
MY BUDDIES PET CARE