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**

Zoomers proudly presented a $500.00 donation to Imagine School North Port Young Marines for their outstanding support of the 2018 Zoomers Youth Summer Fun Runs. The Young Marines is a youth education and service program for boys and girls ages 8 through high school. They focus on character building, leadership and promote a healthy drug free lifestyle. A great big THANK YOU to Zoomers Committee members and sponsor Dug & Marti Stetter/Durti Runners Race Timing, for spearheading the YM volunteers and organizing another awesome event for our community youths.

Southwest Florida Running and Triathlon Club
Zoomersrun.com

Southwest Florida Running and Triathlon Club
Zoomersrun.com

ZOOMERS SOUTHWEST FLORIDA RUNNING & TRIATHLON CLUB

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Zoomerspresident@gmail.com

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SPECIAL EVENTS
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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

September 2018 Presidents Message

We had a big disappointment in August with having to cancel the Mock Tri and Picnic due to Red Tide. We hope to be able to schedule something in the Fall to make up for it.

I want to let everyone know there will be some openings on the Zoomers Board of Directors. Positions that may or may not be available 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.

The next item is for parents and high school students to think about the Zoomers 2019 Scholarship Award. We give out $1,000.00 to one high school senior going into college to help them with their expenses. Please go to http://zoomersrun.com/wp-content/uploads/2019-Zoomers-Scholarship-Requirements-and-Application.pdf for details.

Be sure to register for the annual Zoomers Trick or Trot 5k. This event is the main fund raiser for the year to support the scholarship fund and many other fun Zoomers events.

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:

Karys Kwynn Nelson

Karys Kwynn Nelson is 15 yrs old and is in 10th grade at Charlotte High School. Her parents are Al and Kerry Nelson, she is the youngest of four children who were swimmers and volleyball players at Charlotte H.S. She has been a Zoomers member for two years, but has participated in Zoomers running events with her family, in the past.

Karys started competitive swimming year round at age 6. She has been involved with numerous Swim clubs: CCS (Charlotte County Swimming) and swims with a summer team in Michigan called GAC (Genesys Athletic Club) for the past five years. She also competed on a water polo team this summer.

Karys currently competes on Charlotte High swim team, with morning practices starting at 5:00am and afternoon practices at 2:30pm, along with weight training.

She is involved with the AG (agriculture) course at Charlotte High. CHS offers Vet Assistant classes, as she wants to become a veterinarian for large animals.

Karys' favorite races are the 100 yard butterfly (PB time 1:04.00) and the 50 yard freestyle (PB time 25.02) Favorite stroke is butterfly, a very difficult stroke for most and the fun instant sprint of the 50 free is just an exciting race!

The longest race she swims is the 500 freestyle. It's a race you need to know how to do by keeping a pace and holding it.

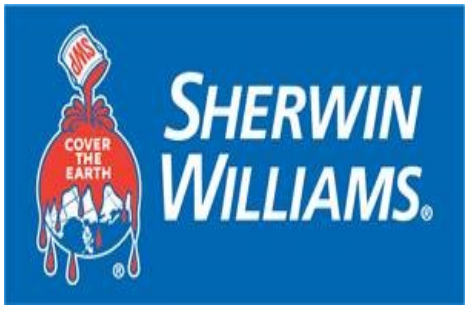
Karys competed in her first sprint TRI in Michigan this summer.

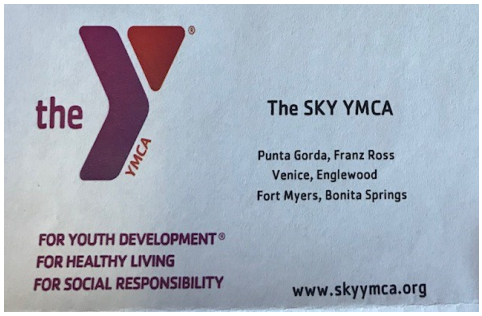
Karys had multiple CCS team records in 11/12 yr old 50 breaststroke/50 butterfly/100 breast- but those records have since been broken/ she still holds the 11/12 yr old record in 200 yard breaststroke with a 2:55.55

NEW MEMBERS

RUNNING
WAREHOUSE

- Connor Boethig
- Kaley Boethig
- Lindsay Boethig
- Michele Boethig
- TomBoethig
- Guy Emerich
- Emma Evans
- Rodney Evans
- Virginia Marshall
- Kayla Pope
- Rachel Walker
- Ron Walker
- Katarina Wilburn
- Tatiana Wilburn





Latest membership report

STUDENT	INDIVIDUAL	HOUSEHOLD	BUSINESS	TOTAL
12	121	305	93	531

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

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

pelican pools
service and repair, inc.

KIRSCHNER
Chiropractic & Wellness Centre

SPONSOR SPOTLIGHT

www.activesuncoast.org

September sponsor spotlight is our longest running sponsor who we hold near and dear to our hearts, The Active Suncoast Foundation, Inc. Active Suncoast Foundation is operated by a board of directors which members include Karen Haynes, John Gee and Lan Castle. The foundation has been active since 2009 and as a 501(c)3 since January 2012.

Active Suncoast mission is to promote an active, healthy lifestyle for residents of the Suncoast area. They produce NON-profit events with proceeds staying in the local community in support of their mission; and assisting local events and organizations such as, the Zoomers Kids Race Series and Kids Summer Running Series, in addition to the Special Olympics Sarasota County.

Active Suncoast would like Zoomers members to know they began with help from Zoomers. In 2010, they met with former president Debi Lantzer and Kimmi Van der Veen at a local running event when they were introducing their very first event, Shark's Tooth 10k. Engaging in conversation, they discovered Zoomers was able to help with their event and could provide timing using the bib tag. It was all manual but the database provided quick and accurate scoring. That was the start of a great relationship, with Bob Geyer providing his timing expertise and his wife Carol at registration. It was also the first of many years where Ed Morgan and whoever he could enlist to help him besides his wife Joan provided great support. Dave Pierce would set out course signs and mark the course so not a single Shark's Tooth 10k participant got lost. Active Suncoast greatly appreciates all of the Zoomers members, not just for helping make the Shark's Tooth 10 what it is now, but for all the support the club has provided over the years. Active Suncoast will ALWAYS offer race discounts to Zoomers member participating in the Frosty 5k, Sharks Tooth 10k and Shark Fin 5k.

The next time you're at an Active Suncoast Foundation race, say hello to Karen, Lan and John. Many members don't know that Karen Haynes is a 2-time Ironman and has completed a handful of marathons throughout the country. Lan is also an avid runner. ASF generous donations to Zoomers allow us to have the kid's race series and scholarship fund. Thank you Active Suncoast, we appreciate all that you do for Zoomers

SALE

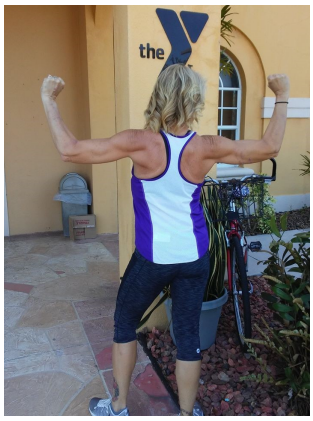
Zoomers Tri Kit (a few left) $132

can be purchased separately - top $71.00, shorts $61.00.

Zoomers 22nd Anniversary Shirt $10

Men & 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

Southwest Florida Running and Triathlon Club
Zoomersrun.com

ZOOMERS SOUTHWEST FLORIDA RUNNING AND TRIATHALON CLUB

July, 2018 TREASURER REPORT

BEGINING BALANCE	26,530.65
Revenue	2,942.98
EXPENDITURES	3,837.22
NET REVENUE	894.24
ENDING BALANCE	**25,636.41**

XTERRA boards

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

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

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

Thanks to all of our sponsors!!!

TORCH
Bar & Grill
torchbistro.com
2113 Tamiami Trail
Punta Gorda, FL 33950

GREAT FOOD FULL BAR GOOD TIMES
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sales@harbourgraphics.net
harbourgraphicsfl.com

WC SOUNDS

A BIG Thanks to our Sponsors!

FOOT AND ANKLE CENTERS
Of Charlotte County

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

Jessica's Gifts
personal, creative, inspiring

Alex's Pool HEATING & AIR CONDITIONING, LLC

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 at our next meeting to see what it's like. Our next meeting is October 3, 2018.

Zoomer's L K Who?

September Birthdays!!

Claire Pedersen	1-Sep
Ryan Vitiello	1-Sep
Steve Costa	2-Sep
Dave Herzog	2-Sep
Abraham Ramos	2-Sep
Kathy Herzog	3-Sep
Brayden Smith	4-Sep
Jason Warner	4-Sep
Bill Taylor	5-Sep
Anthony Vitiello	6-Sep
John Libonati	7-Sep
Savanna Miller	8-Sep
Sandra Newell	9-Sep
Melody Vasbinder	9-Sep
Myra Wulkan	9-Sep
Emma Evans	10-Sep
Bill Jenkins	10-Sep
Jodie Hawkins	11-Sep
Diane Davis	12-Sep
Mimi Joseph	12-Sep
Barbara Vanderberg	13-Sep
Valerie Rowe	14-Sep
Avis Medina	15-Sep
Audrea Piersall	15-Sep
Deborah Betz	16-Sep

Dale Linet	16-Sep
Maria Barragan	17-Sep
Jeff Winterstein	17-Sep
Tori Belcher	18-Sep
Tristan Belcher	18-Sep
Marilyn Byrd	18-Sep
Candis Lilly	18-Sep
Bridgett Powell	18-Sep
Ariane Rouillard	18-Sep
Logan Clauser	19-Sep
Megan Guarente	19-Sep
Kendra Howard	20-Sep
Kayla Pope	20-Sep
Roland Frank	21-Sep
Melody Burt	22-Sep
Ed Morgan	23-Sep
Betty Ridenour	24-Sep
Billy Squires	26-Sep
Mike Barnes	27-Sep
John Briggs	27-Sep
Heidi Federici	27-Sep
Breigh Garrod	28-Sep
Michael Montoya	28-Sep
Brian Ward	28-Sep
Brad Garrod	29-Sep
Brendan Flavin	30-Sep
Steve Mullin	30-Sep
Caroline Ortiz	30-Sep

Florida Compassion Foundation
Where caregivers find hope.

FLORIDA HAND CENTER

ZOOMERS FUN FREE GROUP TRAINING

ZOOMERS TUESDAY ANN DEVER FUN RUN

Hosted by: Steve and Stacey Holmes

Meet at Ann Dever in Englewood 6791 San Casa Dr, Englewood, FL 34224-3100 @ 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 (pssssst....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.

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!

COMMUNITY SERVICES DEPT

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**).

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

TIPS ON HOW TO RUN IN THE HEAT AND HUMDITY LONG AND STRONG

1. Check the forecast—clouds are better than sun for your long runs
2. Choose shade– Trails covered by trees plus it gets you off the hot Asphalt
3. Short loops– Gives mental breaks and allows for refueling
4. Head out early morning before sunrise
5. Run by effort not by pace, run/walk intervals
6. Break it up by running half your run outside and half inside on treadmill

We try our best to keep members updated to what is going in Zoomers, events, training and races, through email and/or facebook. Every month the Zoomers newsletter is published and sent out to all members by email and it is posted on Facebook.

If you have received and read the newsletter this month type "I read it" on Zoomers facebook page or send an email to zoomersnewseditor18@gmail.com stating "I read it"

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.

We hope you have

enjoyed this edition of The Finish Line.

Join us again in September

~Gail Marinari ~

ISLAND GIRL IMAGES

MY BUDDIES PET CARE