

JUNE 2018



The Finish Line

Zoomers 22nd Anniversary Fun Run

- 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



Is there someone you would like to see in the Spotlight?
Email suggestions to ZoomersNewsEditor18@gmail.com



**ZOOMERS SOUTHWEST FLORIDA
RUNNING & TRIATHLON CLUB**

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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



US Masters Swimming Level II Coaches

Danielle Chance Danielle.chance13@yahoo.com

Shelley Vakil Shelleyv5@comcast.net





June 2018 Presidents Message

Training and racing is in full swing in Florida and across the country for our members. With this in mind, I thought I would share this brochure which I'm sure many of you have seen on our website. It is about Running and Racing Etiquette – please click on the link:

<http://issuu.com/rrcaexecdir/docs/etiquette.brochure/1?e=0/10516900>.

Some of the highlights from the brochure about racing are: always run on the right and pass on the left. Line up for a race according to your ability. If you are not going to finish in the top places of a race, you should not be first on the starting line. In a perfect race there would be no passing because everyone lined up according to their pace. I know that's impossible.

For training on the road, running is the opposite. Run on the left against traffic. If you are biking, ride on the right with traffic – this is very important for safety. Lori and I saw a biker riding against traffic on HWY 41, when a car made a left hand turn. The driver was looking at oncoming traffic and did not see the biker coming at him riding against traffic. Because of this, the car hit the biker. Luckily the biker was not injured, but it could have been much worse. If he had been riding with the traffic it most likely would have not happened. With summer days being longer please make sure you are visible with bright colors, lights and tell loved ones where you are running or riding. There are lots great apps out to allow others to track you while you run and cycle. We want to see you at the next race!

What all of this it boils down to is common sense, safety and common courtesy to others. Whether they are runners, cyclists or the motoring public.

Thank you to everyone who attended the 22nd Anniversary Run at Babcock on 6 May. Special thanks to Roxanne and Edward Gillen for planning another successful event.

Lastly, many of our members memberships are due to expire 30 Jun 18. Please renew your membership through runsignup.com or mail your information in (see pg 20 of newsletter). We want to see everyone back for another great year!

Happy Racing,

Pat Vasquez, President



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HelgemoTeam.com

Serving Charlotte, Sarasota, Lee & DeSoto Counties

Helping 5 Families Every Week Make a Move!
Is This Your Week?



High School Student Spotlight:

Emily Rumisek



Emily Rumisek, is our distinguished 2018 Zoomers Scholarship Winner. She is 18 years old, a Senior, and graduated from North Port High School in May. She was ranked 10th in her class of 520 students with a respectable Weighted GPA of 4.6. Amazing!

Emily's parents are Dan and Regina Rumisek. Her older brother Justin and younger sister Kate enjoy running too. Emily ran on the Varsity Cross Country and Track Teams for four years. She was a member of the National Honor society, link crew, and NPHS soccer team. She challenged herself with AICE and Dual Enrollment (college level) classes as well as honors courses.

Emily has been running since she was in 5th grade and started running because her older brother did and she wanted to try to beat him in races (she never succeeded in that).

Her favorite race has to be the Lamarque 5K because that was her first race. She can still remember standing on the starting line on a freezing February morning about to start her first 5K.

She joined cross country and track in high school which was the best decision of her life as she met a fantastic group of girls who inspired her to keep running. She was so inspired that she decided to run her first half marathon in 2017 and then the same one (Sarasota Music half marathon) in 2018.

Emily's 13.1 PR is 1:47;

5K PR is 20:36.

Emily states, "Running allows me to clear my mind and focus on my mental and physical strength".

Emily will attend the University of Florida, where she plans to continue running and majoring in nutritional sciences to become a physical therapist. She is very grateful for this scholarship as it will help pay for college.

She would like to thank Zoomers for all the local races they have put together. Every Zoomers race is always a successful one and she loves running our races.

~Denise Costa~



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 July 6, 2018

Welcome to our new members

Welcome

Audrea Piersall

Carl Poleschner

Darlene Culpepper

Heather Sunshine Lanning

Ian Hawkins

John Snyder

Melissa Reifschneider

Rueben Partlow

Tomas Baltazar

Vinnie Valentino

Wesley Culpeper



Team Doogie

May Membership Report

STUDENT	INDIVIDUAL	HOUSEHOLD	BUSINESS	TOTAL
14	134	309	83	540

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





Zoomers Race Series

Kids and Adults



Zoomers Kids Race Series

2017-2018 Kids Race Series for those 14 and under.

Aug 2017—July 2018

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 - 8/19

Trick or Trot 5k— 10/21

Myakka River Zoomers 5k- - 11/11

Frosty 5k —12/16

Andrew Monroe 5k —01/07

Walmart -5k 1/20

ScrubJay 5k – 02/10 Free for kids

Boca Grande 5k— 02/25

Life in the Sun 5k 10k – 03/10

Guns & Hoses -3/24

Pine View Python 5k – 4/14

Englewood 5k—5/19

Publix Family 5k - 5/19

Firecracker 5k -7/4

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





9490 Modesto Cir, Port Charlotte, FL 33982
941-697-0236, www.pelpools.com

SPONSOR SPOTLIGHT

June's sponsor spotlight is Pelican Pools Service and Repair, Inc., located in Port Charlotte, FL. This is the company's second year sponsoring Zoomers.

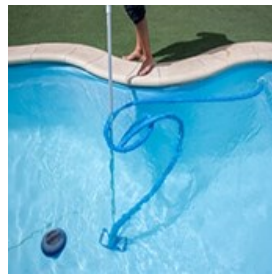
Pelican Pools is owned and operated by Marlene and Larry Kaydas. The business has been incorporated since 1991, though Larry has well over 35 years' experience in the pool industry.

Pelican Pools will make sure your pool is always highly maintained, running efficiently and crystal clear so all you need to do is enjoy it. It's that simple!

Marlene and Larry would like Zoomers to know that they operate using old fashion values and integrity. They are honest, dependable and have the knowledge, experience & staff to handle all your pool maintenance and repair needs.

Incentives offered to Zoomers members are: If you mention you're a Zoomers member, they not only offer a preferred rate but guarantee the rate for two years.

If you're looking for a great pool service and repair company, contact Pelican Pools today @ 941-697-0236.



SALE

Zoomers Tri Kit (a few left)

Total is \$132.00, can be purchased separately - top \$71.00, shorts \$61.00. Have men and women's



Zoomers 22nd Anniversary Shirt

\$10.00 each - men's & women's sizes available



Zoomers Women's singlets and Men's tank tops



Zoomers Visor \$15 each



Contact Avis Medina at Zoomersmerchandise@gmail.com





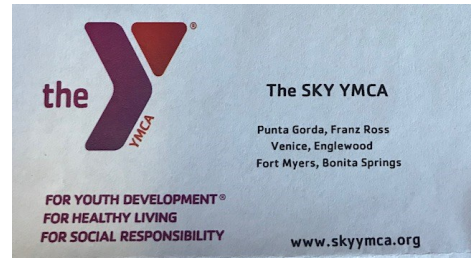
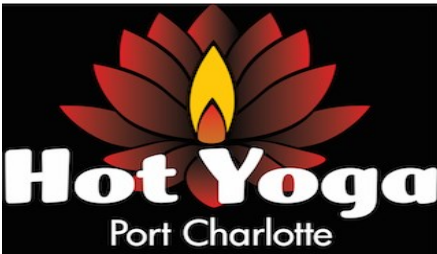
ZOOMERS SOUTHWEST FLORIDA RUNNING AND TRIATHALON CLUB

April 30, 2018 TREASURER REPORT

BEGINING BALANCE	20,643.50
Revenue	2,496.20
EXPENDITURES	31.67
NET REVENUE	2464.56
ENDING BALANCE	23,108.06



Running Friends: Racing, training , volunteering and supporting



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 at Emily.jean.gibb@gmail.com

Jessica's Gifts

Jewelry for Athletes
www.jessicas-gifts.com

use coupon code ZOOMERS for a
10% discount and free shipping



Florida Compassion Foundation

Where caregivers find hope.



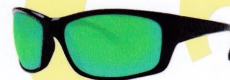
Allstate.

You're in good hands.

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Karin Jacobs
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Fax: (941) 258-9078

18401 Murdock Circle, Ste. A ☞ Port Charlotte, FL 33948
CharlotteOptical@yahoo.com ☞ www.CharlotteOpticalinc.com



Zoomers Member: Katie O'Brein



I began swimming and running in high school. I was the captain of the swim team, and I swam the 500yd freestyle, the 200im and relays. I was never the fastest person on the team, but I always gave it my all and never quit. My swim coach, Mr. Schafer, was also the cross country coach, and he persuaded me to join the team so I can build endurance for swimming. I ran every race, and I also was the last person crossing the finish line. I would run 33-35min 5ks. He never gave up on me, and I must say til this day he gave me a great deal of motivation and a desire to keep going!

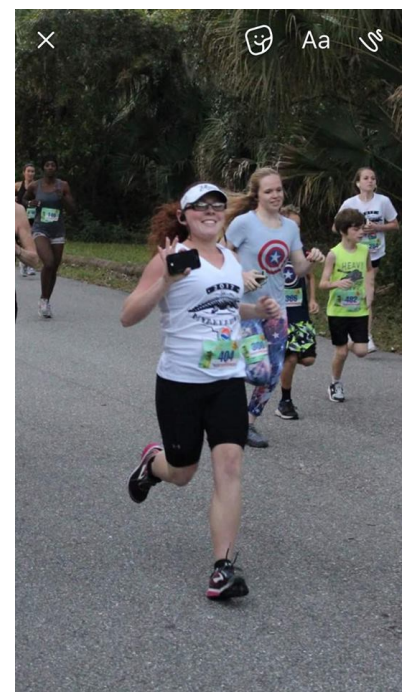
I graduated in 2014, and shortly after, we moved to Florida. I decided to go for runs and after a while I decided to sign up for the Remember the Fallen 5k. That was the same day I decided to become a Zoomer! I continued to run, and I ran more 5ks and my time improved significantly! My PR is 23:01.

My motivation is being healthy and weight loss. I've lost 80lbs since I started running and I feel so much better. I just started to fuel properly, and I use six star pre-workout, birthday cake GU, and Gatorade, I am guilty of not drinking enough water but I'm working on it!

My two greatest accomplishments was finishing my first half marathon, (even though I was completely dehydrated) and running a 5k PR of 23:01. My goal for the season of 2018 is to continue to drop time, build more endurance with speed work, and get more involved with swimming.

My overall goal is to gain more muscle, become even more involved in the Running world and continuing to improve on my techniques.

Advice I would give a new runner - Never give up, you can do anything you put your mind to. You have to start somewhere, and you have tons of support from all Zoomers!





Donna Stueve	1-Jun
Albert Nelson	2-Jun
Ken Cormier	3-Jun
Joy Burroughs	7-Jun
Bruna Braga	8-Jun
Vanessa Mastropola	8-Jun
Mary Strait	9-Jun
Chitwin San Tun	10-Jun
Tracy Hussey	11-Jun
Timothy Raines	13-Jun
Nikki Tusia	13-Jun
Richard Meyerholz	17-Jun
Gary McCallister	21-Jun
Melissa Reifschneider	21-Jun
Quentin Gordon	22-Jun
Peter Ameglio	23-Jun
Christine Bieniek	23-Jun
Debi Swinford	24-Jun
Valerie Williams	24-Jun
Jan Beardslee	25-Jun
Chris Wagner	26-Jun
Grace Gowans	27-Jun
Jessica Isley	27-Jun
Kimberly Lathbury	27-Jun
Christina Coogan	28-Jun
Lucia Pink	28-Jun
Brian Rowe	28-Jun
Amy Allen	29-Jun

ZOOMERS TRAINING



Florida Hand Center 10 MILE TIME TRIALS

Presented by: Dr. Stephen L. Helgemo

Zoomers sponsor Dr. Stephen Helgemo organizes an informal gathering of like-minded people who enjoy 20-30 minutes of hard riding. Time trials occur every other week or so. Members will have ample notice of each scheduled TT. There is no official timing, all speeds are invited and any sort of bike is acceptable. Participants are asked to use their own device to record times. This is not a group ride or "No Drop" event. The object is to drop whoever is trying to keep up. Meeting location: Convenience store parking lot at the corner of HWY 17/Duncan Rd and Washington Loop in Punta Gorda. Start time: 7:30-7:45, staggered start based on recent performances, slower times go first. Suggest cyclists properly warm-up prior to TT. The Strava segment is FHC Time Trial. NOTE: This NOT an official event and there is no official support. NEXT SCHEDULED time trial is to be announced.

ZOOMERS TUESDAY ANN DEVER FUN RUN

Hosted by: Steve and Stacey Holmes

Meet at Ann Dever Park in Englewood 6791 San Casa Dr, Englewood, FL 34224-3100 @ 6:00pm for various distances. All walkers, runners and levels are welcome.

ZOOMERS THURSDAY 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 THURSDAY 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.

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



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



**‘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.

<p>Bronze Level (\$100 and above)</p>	<p>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).</p>
<p>Silver Level (\$250 and above)</p>	<p>All items mentioned in Bronze Level, PLUS: Larger sponsor name <u>and logo</u> 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).</p>
<p>Gold Level (\$500 and above)</p>	<p>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.</p>
<p>Title Sponsor (\$1,000 and above)</p>	<p>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).</p>



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***



ZOOMERS NIGHT & PICNIC
at CHARLOTTE STONE CRABS
SATURDAY, JULY 21, 2018 @ 6:05 pm



Take me out to the ball game, take me out to the crowd ... let's support our local team vs. the Jupiter Hammerheads at Charlotte Sports Park. Watch the game, eat and drink, meet fellow club members, see some fireworks after the game and have some Zoomers fun!

DETAILS: Price includes a 'reserve' level ticket to game and all-you-can-eat picnic for 2 hours (30 minutes before start of game to 1 1/2 hours after start of game). We will meet at our picnic area at 5:30 'ish'.

MENU: Hot dogs, BBQ pulled pork, pasta salad, baked beans, chips, cookies, soda, water **and BEER!**
Game starts at 6:05 p.m.

COST: Zoomers dues-paying members: \$15. All Others: \$20.

HOW MANY ATTENDING?: _____

NAME(S): _____

PHONE: _____ **EMAIL:** _____

Return Form and Check Made Payable to 'ZOOMERS' by July 16, 2018 to:

ROXANNE GILLEN
1282 GREEN OAK TRAIL
PORT CHARLOTTE, FL 33948



Charlotte County Swim Masters Blue Fins Pricing & Schedule

Looking to join a swim masters group or improve your triathlon swim performance? Come join us for a free week at the pool. If you are struggling to take your Swim to the next level or just looking for an AWESOME group of individuals to train with - Masters swimming is where it's at!! \$50/month Tuesday-Friday 6:30am-8:00am Saturday 8:00am-9:30am... \$25/month (Saturdays only) Saturday 8:00am-9:30am

If you have any questions please email Danielle Chance @ Danielle.chance13@yahoo.com or Shelley McFarland Vakil @ Shelleyv5@comcast.net for more information.

https://www.teamunify.com/TabGeneric.jsp?_tabid_=176027&team=szfscs

OPEN WATER SWIM CLINIC

HOSTED BY: CCSM Blue Fins, Coaches Danielle Chance and Shelley Valik

DATE: 30 June 2018

TIME: 7-9 a.m

LOCATION: Englewood Beach, 2100 N Beach Rd

COST: \$10.00 for non-swim masters members

WHAT TO BRING: Swim suit, goggles, swim cap, towel

ZOOMERS will provide refreshments.

RSVP: Please RSVP to Danielle Chance at Danielle.chance13@yahoo.com, Shelley Valik at Shelleyv5@comast.net or click going in the event on facebook.





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



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 submit to newsletter by **June 20th** for the June issue.

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

~Gail Marinari ~

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

