I remember it like it was yesterday...August 2008. I walked into my first business meeting of Zoomers when it was located at the Cap’n and the Cowboy restaurant on Kings Highway. Although I was apprehensive about going, I told myself I’d go one time, see what it was about, and then “lay low” as a member. One meeting and I was hooked. Bob and Carol Geyer came up to me after the meeting and shared the name of a good allergist. Teri Hart shared with me how wonderful the Zoomers members were and how great running was in her very busy life. Others were also very kind. I found myself continuing to attend Zoomers meetings month after month.

Then came a call for help on the newsletter. I said I would “help,” which later translated to “I’ll take it over”. Soon after I began to volunteer at events. Then I roped my family into volunteering to commit to events as well. The wheel just kept turning...

Flash forward and I’m elected Co-President with Kimmi van der Veen. Seemed inevitable, right? So now I’m doing the newsletter and acting as Co-President, so why not add myself to the Special Events Committee and help Josephine Nicolosi put on the Zoomers Award Banquet?

If someone asked me what I felt I brought to Zoomers, I’d say just a bit more organization as far as the paperwork was concerned. I helped get the Bylaws in order; I helped get the taxpayer identification number squared away; and I helped get our Florida tax exempt status taken care of. If someone asked me what I felt Zoomers brought to me, I’d say a new group of friends, a new love of the color purple (ha ha!!) and a whole lot more.

As I depart as Co-President and Kimmi takes over as sole President, I wanted to write a quick “thank you” to Zoomers for the opportunity provided to me to serve as an officer and as a newsletter editor. Both “titles” have brought me great experience that I wouldn’t have otherwise acquired. While I devote more time this year to my new career, my new expanded family (when my first grandchild is born) and to my own personal fitness regime, please know that I will always be a Zoomer at heart.

Thank you again, and I’ll see you all at the races!!

Debi Lantzer
MARK YOUR CALENDAR

12-18-10: FROSTY 5K, TWIN LAKES PARK, SARASOTA
1-8-11: VENETIAN 5K RUN/WALK, CASPERSON BEACH, VENICE
1-15-11: LAMARQUE RUN WITH THE LIONS 5K, NORTH PORT
1-29-11: HANDS ACROSS THE HARBOR 8K, BAYSHORE PARK, PORT CHARLOTTE
2-26-11: HARBOR HEIGHTS 5K RUN/WALK, HARBOR HEIGHTS

FOR MORE INFORMATION ON THE RACES LISTED ABOVE AND FOR A LIST OF OTHER RACES IN OUR AREA, PLEASE VISIT WWW.ZOOMERSRUN.COM

YOU’VE EARNED IT!
You’ve put in countless hours of hard work... so let us give you a shout out! E-mail your recent race results to zoomersnewsletter@comcast.net and we’ll give credit where credit is due! Have a big race coming up? Let us be your cheering squad! E-mail the name & date of your race approximately 2 months before your big day and then go out there and race knowing that your fellow members are thinking of you!
DECEMBER 18, 2010
7PM
HOSTED BY TERI HART
1927 NUREMBURG BLVD.
PUNTA GORDA, FL
**DEEP CREEK ADDRESS**

It’s that time of the year again and we can’t wait to share it with you! This year we are going “potluck” style and we need your help to fill our bellies! Members may bring one guest. Please RSVP to Teri Hart at terihart2@comcast.net and let her know how many in your party will be attending and what food item you intend to bring. We will also be doing a “White Elephant” gift exchange. $10.00 max, please. Hope to see you there!

WHO DOESN’T LOVE A GOOD RACE REPORT? WE WANT TO HEAR FROM YOU!

The Finish Line welcomes article submissions from club members. Please consider sharing your race reports, training tips, racing/training photos and product reviews with the rest of the Zoomers gang. E-mail your article to zoomersnewsletter@comcast.net in either MS Word or Apple Pages format by the 15th of the month preceding our bimonthly newsletter publication. For example, January 15th for the February 2011 publication and so forth.

FEBRUARY 2011
KEEP ON RUNNIN’
Get ready! We will be holding our annual awards banquet in February. More details to come. Hope to see you there!
You are training for Ironman Cozumel. What does a typical training week look like for you?

MM: It is hectic trying to fit my training schedule around my family. The bike trainer goes to work with me every shift and I go on solo long runs and rides. My favorite workouts are tempo runs on the bridge and long swims along the beach at Little Gasparilla Island.

What have you found to be the most challenging part of Ironman training? Most rewarding?

MM: It is challenging to get the training in and sometimes I feel like I’m not doing enough or not trying hard enough. The most rewarding part is looking at my log after a long week of training.

You are supporting the Wounded Warrior Project through your Ironman effort. Why have you chosen this particular cause?

MM: Getting involved with the project was two-fold. After my brother returned from Afghanistan, I heard about how many soldiers were hurt and how little was being done for them. I wanted to raise awareness and also try to raise something to help those who protect us daily.

What do you enjoy doing when you aren’t swimming, biking or running?

MM: I enjoy doing anything outside with the family, spending as much time as I can with my girls (ages 15 and 7), camping, mountain biking, spearfishing and diving.

Would you like to share some training tips?

MM: Practice hydration, nutrition and sighting (swim) so come race day you are dialed in with no room for guessing... and never give up!

What are your race plans for 2011?

MM: I plan on doing some short races. Nothing over an olympic distance triathlon. I plan on doing some Xterra races with my daughter and also run in the Melbourne Marathon.

If you would like to learn more about The Wounded Warrior Project, please visit www.woundedwarriorproject.org or to help support Matt’s fundraising effort, please visit www.wwpproudsupporter.kintera.org. Click on ‘Sponsor a Participant’ and type in Matt’s name.
Present – Kimmi and Lou and van der Veen, Debi Lantzer, Bob and Carol Geyer, Bill and Mary Bonetz, Erin McCormick, Betty Bernz, John Zack, Ed and Joan Morgan

1. Co-Presidents Debi Lantzer and Kimmi van der Veen called the meeting to order. There were no new members.

2. Secretary’s report is on the website.

3. Treasurer’s Report – Carol Geyer reported that we started the month off with a balance of $6371.58 and finished the month off with a total of $7107.21. We were paid for the timing of 3 races. We will be spending money to replace the clocks and Zoomers will have to pay for an insurance renewal.

4. Membership – Teri Hart reported that there is 1 new member making the total number of Zoomers 248.

5. Race Director’s report – Bob Geyer reported that we have 4 races coming up in November. Veteran Day 5K is Nov. 7th (the free breakfast will follow), Free to Breathe is Nov. 13th, Pumpkin Y 5K is Nov. 20th and Turkey Trot is Nov. 25th. The Harbor Run / Harbor Walk 5K has been postponed from Nov. 6th to next year. Bob reported that we need a core of people who will commit to races so everyone can alternate doing race timing and also run most races. The plan he would like to see us work towards is having 4 teams so every team can run some races. Kimmi volunteered to get more training. Bob and Ed have been working on measuring race courses. We need to get people trained in several areas. Teri suggested we have a manual for races with information in it from start to finish. Bob reported that many of the problems that happen need to be handled by someone with total knowledge of the computer and the clock systems. We need to have at least 16 people who are trained in all the different areas. We are encouraging more to become a part of the training process. It was reported that MTC has a race director for each race. Bob has been the only race director for almost 7 years. Zoomers are all grateful for all the time and effort that Bob and Carol have given to the club. More Zoomers need to step to the plate as the Geyers wants to run and deserve to go on vacations when they want.

6. Webpage – Lou had no report. The website is up and operating.

7. Race Series – the race series is being worked on. More updates later.

8. Special Events – The Annual Christmas Party will be held on Saturday, Dec. 18th at Teri Hart’s home. Teri lives in Deep Creek. Directions will be coming. We will have our annual fun gift exchange.

9. Volunteers Committee – Ed Morgan reported the following volunteers:
   • Veterans Day – Nov. 7th at Chadwick Park in Englewood starting at 7:30 AM– Debi, Jane, Bob, Carol, Joan, Bill, Mary Harder and Jack Stone.
• Pumpkin Y 5K starting at Gilchrist Park in Punta Gorda at 8:00 AM. Volunteers Bob, Carol, Ed, Joan, Kimmi?, Lou?, and Steve Vieira
• Turkey Trot starting at 7:30 AM at Edison State College on Thursday, Nov. 25th. Volunteers – Bob, Carol, Debi, Jane, Kimmi, Lou, Ed, Joan and Debi’s Mom.
• Frosty 5K 12/18 – needs volunteers
• Venetian 5K – 1/8 – need volunteers
• Lamarque 5K – 1/15 – need volunteers
• Please contact Ed Morgan emjm67@yahoo.com or call 423-5752 to volunteer to help during a race.

10. Old Business:
   Elections – October in the month for nominations for officers. Nominated from the floor – Kimmi van der Veen for President, Ed Morgan for Vice President, Joan Morgan for Secretary, and Carol Geyer for Treasurer. Contact Ed Morgan for any other nominations during October.
   November – elections
   December – announce election results

11. New Business:
   Sherry LaBree is taking over the writing of the Newsletter.
   Erin McCormick made some suggestions about our meetings. She said they should be more social and less business. The officers could hold a separate business meeting and make the membership meeting more social with more speakers or short runs. She said we need to keep younger runners engaged and feeling a part of the club so they will get more involved. A dine and dash idea was suggested. We talked about more group runs. They are listed and available, but few have shown us. The suggestions were excellent and everyone wants to see more social events take place. The officers have all made the same kind of suggestions in the past and are working towards providing the needs of all its members.

12. Next meeting will be Wednesday, November 3rd at 7:00 PM at Charlotte Conference Room at 2701 Tamiami Trail in Port Charlotte. All Zoomers are encouraged to attend.

ATHLETE’S TOOLBOX
FOAM ROLLER

A foam roller is a highly effective tool for soothing achy muscles between professional body work appointments. This inexpensive and portable tool doesn't require any special knowledge to use. Just place the foam roller beneath a trouble spot (or any muscle group), gently allow some of your body weight to settle onto the roller and slowly roll back and forth for 15 seconds. You control the intensity by allowing more or less of your body weight to rest on the cylinder. Hurts so good!
Present – Art and Marlie Anaou, Bob and Carol Geyer, Kimmi and Lou van der Veen, Terri Hart, Ed and Joan Morgan

1. Kimmi van der Veen opened the meeting and talked about the excitement of Zoomer members over the four Zoomer timed races scheduled for November. She introduced Art and Marlie Anaou who are new Zoomer members from Arcadia, Florida. Art ran in a number of Marathons before 1982. Among them the Chicago District Classic and was once on the U.S. Cross Country Team. Marlie just started running last April and her first race was at Morgan Park in Arcadia. Art and Marlie were kind enough to volunteer at Boca Grande and signed up to volunteer at several future races.

2. Secretary’s report is on the website and will be in newsletter. Copies of the minutes were available at the meeting.

3. Treasurer’s Report – Carol Geyer reported that we started with $7107.21. Expenses this month were $1582.11. Bob purchased a new timing clock. Our old clocks have needed updating for a long time and the company that made them has been out of business for several years. Other expenses included trailer storage and expenses to send out newsletter. Balance at the end of Oct. $5840.10.

4. Membership – Teri Hart report no change in membership for October. Kimmi and Teri are getting together to go through the membership list. Please check to make sure your Zoomers membership is up to date. We are paying insurance based on the number of members and need an accurate count. Membership perks include the use of the webpage, discount at some shoe stores, discounts for Lamarque and hopefully other registrations, updated equipment to upgrade timing system and providing scholarships. Individual membership is $15, Family $20 and Students $5. Lou is looking into electronically renewing membership and registering for races and working on setting up PayPal.

5. Race Director’s Report – Bob reported that we are timing 4 races in November. He and Carol have been going to numerous meetings for the upcoming races. Bob reported that all the November races are being worked on. The race courses are being worked out.

- Harbor run/walk had been postponed until January 29, 2011.
- The Veteran’s Day 5K is Sunday, November 7th at Chadwick Park in Englewood starting at 7:30 AM. A breakfast will be served after the race.
- Free 2 Breathe is Saturday, Nov. 13th. There will be goody bags. The 5K is at Charlotte Sports Park starting at 8:15 AM. The proceeds are to provide funds to fight lung cancer. There is an article in the November issue of North Port Magazine and Feeling Fit Magazine about the Free to Breathe 5K.
- Pumpkin Y 5K – starts at boat club at Bayshore Center YMCA at the end of Gilchrist Park at 750 W. Retta Esplanade in Punta Gorda. 5k run starts at 7:30 AM at Pavilion at Gilchrist Park.
- Turkey Trot on Thursday Thanksgiving Day at Edison State College at 7:30 AM.
- Frosty 5K starts at 8:00 AM on Saturday, December 18th. Location for the Frosty 5K is Twin Lakes Park in Sarasota.

A NOTE FROM YOUR NEW EDITOR
I am beyond excited to be tackling the role of Editor for The Finish Line. Debi Lantzer has done a wonderful job for us and I know that I have some big shoes to fill. There will no doubt be growing (learning) pains, but I hope that I am able to exceed your expectations in time. Please feel free to contact me at any time and for any reason. Wishing you all happy holidays and fast feet! ~ Sherry
• Venetian 5K will be held on Jan. 8th.
• Lamarque 5K will start at 8:00 AM at Lamarque Elementary School in North Port. The 1 mile run/walk will start at 9:00 AM. All Zoomer members who preregister will pay $3 less. Make sure your membership is current and that you mark that you are a Zoomer member and receive the discount.

6. Webpage – Lou van der Veen said the website is up and operating. He is going to work on the cover page and is working on setting up PayPal.

7. Race Series – it was reported that the race series is up to date on the website. Make sure you are a current Zoomer member to be part of the race series. Check webpage for updates.

8. Special Events – Teri Hart will be hosting the fun filled annual Zoomers Christmas Party at her home at 1927 Nuremburg Blvd. in Deep Creek. The party will be Saturday, Dec. 18th starting at 7:00 PM. A constant contact will soon be sent out so you can RSVP to Teri. There will be a White elephant Gift exchange for about $10. Remember if you want to be in the gift exchange you must bring a gift.

9. Volunteer Committee – Ed Morgan reported that he is as always looking for Zoomer volunteers to help at races. The following have volunteered:
   • Veterans Day 5K (11/7) – Bill B., Jack S., Mary H., Bob G., Carol G., and Joan M.
   • Free to Breathe (11/13) - Debi L., Jane H., Teri H., Bethany H., Jim C., Kimmi and Lou, Steve Viera, Art and Marlie Anauo, Bob and Carol, Ed and Joan, Dave Pierce
   • Pumpkin 5K (11/20) – Bob and Carol, Ed and Joan, Kimmi and Lou, Steve Viera
   • Turkey Trot (11/25) – Debi L., Debi’s mom, Jane H., Bob and Carol, Kimmi and Lou, Ed and Joan, George Anderson
   • Frosty 5K (12/18) – Bob and Carol, Kimmi and Lou, Ed and Joan
   • Venetian 5K (1/8)-Bob and Carol – volunteers needed
   • Lamarque 5K (1/15) – Bob and Carol, Ed and Joan, Art and Marlie

10. Old Business –
Mission statement will be coming.
Sherry La Bree is really excited about taking over the newsletter

Members present voted for the slate of officers nominated at the November meeting. The officers and committee chairs elected for 2011 are:
President – Kimmi van der Veen
Vice President – Ed Morgan
Secretary – Joan Morgan
Treasurer – Carol Geyer
Membership – Terri Hart
Race director – Bob Geyer
Webpage – Lou van der Veen
11. New Business – Rules set out by RRCA to play music during a race was discussed. Ed Morgan is going to check into what is needed to be able to have music at 5K races.

   Headphones are not allowed according to RRCA rules.

12. Next meeting will be Wednesday, December 1st at 7:00 PM at Charlotte Conference Room at 2701 Tamiami Trail in Port Charlotte. All Zoomers are encouraged to attend.

MEMBERSHIP

OCTOBER MEMBERSHIP REPORT
SINGLE MEMBERSHIPS: 101
BUSINESSES: 6
FAMILY MEMBERSHIPS: 52 (FOR A TOTAL OF 131 MEMBERS)
STUDENT MEMBERSHIPS: 10
ORGANIZATIONS: 14
TOTAL ZOOMERS 262

SEPTEMBER MEMBERSHIP REPORT
NO CHANGE

WE’VE HAD QUITE A FEW NEW MEMBERS JOIN US SINCE LATE SUMMER! ZOOMERS WOULD LIKE TO EXTEND A WARM WELCOME TO THEM!

EMILY BREWER, MICHAELA ALICE CHALOPA, BECKY CRAWFORD, MARK DAHLKEMPER, JAY HARRISON, SIGNE IAUNA & FAMILY, RENEE JEFFRIES, MATT McELROY & FAMILY, SANDRA WEBBER

WELCOME!

Facebook is the social networking site to be part of... and Zoomers is there! So go ahead, create an account (if you don’t already have one) and search for our group using ‘Zoomers-Southwest Florida Running & Triathlon Club’ as your search criteria. From there you can interact with fellow members, share photos, organize a run or ride... the sky is the limit!
## TREASURER’S REPORT  
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THEY SUPPORT US... PLEASE SUPPORT THEM!

10% off to Club Members for Parts and Accessories

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Name ___________________________________________ Date of Birth _______________________
Address _____________________________________________________________
City, State, Zip _________________________________________________________
Home Phone ___________________________ Work/Cell Phone ____________________________
E-Mail Address __________________________________________________________
Membership Student ($5) Single ($15) Family ($20) New Renewal (All family members must fill out an application)

Check Areas in Which You Are Willing to Work: Race Planning ______ Membership ______ Fun Runs ______
RACE DAY: Same Day Registration ______ Race Clock Operation ______ Computer Operation ______ Finish Line ______
Club Meetings, Parties & Other Social Events ______ Newsletter ______ Public Relations ______

Membership Application Waiver

I know that running, biking, swimming and volunteering to work 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 relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, 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, I, for myself and anyone entitled to act on my behalf, waive and release the Zoomers Southwest Florida Running and Triathlon Club, and all sponsors, their representatives and successors from all claims and liabilities of any kind arising out of my participation in these club activities even though liability may arise out of negligence or carelessness on the parts of the persons named in the waiver. I grant permission to all fore mentioned to use photographs, motion pictures, or any other record of any event for any legitimate purpose.

Signature ___________________________________________ Date __________________________

Parents Signature if under 18 years of age ___________________________ Date ________________________

Zoomers Southwest Florida Running & Triathlon Club
P.O. Box 380276
Murdock, FL 33938

Remember to renew your Zoomers membership!
Check your address label for month and year when your membership expires.

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