

# The Finish Line

January 2017

## Zoomers Southwest Florida Running & Triathlon Club

VISIT: [www.zoomersrun.com](http://www.zoomersrun.com)

### President's Message

By Ed Gillen

We start our 21<sup>st</sup> year! Thank you for being a member! Thank you also goes to our outgoing members of the Zoomers Board of Directors who have given countless volunteer hours dedicated to making our club better. Thanks go to **Marti Stetter** for guiding our club through our transition period moving us to online memberships on RunSignUp. Thank you **Stephanie (Powers) Jimenez** for her 3 years of service as our Secretary reminding us with her minutes what we said we were going to do. Also, Congratulations Stephanie and her husband Steve on the birth of their son Caleb! A big shout out to **Sherry LaBree** who kept a keen eye on our finances for the past 5 years, providing us with detailed reports of revenue and expenses. Good luck to you and Scott on your move and new career. All of their experience, but most importantly their enthusiasm and friendship, will be sorely missed.

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## Are You In? 2017 Zoomers Race Series

Why wait? It doesn't cost you anything to join the race series. It may cost you if you do wait!

The Zoomers Race Series consists of a number of races, at various distances, held throughout the calendar year. The series is open to Zoomers club members. Members may enter as many series races as they wish but only the **best six** (6) series races will be scored (**6 races must be run as a minimum**).

**What's new in 2017?** Members for the first time will be competing against fellow Zoomers **only**. Points are awarded based on how you place against other Zoomers in your age group. You no longer need to place in your age group in the race to be awarded points. No Overall or Masters points will be given. Also new, Zoomers will recognize the top three individuals in each age group of the race series at the annual award banquet.

**Race Series Points will now be awarded as follows:**

8 pts 1<sup>st</sup> Place in Zoomers age group, Male and Female

6 pts 2<sup>nd</sup> Place in Zoomers age group, Male and Female

4 pts 3<sup>rd</sup> Place in Zoomers age group, Male and Female

2 pts completing the Race

For information on the 2017 race series ...

*2017 Race Series*

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

I look forward to working with our returning VP Pat Vasquez (Vice President) and our new board members Gail Marinari Rau (Appointed to Board as Secretary), Patti Wargo (Treasurer), Lori Vasquez (Membership) and John Libonati (Web Director).

Dug and Marti Stetter are still involved in the club as Chairs of the Kids Race Series. I also want to thank Jessica Oldfather, Don Fialka, Dave Pierce and Pat Vasquez for serving on the 2017 Adult Race Series. Another new committee chair is Roxanne Gillen (my wife) as Special Events Chair.

We also thank our business members of 2016 (see listing at end of newsletter).

**WELCOME new 2017 business members Tri Fit Sports and Art of Acupuncture**



Again, thanks for being a member. If you have suggestions on how we can become a better club as we move forward, please contact me or another board member.

See you at the Finish Line! 😊

## Volunteering at Local Races or Events

Last month's Finish Line newsletter gave you '5 Reasons to Volunteer.' **Here's two more!** If you volunteer at four (4) Zoomers-owned events, Zoomers adult race **or** Kids race series **or** a race/event 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). Volunteering is also a requirement for our Zoomers Scholarship and Zoomers Adult Race Series.

**NOTE:** Zoomers attempts to keep the most accurate records of who volunteers at their events. It's more difficult when volunteering at an event Zoomers does not own. **Errors do occur and we encourage each member to contact [Zoomerspresident@gmail.com](mailto:Zoomerspresident@gmail.com) regarding your availability and events you have volunteered.** 😊



## Running Terms & Acronyms

We have our own vocabulary. To outsiders, besides thinking we are nuts for running, our language is bizarre as well. Here are a few of our quirky terms:

**Bonk:** Scientifically speaking, you've depleted your muscle glycogen stores—aka, you're out of gas.

**Corral:** Sometimes we may feel like livestock at big race starts. Big races divide runners into groups, usually by expected finishing times.

**Fartlek:** What's that smell? Actually it's adding short, variable speed bursts to your workout and then return to your normal pace.

**GU:** a brand name of an energy gel that provides needed calories during longer training runs.

**Plantars:** Not a brand of peanuts! Short for plantar fasciitis or inflammation of the bottom of the foot due to overuse or overstretching.

**Taper:** a period of time a runner is cutting back on their training and mileage allowing rest before race day.

**DNF:** Did not finish, the label slapped on your results when you do not cross the finish line

**BQ:** Boston qualifier. A marathon that's certified to award you a ticket to coveted Boston Marathon based on time.

**BPM:** Heart 'beats per minute.' Runners and multisport athletes often have a target BPM to get the most out of each workout. 😊

## Zoomers Business Meetings

**Next meeting: January 4, 2017**

Meeting held at the Charlotte County Chamber of Commerce at 6:30 pm. We discuss what is happening in the club and where we want to go in the future. 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.

## How to Contact Zoomers?

ZOOMERS SOUTHWEST FLORIDA  
RUNNING & TRIATHLON CLUB  
P.O. BOX 380276  
MURDOCK, FL, 33938

### 2017 Board of Directors

PRESIDENT: Ed Gillen  
[EdGillen7@gmail.com](mailto:EdGillen7@gmail.com)

VICE PRESIDENT: Pat Vasquez  
[pvasquez317@gmail.com](mailto:pvasquez317@gmail.com)

TREASURER: Patti Wargo  
[zoomerstreasurer@gmail.com](mailto:zoomerstreasurer@gmail.com)

SECRETARY/NEWSLETTER: Gail Marinari  
[ZoomersNewsEditor@gmail.com](mailto:ZoomersNewsEditor@gmail.com)

WEBPAGE DIRECTOR: John Libonati  
[Zoomerswebdirector@gmail.com](mailto:Zoomerswebdirector@gmail.com)

MEMBERSHIP & MARKETING DIRECTOR: Lori Vasquez  
[Zoomersmembership@gmail.com](mailto:Zoomersmembership@gmail.com)

### 2017 Commitees

Adult Race Series Chair: Jessica Oldfather  
[ZoomersRaceSeries@gmail.com](mailto:ZoomersRaceSeries@gmail.com)

Kids Race Series: Dug and Marti Stetter  
[Zoomersyouth@gmail.com](mailto:Zoomersyouth@gmail.com)

## Zoomers Presentation to 'The Academy'

Each year Zoomers presents its annual scholarship fundraising race – the Trick or Trot 5k Trail Run. Besides raising funds for our scholarship program, Zoomers also gives back to the community. For 2016, Zoomers identified The Academy Alternative High School as its charity of choice. On December 13<sup>th</sup>, Ed Gillen, Zoomers President and Trick or Trot 5k Trail Run Race Director, presented a \$750 check to Tammi Harvey and Principal Jack Ham.



## UPCOMING RACES & FUN RUNS / EVENTS

We like to promote races within our geographic area, Zoomers races and events, races that provides Zoomers members discounts, and races that are part of our race and tri series.

### JANUARY CALENDAR OF EVENTS

#### ANDREW MONROE MEMORIAL 5k (RACE SERIES)

PLACE: SIESTA KEY BEACH

DATE / TIME: JANUARY 8 8:15 A.M

[HTTPS://RUNSIGNUP.COM/RACE/FL/SARASOTA/ANDREWMONROE MEMORIALSCHOLARSHIP5KRUNWALK](https://runsignup.com/Race/FL/Sarasota/AndrewMonroeMemorialScholarship5KRunWalk)

#### WALMART 5K (RACE SERIES)

PLACE: PUNTA GORDA

DATE / TIME: JANUARY 21 8:00 A.M.

<https://runsignup.com/Race/FL/PuntaGorda/Walmart5K> .

#### ZOOMERS RUN MYAKKAHATCHIE CREEK

PLACE: NORTH PORT

DATE/TIME: JANUARY 22 8:00 AM

<https://www.facebook.com/events/674709842708095/>

#### HANDS ACROSS THE HARBOR (RACE SERIES)

PLACE: PORT CHARLOTTE

DATE / TIME: JANUARY 28 VARIOUS

<https://runsignup.com/Race/FL/PortCharlotte/HAHHalfMarathon> .

## Zoomers Scholarship

Zoomers is pleased to announce that it is accepting applications for its 2017 Scholarship. Zoomers will award up to \$1,000 to the eligible recipient. To be eligible, applicants must meet the requirements, complete the application and application should be received no later than April 30, 2017.



Visit [www.zoomersrun.com](http://www.zoomersrun.com)  
for Scholarship Information.

### SCHOLARSHIP QUESTIONS AND ANSWERS

Q: Can I fill out application online?

A: No, you must send in a completed application to the address found on the form.

Q: Do I have to be a member of Zoomers?

A: Yes. You need to be a member of Zoomers and have tenured that membership for at least two years prior to the date of his/her graduation from high school. The membership may be as individual or as part of a family.

Q: Besides being a member of Zoomers, do I have to do anything else for Zoomers?

A: Yes, we expect applicants to have volunteered to work in two events or races which Zoomers has been involved with.

Q: What is the letter of request that must accompany the application?

A: Applicants are required to submit a one to two page letter in conjunction with the application indicating why they think they are deserving of a Zoomers scholarship. The letter should include information on your involvement in running (awards, contributions to your team, etc), what college or institution you are planning to attend, what are you planning on studying and outline community service you have completed (not required)

## Christmas Canal Cruise

Twenty two Zoomers, friends and family went cruising on December 17<sup>th</sup>. They viewed the beautiful lights and decorations of Charlotte Harbor and the Punta Gorda Canals.



Q: Do you verify my participation in running?

A: Yes. We ask that you list the school and team on which you were on, the season and the year. We also ask that you give us the name and contact information of your coach so that we may contact him/her.

Q: Will I be notified if I am the recipient?

A: Yes. If you are selected as a scholarship recipient you will be contacted by phone by a Zoomers officer prior to your school's award ceremony.

Q: If I win, will Zoomers present me with the scholarship money?

A: No. Zoomers will make direct payment to the college or institution recipient is planning to attend. Zoomers will work with the scholarship recipient and his/her family to complete the transaction in the most expedient way possible.

Q: When is the deadline to apply?

A: You may submit your application in person at a Zoomers Business meeting no later than the May 3rd meeting; or you may mail your application which should be received no later than **April 30th, 2017.**

**DEADLINE FOR THE FEBRUARY EDITION  
OF THE FINISH LINE NEWSLETTER IS  
JANUARY 30<sup>th</sup>.**



**THANK YOU 2016 SPONSORS!**



**HARBOUR HEIGHTS CHARITIES** 10th Annual Harbour Heights 5K  
2nd Annual Harbour Heights Half Marathon



Harbour Heights Charities, Inc.  
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