

# The BRreeze



## **Bootcamp Instructor Runs Marathon for Team for Kids -**

This year Tara Zimlik, sixteen time marathoner and owner of Tara's Bootcamp, ran the New York Marathon on November 8th for Team For Kids (TFK). Through the support of Bootcamp members and local businesses over \$35,000 was raised to support the Team For Kids charity to combat childhood obesity. TFK provides athletic programs in low income schools across the country to combat obesity and build confidence. Since this cause is a very serious concern, as diabetes is on the rise, Tara and fellow bootcampers worked hard to help change this. Although Tara trained in almost half her normal training time due to busy scheduling, having TFK and the bootcampers in spirit helped her run strong. Tara ran with a bracelet with all supporters names listed so when she crossed the finish line they all crossed with her. She finished in her 2nd best time ever of 3:28 and finished in the top 10% out of 45,000 people overall and top 5% for overall women.

"I hope that this accomplishment will inspire all adults and children including my own," said Tara. "Sports are simply the tool for accomplishing our main objective: to bring hope, inspiration and the joys of achievement to all. What better way to inspire than raising funds to help combat obesity in children. A special thanks to Bagel Garden, The Branchburg Sports Complex, Il Forno, Marriot, Canswerlink, and all the wonderful bootcamp support."

For info on training for a running race go to [www.tarasbootcamp.com](http://www.tarasbootcamp.com) and to read more about team for kids go to [www.runwithtfk.org](http://www.runwithtfk.org).