

TARA'S BOOTCAMP

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Tara Zimliki Run the New York Marathon for Team for Kids

This year Tara Zimliki, Branchburg mom, 16 time marathoner and owner of Tara's Bootcamp ran the New York Marathon on November 8th for a great cause, Team for Kids (TFK). Through the support of Bootcamp members and local businesses over thirty five hundred dollars was raised to support Team for Kids charity to combat childhood obesity.

Team for Kids 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 the fellow bootcampers worked hard to help change this. Although Tara trained in almost half her normal training 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 to be healthier. 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 of children.

A special thanks to the Bagel Garden, The Branchburg Sports Complex, Il Forno, Cathy H. of Marriot, Canswerlink, and all the wonderful bootcamp support. 82,000 at-risk lives were changed because of the total amount raised through Team for Kids.

For information on training for a running race go to www.tarasbootcamp.com and if you would to do read more about team for kids go to www.runwithtfk.org