



Your Information Resource for Poison Ivy, Oak and Sumac

Volume 5, Issue 2

Welcome to the Zanafel Zone! We hope you have had a wonderful summer! As always, Zanafel is here to provide you with important information on plant identification, prevention, and treatment to help get you safely through this season.

Poison Ivy, Oak & Sumac Exposure Season Continues

Labor Day weekend marked the end of "peak" poison ivy, oak, and sumac exposure season. Now that the unofficial end of summer has passed, many people think poison ivy season is over. This is not true! Fall is a great time for camping, hiking, vacations and yard work. These outdoor activities are all opportunities to tangle with poison ivy, oak, and sumac.

Please contact us if you have questions about Zanafel Poison Ivy, Oak & Sumac Wash, or about poison ivy in general.

If you or a family member break out with a poison ivy, oak, or sumac rash, Zanafel can be found in the first aid section of your local pharmacies.

Prepare For Poison Ivy's Fall Colors

As the dog days of summer continue on, many of us are looking forward to the arrival of fall weather. One of the early signs of fall is the turning of poison ivy leaves from green to yellow, then to bright red. Poison ivy is usually one of the very first plants to have its leaves change in the fall. You'll look out into the woods and

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everything will be green, except for the bright yellow or red leaves on a climbing poison ivy vine.



Why is it that poison ivy leaves change color before most other plants? Poison ivy plants rely on birds to spread their seeds. When flocks of migratory birds are passing through an area, the red poison ivy leaves are like a beacon drawing these birds in for a meal of poison ivy berries.



Poison ivy is a dioecious species, meaning individual plants are either male or female. Female poison ivy plants produce berries, which contain the seeds. Male plants produce pollen, but don't have berries or seeds. In the fall, it's the male poison ivy plants that produce the brightest colors.

Adventure Racing

Zanfel Laboratories is a proud sponsor of Adventure

Racing. This is Zanfel's 11th year of involvement with the sport of Adventure Racing (AR). Zanfel's connection to AR began in the early 2000's with our relationship with Robin Benincasa of Team Merrell/Zanfel . Since that time, Zanfel has supported thousands of grass-roots level races, the Primal Quest Expedition, and the United States Adventure Racing Association's championship event.



What's an adventure race? Adventure Racing is an outdoor race involving two or more endurance disciplines. They usually include cross-country running, mountain biking, and paddling (canoe or kayak). At the beginning of each race each team is given a map with checkpoints. The goal is to find all the checkpoints along the race course in the shortest amount of time. The navigation element is one of the race components that separates AR from other multi-sports like triathlon. In AR, there isn't a set course which racers follow, but rather, racers use the map, compass, and their brains to determine which path they will use to get from checkpoint to checkpoint.

Adventure racing is primarily a team sport, with team size varying from 2 - 4 people. The length of adventure races range from shorter sprint races (8 hours) to long expedition-style races (several days). Racers are normally required to be fully self-sufficient throughout the race. They must provide themselves with adequate hydration, nutrition, and medical care.

As racers blaze through the woods searching for checkpoints, exposure to poison ivy or poison oak is almost certain. Use of Zanfel allows the poison ivy affected racer to return to normal activities in an itch-free and healing state.



Jon VanDis from Unplugged Adventures points out some poison ivy near the mountain bike section of a race near West Des Moines, Iowa



Jim Craig from Angry Cow Adventures and Dan Boelman from Zanfel Laboratories, stopped for a picture by "Checkpoint Zanfel". Jim was the race director for the 2015 National State Games Adventure Race in Mahoney State Park, Nebraska.

Zanfel Laboratories is proud to be 100% behind Robyn Benincasa and her adventurous non-profit organization, The Project Athena Foundation (PAF). At Project Athena, survivors help other survivors live an adventurous dream as part of their recovery. For more information, please visit www.projectathena.org





Giant Pumpkins

This year two Zanfel Laboratories employees, Dan Boelman and Michelle Bastian, grew a couple of huge pumpkins!

Dan's pumpkin is estimated to weigh 720 pounds.



Michelle's orange beauty was harvested earlier this week and weighed 705 pounds!





Dan's pumpkin is still growing and will be entered in the Anamosa Pumpkinfest weigh-off in Anamosa, Iowa. Stay tuned for the next issue of the Zanafel Zone to see how much it weighed!

Follow Zanafel on Twitter



Please follow us on Twitter [@ZanafelPoisonIvy](https://twitter.com/ZanafelPoisonIvy)

We'll Tweet helpful information on poison ivy, oak, and sumac throughout the year. Thank you to everyone who has followed us!

