



CENTRAL FLORIDA STRIDERS OF ORLANDO, FLORIDA
Central Florida's Walking/Running Club

IN STEP NEWSLETTER

Volume 4, issue 3

July/August 2011

The Highlander!
Adventure obstacle Mud Run,
Saturday, July 23, 2011
10a.m., in Bartow, Florida



www.RockOnAdventures.com and
www.signmeup.com



3 and 6 mile courses, great food, crazy costumes, great music and cold beer. 3 deep in 5 year age groups, t-shirt, 1 free beer and each entry, challenging obstacles, elevation changes, and plenty of mud. In addition, the highland athletics Heavy Events (Highland Games) will be held with the caber toss stone put, weight throw, weight over the bar, and sheaf toss.

President's Corner

Our feature event for this summer is The Highlander, for those of you who want more of a challenge than your average 5K or 10K. Club founding member Jonny Simpkins is the race director.

For those of you who say "it's just too hot to run", I would suggest cross-training by bicycling, swimming and/or working out in the air conditioned gym. Nadine and I have suggested this many times to runners, whether it is hot, cold or just right outside. We noticed our running improved, as well as our sleep.

As for the heat, well this summer we have experienced record high temperatures in Florida. Currently Florida has the distinction of being the lightning capitol of the USA. Lightning kills more people in Florida than all other weather related phenomena combined – including hurricanes. So keep that in mind, whether you are walking, running, biking or swimming when bad weather threatens. Get up a little earlier and get that walk or run in as soon as it is light enough to be safe. That walker's/runner's high you experience will help to charge you up for your morning at work, or play. Many people say "I'll run/walk/bike/swim/work out when I get home this evening." Then the evening comes and you're just too tired or have too many things to do before bedtime. Before long the days will become shorter and the weather will be cold. Then you may be looking back at summer and saying "I should have exercised more when there was more daylight and the weather was better!" So let's get out there and enjoy each day. Don't let the heat beat you. Hydrate, hydrate, hydrate!!!

Safe Running.....

Dex Dexter CFS President



Renew your membership!
When you renew you receive
A new Club –shirt.
Visit
Our website for our membership
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*Premier Club Feature Member:
Jonnie Simpkins*



I live in west Orlando and I have been running since April 4th, 2001. My brother Tim was diagnosed with cancer in January of 2001, so the memories of that time are still clear. Tim is the reason that I enjoy a lot of things today and he is my motivation as I run and train. I know he is watching over me and cheering me on in each race. I can remember racing with Tim's good friend in the Tallahassee half marathon and hoping I would break 1:40. As the race

went out that running trail in Tally, I swear I could see my brother's shadow on the ground in front of me. I would look up to see what was causing that shadow and no one was there. That shadow was Tim and I could hear Tim yelling "keep it up Jon, don't let my friend catch you". I got faster in the second half of that half marathon and finished in a still standing PR of 1:36:46. I still see him every once in a while when I need it the most. Tim is my motivation, my drive and he will always be my hero as I deal with this crazy world each day. Tim never really got angry and always ran through the streets of Tallahassee in costume making people smile. He loved to make people smile. Now imagine if everyone in the world just wanted to make people smile. What a great world it would be then! I miss you Tim, I hope to see you one day and be able to run with you for the very first time!

Jonny

*Jonny Simpkins is a founding member of the Club and the brother of Tim Simpkins, a legendary runner of the Gulf Winds Track Club, Tallahassee, Florida. Tim's many awards and accomplishments are too numerous to list here, but can be accessed through the GWTC web site.
Dex*

Upcoming Running Events:

July/ August Races

Saturday, July 23 -- Adventure Obstacle Mud Run, 10 a.m., in Bartow, FL.

Saturday, July 30 -- Run for Africa 5K – 8:00 a.m., Front Running Sports

Saturday, September 10 -- Stephen Siller Tunnel to Towers Run, Orlando, 8:00 AM

Join our running club today!

For complete membership information and application form, please visit our website.

Call, Write or Visit Us

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To:

