



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

# IN STEP NEWSLETTER

**Volume 4, issue 2**

**March/April 2011**

## Walking & Running Beginning & Intermediate Class @ Medical City

An 8 Week Training Course  
gets you ready for 5K or 10K  
Competition.

**Who:** Anyone interested in beginning or intermediate walking and running to improve endurance & performance.

**When:** Every Tuesday & Thursday  
Time: 5:30pm/ Starting March 22, 2011.

**Where:** UCF College of Medicine Building @  
Medical City, Lake Nona Boulevard.

**Optional:** Sundays, at 7:30 a.m., at Firestation  
#16. 12375 Gateway Road off Lake Nona Blvd.



## \$ Cost \$

The training cost is \$20 for an 8 week course. However, it's free to CFSC Members. Join the club today for \$20 Individual or \$35 Family and receive a full year of Membership & Training, a Club T-shirt and bi-monthly Newsletter. Cold Water Always Provided at end of each Training Session!



# President's Corner

February found the Dexters in Tallahassee, attending the 23<sup>rd</sup> annual Flash 6K/12K. This is a footrace that I started in 1989. The theme is "Flash – the fastest man alive!" It was dedicated to Tim Simpkins, my best friend and terrific running competitor who died of cancer in 2002. His brother, Jonny, and his family, are founding members of the Central Florida Striders Club and live in Clermont, Florida. In 1989 the Flash 12K was the only TAC certified 12K in Florida at that time. A 6K was added in 2008. This year there was a total of 287 finishers. James finished 2<sup>nd</sup> overall in the 6K. James, Nadine and I all won our age group and Chris was second, behind James, and 9<sup>th</sup> overall. I have been running since July of 1982, Nadine since 1994, and James, since 1986. James shared MVP cross-country honors at Lincoln High School in 2003 and 2004. He was a Gulf Winds Track Club grand prix age group winner many times, along with his brother, from 1984 through 2004. Nadine was the overall women's winner in a 5K and was awarded the Cleveland-Caldwell Advancement of the Sport Award in 2004. I am a former board member, race director coordinator, equipment manager and President of the Gulf Winds Track Club. I was race director for over 200 races in Tallahassee and the Dexter family assisted in over 200 more races in North Florida and South Georgia. So your trainers for the upcoming March training class come with many years of experience and the cost of this training comes at a very, very reasonable price. For us it is "all about the running/walking, not about the money". Please let your family/friends/neighbors know about this upcoming opportunity to get in shape.



Safe Running.....

*Dex Dexter* CFS President



**Renew your membership!**  
**When you renew you receive**  
**A new Club –shirt. Visit**  
**Our website for our membership**  
**Form.**



*Focus on being healthy*

## Premier Club Feature Member: Dexter Family

The Dexter Family participated in the Flash 6K (3.6 miles) on Saturday, February 19, 2011. This is a race that was started by Dex in 1989 and which he and Nadine directed until 2009. James, Dex and Nadine were all age- group winners. James was second, overall, and his brother, Chris, was second in his age group and 9th overall.

2 Place - James Dexter M 26 24:30  
9 Overall - Chris Dexter M 29 31:02  
16 Overall - Dex Dexter M 65 32:49  
60 Overall - Nadine Dexter F 52 49:02

## You are what you eat!

**Gluten** (from Latin [gluten](#) "glue") is a protein composite that appears in foods processed from [wheat](#) and related species, including [barley](#) and [rye](#). Gluten is extracted from flour by washing out the starch. If you are sensitive to gluten due to [celiac disease](#) you should look for "gluten free" products. Celiac disease constitutes an abnormal immune reaction to partially digested gliadin. Certain allergies and neuropathies are also caused by gluten consumption and inhalation.

**Modified food starches** are used in a mind-boggling variety of products - luncheon meats, orange juice, baked goods, biofuels, bioplastics, and the list goes on - for a variety of reasons. Modified food starches are used as gelling agents, insuring that foods maintain the correct texture in both frozen and microwaved foods. They're used as thickeners in fat-free dairy products. They're used as bulking agents to increase the bulk of a food without affecting its nutritional value. Modified food starches might be used as an anti-caking agent to keep foods free-flowing, or as an inexpensive way to control moisture in a food product. In low-fat meat products, modified food starch is used as a binder. Modified food starch doesn't really have any nutritional value, but it does serve a useful purpose in processed foods. However there is virtually no way to find out how the modified food starch used in a product was produced - what chemicals or enzymes were used, for example, and the possibility of trace chemical contamination bothers some people. **People sensitive to wheat or gluten should avoid products with modified food starch** as an ingredient unless it specifically states that the product is gluten free or states the specific type of starch used. Should you avoid foods with modified food starch? That's a personal decision. If you don't like the idea of a heavily processed ingredient, then you would probably be happier without modified food starch in your life.

**MSG** MSG is the sodium salt of glutamic acid (thus, the name monosodium glutamate) and is used around the globe in soups and broths, sauces, gravies, flavoring, spice blends, processed foods such as canned and frozen meats, fish, poultry, vegetables, and ready-to-eat food plates, dressings, ketchup, mayonnaise, soy sauce, sausages, snacks, some processed cheeses, [soup](#) powders for instant noodles, etc. According to Russell Blaylock, author of a book titled "[Excitotoxins the Taste that Kills](#)", MSG is an excitotoxin, which basically means, a chemical substance that excite your neurons (brain cells) and that may cause its death. Blaylock proposes that excitotoxins, like MSG, may aggravate many neurological disorders such as Alzheimer's and Parkinson's disease. MSG (and exitotoxins) side effects may include seizures, brain cell and damage, allergies, rashes, asthma attacks, headaches, and brain tumors.

## Upcoming Running Events:

04/09/2011 - [2011 Columbia Muddy Buddy Orlando](#) - Kissimmee, FL  
04/10/2011 - [2nd Annual Base Camp 5K & 10K](#) - Orlando, Florida  
04/30/2011 - [Fighting Hunger 5K](#) - Orlando, FL  
05/07/2011 - **2011 Expedition Everest™ Challenge Kids'** Lake Buena Vista, FL  
06/18/2011 - [Champions MudBash Central Florida](#) - St. Cloud, FL



# Join our running club today!

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

Call, Write or Visit Us

407.286.3889

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[www.centralfloridastriders.org](http://www.centralfloridastriders.org)

*Promoting Healthy  
Lifestyles through  
Fitness and Exercise*

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**To:**

