



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

IN STEP NEWSLETTER

Volume 4, issue 3

May/June 2011

Its Racing Season!
Put on your Shoes,
set your alarm, and
get to one of the races below!
Happy Running!



RACE CALENDAR:

- Saturday, May 14 – Operation Giveback 5K/10K Run, Walk, Roll at UCF
- Saturday, May 14 – Lake Brantley H. S. Principals Fund 5K, Longwood, 8 a.m.,
- Saturday, May 14 – 5K Run from Wekiva Elementary, 7:30 a.m., Fleetfeet
- Sunday, May 15 – Teal Ribbon Run 5K, 7:30 a.m., Oviedo – Front Running Sports
- Saturday, May 21 – Lake Mary Community 5K, 7:30 a.m., FleetFeet
- Sunday, May 22 – Kiwanis 5K For the Kids, 8 a.m., Waterford Lakes
- Saturday, May 28 – Greater Oviedo 5K, 7:30 a.m., First Baptist Church
- Monday, May 30 – First Place Sports Memorial Day 5K at 8 a.m., 1 mile 9 a.m.
- Saturday, June 11 – Zoe 5K Run/Walk, 7:30 a.m., Info: (800) 951-0234,
- Saturday, June 18 – Run for Her Life 5K, Baldwin Park – Front Running Sports
- Saturday, June 18 – Champions Mudbash 5K Mud Run, 10 a.m., St. Cloud
- Saturday, June 25 – Fighting Hunger 5K, 7:30 a.m., Pine Castle UMC
- Saturday, July 30 – Run for Africa 5K – Front Running Sports



President's Corner

In the last issue I stated that “You are what you eat”. By that I didn’t mean that if you eat lots of potatoes that you would become a couch potato or a potato head. What I wanted to convey is, as athletes, we should become very aware of what we put into our bodies, especially the older we get. We read about the obesity crisis, increased thyroid problems, upsurge in children on medication to control their behavior, and so on. We can look at environmental changes in the air, water and soil over the past 50 years and perhaps find some blame there. We can also look at the changes in what chemicals have been added to our foods. Personally I believe those chemicals used to preserve, improve taste and “fill up the space” are the major culprits for the abundance of health related problems. Overweight friends of mine tell me that no matter what they eat or how much they eat, they just can’t see to lose weight.



They say they have tried many, many diets which did not work, or worked for awhile. Some of these people are athletes who exercise to the anaerobic threshold and sustain that level for an extended amount of time, but still can’t lose that extra weight. Nadine and I advise everyone that joins our beginning walking/running classes and/or our Club, that **exercise and diet** must go hand-in-hand if they want to see dramatic change in athletic ability, physical characteristics or health. Our son, James, has been working on his “six pack” abs for two years, with limited success. But then he follows up a very strenuous exercise routine, karate, or mixed martial arts “cage fitness” class with a trip to McDonald’s.

I don’t advocate a strict diet or aggressive exercise program. In fact, I suggest a once-a-week food holiday, where you eat what you like best, though in moderation. For me it is a What-A-Burger. Nadine opts for an order of fries. James goes for the double cheese burger. Fortunately for me there is no What-A-Burger in Orlando, so I go to Hooter’s for the wings (really).

As we age we can add another culprit – medications. When my mother died, several years ago, she was taking eleven different medications. Two blood pressure, two cholesterol, Prozac, heart medication, three steroids, inner-ear and pain medication. Beware of doctors who are quick to write you a long-term prescription to address a problem that might be better addressed with diet and exercise.

As they say, before you make any drastic changes in your diet, exercise routine and/or medication, please have a comprehensive physical exam, and talk with people who are healthy. Ask about their diet and exercise program.

Safe running....

Dex Dexter CFS President



*Premier Club Feature Member:
Shalu Gillum*



Before



**After
Losing 80
lbs!**

Shalu Gillum - Spring 2011 CFSC Training Class member - I am a testament to the transformative power of running. When I turned 20 years old I carried almost 200 pounds on my 5 foot 2 inch frame. I had been overweight and obese for most of my life. Running changed my entire existence. I went from being a depressed teen to a young adult with low self-esteem to an athlete. Me, an athlete! I discovered that I can run for miles and miles and miles and not get tired. Most importantly, I found something that I was actually good at and felt proud of. I lost over 80 pounds. Over the last 13 years, through highs and lows of life, running has always been there. Running is more than exercise; it is a meditative time for me when I can be alone with my thoughts, to work out my troubles, to actually make tangible changes in my body in a short amount of time. When I have "fallen off the wagon," nothing whips me back into shape like running. When I am stressed or fearful, nothing clears my mind like a 10 or 12 mile run. When you make time for yourself every day to be the healthiest person you can be, in mind, body and spirit, your life is better and your relationships with others improve. Running is a huge part of this for me. For anyone who says they can't run, I say: yes, you can, just try it. Running can make an athlete out of anyone.

Ten food items you should have in your diet plan:

Almonds, avocados, berries (blue berries strawberries, cranberries), broccoli, garlic, green tea, salmon, spinach, whole grains and yogurt



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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*Promoting Healthy
Lifestyles through
Fitness and Exercise*

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To:

