

# IN STEP NEWSLETTER

Volume 2, Issue 1

Jan/Feb 2009

**CENTRAL FLORIDA STRIDERS OF ORLANDO, FLORIDA**

## **Off-Road Running/Walking Pros & Cons**

Off-road running has been my favorite venue for over twenty years. The benefits of running off-road as opposed to asphalt and/or concrete are as follows. If you run in the woods/forest you may get to experience encounters with wildlife. The forgiving surface will allow you many more miles on your bones and joints. You can enjoy the run/walk without worries with traffic, uneven sidewalks, or running/walking into unforeseen objects, except for the occasional spider web. There is also the added benefit in working muscles that would not normally be called upon when you run a flat surface. On the other hand, the drawbacks are that you may need to travel to find the woods/forest, unless you are fortunate enough to live near one of these areas. Also, you may encounter wildlife. Now I know this sounds contradictory, as I have put wildlife encounters in both the pros and

cons of off-road running/walking. It all depends on how you perceive your encounters. Some of you may think "Wow, look at that beautiful spider, snake, bear, etc." while others of you may be thinking "Of my God, a horrible spider, snake, bear, etc." The benefits of road running/walking are many. If you are in a hurry, or have limited time, you can just go out your front door. Also, if the weather may become a problem you can alter your run so that there are several opportunities to get back home or duck into a building before it gets bad. If you are running/walking during daylight hours there is usually a safety factor. If you are working on "speed work" a flat, trip-free surface is preferable. Running in your neighborhood also gives you a special status among your neighbors. Even if they privately say to themselves "What a nut!" when they see you running /



**Road Runners Club of America**

**Club # 2085**

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walking by, we know that in their subconscious they are thinking "I wish I were doing that!" So whether it is the roads or trails there are some things to keep in mind. SAFETY is always #1. Carry something like a whistle or sound emitting device, tell someone where you are going and when you should return, try running with a partner every chance you get, don't wear a headset (if you have to, then pay special attention to visual clues for potential hazards), hydrate, carry emergency contact info on you and most important of all, be aware of your surroundings. Don't be paranoid, just be aware. Every safe run/walk is good, whether short or long, hot or cold, fast or slow.

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## **CFS Weekly Training Schedule**

Start your fitness training today by joining any of our complimentary training sessions listed below. Please call us in advance to let us know you are coming and we will wait for you – 407-286-3889:

- Tuesday: 5:30 pm, Walk/Run, UCF College of Med
- Thursday: 6:15 pm, Walk/Run, Publix Store at Narcoossee & Moss Park
- Saturday/Sunday: 8:00 am, Walk/Run, Split Oak Bird Sanctuary Trail, followed by breakfast at Sweet Mama's

**President's Corner**

With the fluctuation in the weather and temperature it is sometimes difficult to know what to wear when we leave the house to go running or walking. When in doubt wear extra clothing that can be removed and tied around the waist or left at a safe and convenient drop off location. Another common problem this time of the year is how to shed the extra weight gained during the holiday season. Whatever your New Year's resolutions regarding eating and exercise, remember that less is more. What I mean by that is to

keep your resolution to truly manageable expectations. Gradually wean yourself off of all of those sweets and fattening foods and gradually increase your exercise level. Too much can lead to injury and poor health. If you get sick, and can't run/walk for a week or so, don't panic. Life is a long journey and we want to be able to enjoy it, even in late life.

Our photo this month is the group that braved a very cold Saturday morning to run in the woods of Split Oak Con-

servancy off Narcoossee Road. I have maps of the trails if you feel inclined to go on your own. This is your chance to possibly see a deer, bear, raccoon, gopher tortoise, wild pig, turkey, etc. and run on a more forgiving surface. See my article about "off-road" running for additional benefits.

Safe Running,

**Dex Dexter**  
President, CFSC

**Running Smarts!**

Left to right: Dex, Nadine, Joanne, Rebecca, Dutch and Martha.

Photo by John Etchart.



***Please support our friends who offer great running apparel:***

***\* Fleet Feet Sports Orlando***

397 East Altamonte Springs, #1470  
Altamonte Springs, FL 32701 \* 407.772.2233  
[www.FleetFeetOrlando.com](http://www.FleetFeetOrlando.com)

***\* Front Running Sports (FRS)***

3801 W. Lake Mary Blvd., Suite 119  
Lake Mary, FL 32746 \* 407.322.1211  
[www.FrontRunningSports.com](http://www.FrontRunningSports.com)

***\* Running Princess***

5703 Red Bug Lake Rd., #314  
Winter Springs, FL 32708 \* 321.277.5653  
[www.FleetFeetOrlando.com](http://www.FleetFeetOrlando.com)

***\* Track Shack***

1104 North Mills Avenue  
Orlando, FL 32803 \* 407.898.1313  
[www.TrackShack.com](http://www.TrackShack.com)

**Please join us for our next business meeting...**

**Tuesday, February 24th, 6:30 pm at Cariera's Restaurant, Cornerstone at Lake Hart Shopping Center (corner of Narcoossee and Moss Park road).**

**We will meet in the Publix parking lot at 6 pm and do a ½ hour run prior to the meeting.**

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

***Call, Write or Visit Us***

**407.286.3889**

**[dex@centralfloridastriders.org](mailto:dex@centralfloridastriders.org)**

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

**CENTRAL FLORIDA STRIDERS OF  
ORLANDO, FLORIDA**



Don't Miss Upcoming CFSC Events

*Join our running club today !*



We're on the web:  
[www.centralfloridastriders.org](http://www.centralfloridastriders.org)

**Race/Event Calendar, February/March 2009**



**\*02/14/09**

Catch Me if You Can 5K Run  
Ft. Mellon Park, Sanford

Smile Mile at Baldwin

Johnson Bros. 5K

Road Challenge, Orlando

**\* 02/21/09, 5K**

House of Hope Run Around  
the Pines

**\*03/01/09**

4th Annual Valencia, 5K

**\*03/07/09**

Run for Home, 5K

**\*03/14 & 15/09 5K & 2  
Mile**

CNL Bank Winter Park Run  
Winter Park

Wildman Triathlon Festival  
Moss Park

**\*03/21/09**

Be a Trailblazer 5K Run/Walk  
Lake Mary

For events in the Orlando area  
please visit these websites:

[www.buttar.com](http://www.buttar.com)  
[www.orlandorunnersclub.org](http://www.orlandorunnersclub.org)  
[www.stcloudpavementpounders.org](http://www.stcloudpavementpounders.org)  
[www.trackshack.org](http://www.trackshack.org)  
[www.FrontRunningSports.com](http://www.FrontRunningSports.com)

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