

# IN STEP NEWSLETTER

Volume 2, Issue 4

Aug/Sept 2009

**CENTRAL FLORIDA STRIDERS OF ORLANDO, FLORIDA**

## **What the RRCA is doing for you!**

The RRCA has partnered with Running Network LLC to offer our Club members three FREE issues of *Club Running* in 2009. Please be sure we have your correct/current mailing address so that you can begin receiving your copies. They also have a new initiative called "Join A Club" to encourage runners and walkers to join a local RRCA-affiliated club. They will advertise in *The Running Network*, *Women's Running Magazine*, *Running Times* and *Gen-A Media & Marketing*, publishers of *MetroSports* and *Competitor*. The RRCA has also created a "Find a Club" and "Find a Coach" widget that you can download from the RRCA website on the Resources page.

Other RRCA information,

activities and opportunities are: National RUN@WORK DAY, September 18<sup>th</sup>. You can download a planning kit for your workplace by going to [www.rrca.org/programs/runatwork](http://www.rrca.org/programs/runatwork). On their website click on "RUNNING" at the top of the page, then "TOOLS" to find running routes and a running log, or go to "BEGINNERS", "CHILDREN", or "ADULTS". They also offer the following programs: Coaching, Championships, Roads Scholar, WDF, Education/Advocacy, Personal Fitness and Kids Running. If you are looking to lead a group run in your area just email me at [jdexter@fsu.edu](mailto:jdexter@fsu.edu) and I will email you a copy of the article titled "RRCA GUIDELINES FOR LEADING A GROUP RUN."



**Road Runners Club of America  
Club # 2085**

***Promoting Healthy  
Lifestyles through  
Fitness and Exercise***

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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 & Thursday: 6:15 pm, Beginning Walkers and Runners Program, Show us the Sweat & We'll Show You the Money! La Vina Shopping Plaza, 9161 Narcoossee Rd., front of Tijuana Flats Restaurant.
- Saturday/Sunday: 8:00 am, Walk/Run, Split Oak Bird Sanctuary Trail, followed by breakfast at Sweet Mama's

**President's Corner**

Congratulations go out to the Beginning Walkers and Runners Class participants. The eight week course ended June 25<sup>th</sup> with the Graduation Run/Walk 5K. Our winners are our feature photo for this August/September issue.

The CFSC passed the first year of existence and membership renewals are due. So far the following have joined as new members: Virginia Bagley, Carmen Colon, Jackie Ogden and Carol Thompson. Renewals are: Judy Alexander, Brian Corbin, Justin Dickieson, Dutch & Martha Johnson, Johnny Simpkins, Wendy Carson, Bailey Moore, Bill Lott, Daniel, Andrea, Samantha & Jacob Fortunatas.

Please mark your calendar for Friday, September 18<sup>th</sup> as National Run@Work Day. This is the 4<sup>th</sup> year for this event that promotes the improved health of working adults.

The US Centers for Disease Control and Prevention (CDC) National Health and Nutrition Ex-

amination Survey estimates that 64% of US adults are either overweight (33%) or obese (31%), meaning they have an excess weight of 30 pounds or more. There has been an 18% increase in the rate of overweight adults in the past 20 years. Your run/walk should be at least thirty-five minutes and you should include some type of exercise in your daily routine. This does not mean you need to run/walk. Since we (CFSC) emphasize cross-training, we suggest you mix up your weekly routine with biking, swimming, weight training, or some type of aerobic exercise. Getting up in the morning to run to the bathroom and/or running to the refrigerator during TV commercials does not count.

In 2010 Florida will welcome the Road Runners of America Convention to Lakeland, Florida. Both the Lakeland Runners Club and Polk County Tourism and Sports Marketing are excited to have been chosen to host this prestigious event. Over the

years the convention has been in major cities such as Chicago, Cincinnati and this year San Francisco. It is tradition that a race be associated with the convention and attendees invited to participate. The 2010 convention will be no different, the Lakeland Runners Club and Polk County Tourism and Sports Marketing are proud to announce the **2009 Race the Lakes 5k/10k/15k Challenge** held in beautiful downtown Lakeland. The CFSC officers will be attending and participating in this event. Please contact us if you are interested as either a participant or volunteer. We will have incentives to entice you to show up in your CFSC tee-shirt.

Safe Running,

**Dex Dexter**  
President, CFSC

**Running Smarts!**

**Winners of CFSC**

**Graduation**

**Run/Walk**

**5K**

**07/25/09**



Left to right: Frank Zhunio, Bill Mead, Nadine Dexter, Virginia Bagley, Carol Thompson, Bronwen West, Charnetta Mereus and Debra Alderman

**Thanks to all of our graduating participants. We are happy to share our race results:**

***Beginning Walkers & Runners Class  
Order of Finish:***

- 1st Place: Bill Mead***  
***2nd Place: Virginia Bagley***  
***3rd. Place: Bronwen West***  
***4th Place: Frank Zhunio***  
***5th Place: Debra Alderman***  
***6th Place: Carol Thompson***  
***7th Place: Charnetta Mereus***  
***8th Place: Nadine Dexter***  
***9th Place: James Dexter***

***Virginia Bagley & Bronwen West topped off their training by participating in the 19th Annual July 4th Watermelon 5K Run/Walk in Winter Park***

***Did you know...***

***The weather made it an interesting eight week Beginning Walkers and Runners Class. There were lots of "make-up" days in order to stay on schedule. On the few evenings where we were caught out in the rain the participants received an original rubber duckie to take home and float in their tubs. The third week of classes we moved to the La Vina Plaza, 9161 Narcoossee Road in front of the Tijuana Flats Restaurant, near the corner of Narcoossee and Dowden Rd. There was much less traffic and we had a choice of four directions to run from, as well as the Tijuana Flats Restaurant, which provided a respite from home cooking and dish washing.***

**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, August/September 2009**



**\*08/01/09**

Moss Park Forest 5K/10K  
Run, 7:30 am

**\* 09/05/09**

2nd Anniversary 3 Mile Fun  
Run, Front Running Sports,  
8:00 am, \$5 early, \$10 day  
of event

**\*09/12/09**

Lightning Run 2.5 & 5 Mile  
Event, Baldwin Park Publix,  
7:30 am

**\*09/18/09**

National Run at Work Day

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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