

# IN STEP NEWSLETTER

Volume 2, Issue 2

Mar/Apr 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: 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**

The CFSC was proud to work with **Audrey Alexander** of the Orange County Health Department to put on the Washington Shores 5k Walk & Health Fair, Saturday, March 21<sup>st</sup>. Approximately 250 walkers and runners participated in the 5K. Our Club provided the start of the race, finish chute, traffic cones, clock with stand, and race results. The Club VP and web master, **Nadine**, worked and ran the event.

Thanks to the generous contribution of \$1,000 from the Gulf Winds Track Club of Tallahassee, Florida we are now gearing up for our third running/walking event. It was through membership and participation in the Gulf Winds Track Club that **Nadine** and I gained valuable experience and the philosophy that "it is all about the

running (or walking)". Helping people to get and stay fit is our goal. With that in mind we are putting on another 5K run/walk, Saturday, May 2<sup>nd</sup>, in Moss Park. We are keeping the entry fee low and calling the event the Recession Fighter 5K Run/Walk. The entry fee for Club members is \$8.00 early and \$13.00 after April 24<sup>th</sup>. The event is FREE to all Gulf Winds Track Club members and we hope that a dozen or more will make that 265 mile drive down to participate. We will have lots of awards and a picnic after the race, but no t-shirts for this event. Club t-shirts and the "I'm on Fire 5K/10K" t-shirts will be available for just \$5.00 each.

It was with a great deal of sadness that **Nadine** and I put on our final Tallahassee race, the 21<sup>st</sup> annual Flash

12K, with a 6K race added for this, our final year of co-directing that event. I dedicated the 12K race to **Tim Simpkins**, a great friend, who died of cancer. His brother **Jonny** lives in Clermont and is one of the founding members of the Central Florida Striders. **Jonny** took up running, in honor of his brother, and has been a competitive runner since. He even picked me off in the 2002 Tallahassee 1/2 Marathon.

Please mark your calendars for Saturday, May 2<sup>nd</sup>, Recession Fighter 5K and remember to hydrate, hydrate, and hydrate!

Safe Running,

**Dex Dexter**  
President, CFSC

**Running Smarts!**

Washington Shores  
5k WALK  
&  
HEALTH FAIR



***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)

**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)

**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, April/May/June 2009**



**\*04/11/09**

Villages 5K Series

**\* 04/16/09**

Corporate 5K

**\*04/25/09**

Run for the Trees

**\*5/02/09**

Recession Fighter 5K  
Run/Walk

**\*05/09/09**

I-Drive 5 K Run

**\*05/16/09**

Jim Payne Blue Ribbon 5 K  
for Kids House

**\*06/07/09**

Fitness Challenge

**\* 06/14/09**

YMCA Minimanic Tri

**\* 06/28/09**

Baldwin Park Tri

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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