

IN STEP NEWSLETTER

Volume 2, Issue 5

Oct/Nov 2009

CENTRAL FLORIDA STRIDERS OF ORLANDO, FLORIDA

Special Club Announcement!

*THE CENTRAL FLORIDA STRIDERS CLUB OF ORLANDO
PRESENTS*

Graduation run, 5K/10K walk, walk/run, run on Sunday, October 25th, 2009, 7:30 am at Fire Station #16, just off Lake Nona Boulevard. Though Nike will have the Human Race 10K all around the world on Saturday, October 24th, we will celebrate on Sunday. This is not an official "race" but rather a timed, accomplishment /training run. The course is the 10 foot asphalt paved path along Lake Nona Boulevard. Everyone is welcome to attend. We will have water and fruit, a 5-foot, double-sided clock and awards to all finishers. A donation of \$3.00 towards refreshments and awards will be graciously accepted, but not required. Donations of \$5.00 or more gets you a Club t-shirt.

Date: Sunday, October 25th
Time: 7:30 a.m., **sharp**
Place: Fire Station #16, Lake Nona Blvd.
Info: Dex at 850-766-2615 cell
or 407-286-3889 home



Road Runners Club of America
Club # 2085

*Promoting Healthy
Lifesyels through
Fitness and Exercise*

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CFSC 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:

- Monday & Thursday: 6:45 pm, Beginning Walkers and Runners Program, La Vina Shopping Plaza, 9161 Narcoossee Rd., in front of Tijuana Flats Restaurant.
- Sunday: 7:30 am, Walk/Run, Fire Station #16, Lake Nona Blvd, followed by breakfast at Sweet Mama's.

President's Corner

When I first started running in 1982 men outnumbered women runners by at least 4 to 1. That ratio has evolved over the last 27 years and I have been in races where women made up 40 to 60 percent of the participants. Therefore I am going to mention some things that are unique to women, along with some advice and ideas I have about running and walking that apply to both sexes. Nadine and I are co-directing a beginning walking/running class that has 4 males and 11 females. The advice we give to our students is based on our many years of working with beginners. When you first start out walking or running you must remember, **there is no rush**. It takes years to develop those muscles, tendons, ligaments, joints, heart and lungs to the point where it feels "natural" to go out and do a 30 to 60 minute activity without feeling stressed. We have our students start out slow and make the goal the completion of a 5K event. For those experienced walkers/runners we have them work on the 10K distance. The important thing we stress is that our students do something aerobic 5 days a week. It can be running with our group 3 days a week and the other 2 days can be bicycling, swimming, or some other exercise where you elevate your heart rate for a sustained period of time. Schedules and goals are great, as

long as you remember that you will have ups and downs. Don't feel stressed if you have to take time off for illness, injury or family/work matters. You have the rest of your life to work on your goal(s). The most important thing to consider when you start out, besides your commitment, is your shoes. We recommend that, at first, you go to a store where they want to see your old shoes, that way they can study your wear pattern. The store should also offer a video taping of you running on their treadmill or some other device that measures your gait and style. You need to know if you supinate (your ankle turns in and your foot turns out), or pronate (your ankle turns out and your foot turns in), are a heel striker, etc. You may need orthotics if you have a unique problem not addressed by conventional shoes. Once you have been fitted, have run awhile, and are satisfied with what has been suggested for you, then you can purchase the same shoe through a discount store. The back pages of most running magazines list mail order stores. You will need more than one pair of shoes. You need to rotate shoes so that they have time to air out and spring back. Most experts advise replacing your shoes after 300 to 500 miles. Of course this depends on how they are wearing. There is special clothing available and you just have to try

out different materials and styles until you find something that meets your comfort and style levels. Women have to consider types of jog/sports bras that provide the needed support, without causing irritation. Studies have shown that women benefit from running during menopause. Pregnant women should have a good base if they plan to run throughout pregnancy. It is strongly advised to listen to your body and let your physician work with you if you plan to continue running up through the sixth month. Running also benefits bone density. Men and women should keep in mind that walking/running may not show up on the weight scales. As you turn fat into muscle your weight may stay the same or increase slightly, but you should notice the difference in a reduction of your clothing size. Diet, vitamins, minerals and energy supplements are something we try to avoid recommending, as there is way too much individuality and risk in advising someone what to do. We will tell you, drink, drink, drink, get sufficient sleep, and eat more fresh fruits, and vegetables, nuts and energy bars.

Safe Running,

Dex Dexter

President, CFSC

Running Smarts!



Here are 12 of our 14 members at a Sunday morning Nike Human Race 10K training group: Dex Dexter, Nadine Dexter, Nancy Johnson, Mel Johnson, Aruna Moidu, Nancy Gregg, Julie Berlin, Harry Gregg, Bronwen West, Amanda Weiss, MeLisa Gantt and James Dexter

Thanks to all of our Beginning Walkers and Runners Class Participants!



Here are just 8 of the 15 people in the latest beginning walkers and runners class that meets Monday and Thursday evenings, 6:45 pm at Tijuana Flats Company at the corner of Narcoossee (little bear) and Dowden Roads, and Sunday mornings, 7:30 am, at Fire Station #16, just off Lake Nona Boulevard.

Left to right: Melisa Gantt, Bhuvane swari Goyindarajan, Stephen Gregg, Julie Berlin, Harry Gregg, Amanda Weiss, Bronwen West, and James Dexter.

Welcome New Members!

*Sheila Noriega
Tom Venero
Marissa Venero*

Thank You Renewing Members!

*Nancy Noriega
Giovanni Perez*

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

Call, Write or Visit Us

407.286.3889

dex@centralfloridastriders.org

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

Race/Event Calendar, August/September 2009



*For events in the Orlando
area please visit these
websites:*

*** 10/25/09**

CFSC Nike Human Race

5K/10K, Fire Station 16,
Lake Nona Blvd.

7:30 a.m.

www.buttar.com

www.fleetfeetorlando.com

www.stcloudpavementpounders.org

www.FrontRunningSports.com

***11/15/09**

Runner's Class 5K/10K

Omni Orlando Hotel

7:30 a.m.

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