

IN STEP NEWSLETTER

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May/June 2009

CENTRAL FLORIDA STRIDERS OF ORLANDO, FLORIDA

Show us the *Sweat* and we'll show you the *Money!*

Get in Shape for Free!

The Central Florida Striders Club wants you to get in shape now and will reward your efforts by paying you back! This is how the program works...

The club has started an 8 week "Beginning Walkers and Runners" program which meets twice a week on Tuesday and Thursday evenings. To register, participants pay only \$40.00 for the entire 8 week program. However, each week that the participants show up for Tuesday and Thursday workouts they get \$5.00 back.

Perfect attendance means the class is absolutely **Free** to you!

To Join call

407-286-3889 now!

Date: Tues & Thurs

Time: 6:15 p.m.

Meeting Location:

La Vina Shopping Plaza at 9161 Narcoossee Road, in front of the new Tijuana Flats Restaurant.

Registration Fee: \$40.00

Duration: 8 weeks

The final class will meet at The Dexter's house in VillageWalk at Lake Nona for a Graduation 5K Walk/Run. Family and friends are welcome



Road Runners Club of America
Club # 2085

Promoting Healthy Lifestyles through Fitness and Exercise

to walk or run the Graduation 5K. There will be lots of awards for all participants, "diplomas" for our graduates, as well as food and drinks.

See page 2 for photo of 1st Graduating class!

Inside this issue:

President's Corner	2
Beginning Walkers & Runners Participant Photo	2
Moss Park, Recession Fighter 5K Run	3
Highlights & Photos	
CFSC Contact Information	4

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

The Club sponsored its 3rd event since inception last July, the Recession Fighter 5K at Moss Park, on Saturday, May 2, 2009. The top male runner was **Danny Fortunas**, out of Tallahassee. The top female runner was our very own **Nadine Dexter**, Director of the Health Sciences Library. Masters Male was **Tom Harris** and the Female Masters was **Deedra Walton**. Grandmasters Male was **Mike Fletcher** and Female Grandmasters was **Deborah German**. Since the race proceeds went to the Health Sciences Library it was fitting that the Dean of the College of Medicine, **Deborah German** was the winning fe-

male walker. Five members of the Gulf Winds Track Club of Tallahassee traveled 260 miles to participate in this event: **Keith & Michelle Rowe, Danny & Andrea Fortunas and James Dexter**. The College of Medicine was represented by **Ruth Marshall** (Photographer), **Deborah German, Laura German, Lucia Chong, Morayma Cubero, Faith Shaffer, and Deedra Walton**. Once again, **Jonny Simpkins** and **Wendy Carson**, founding Club members made the drive from Clermont to assist us. Jonny's photos of the event can be found at www.jonnyjpeg.com. To reciprocate for all of

Jonny's work with photographing all three of our events, Nadine and I went to watch **Jonny Simpkins** win The Bull Hare Scramble motorcycle Championship race in Okeechobee on Sunday, May 10th.

We are also very proud of our new advertising "feather" that stand 18 feet tall and has the Club name and logo in our Club colors of baby blue and medium blue.

Safe Running,

Dex Dexter
President, CFSC

Running Smarts!

Beginning Walkers & Runners Program Participants

Left to right: Carmen Colon, Jackie Ogden, Bronwen West, Nadine Dexter, Virginia Bagley, Dex Dexter, Charnetta and Kems Mereus (Carol Thompson –not present for photo)



Recession Fighter 5K Run Highlights *Moss Park, May 2, 2009*

Awards Table: Runners got to choose their awards!



Dan Fortunas - Overall Male Runner, took a "Narcoossee," meaning "the bear," Award.



Keith Rowe really likes the turtle, even though he was 5th overall...



Faith Schafer-Moody with her heron!



Nadine Dexter, Overall Female Runner, Laura & Deborah German – Overall Female Walker.

**CENTRAL FLORIDA STRIDERS OF
ORLANDO, FLORIDA**



Don't Miss Upcoming CFSC Events

Join our running club today !



For membership information & application form please visit our website.



Call, Write or Visit Us

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