



CENTRAL FLORIDA STRIDERS OF ORLANDO, FLORIDA
Central Florida's Walking/Running Club

IN STEP NEWSLETTER

Volume 4, issue 5

Sept/October 2011

Walking & Running Beginning & Intermediate Class @ Medical City

An 8 Week Training Course
gets you ready for 5K or 10K
Competition.



Who: Anyone interested in beginning or intermediate walking and running to improve endurance & performance.

When: Every Tuesday & Thursday
Time: 5:30pm/ Starting September 13, 2011.

Where: UCF College of Medicine Building @
Medical City, Lake Nona Boulevard.

Optional: Sundays, at 7:30 a.m., at Firestation #16.
12375 Gateway Road off Lake Nona Blvd.

\$ Cost \$

The training cost is \$20 for an 8 week course. However, it's free to CFSC Members. Join the club today for \$20 Individual or \$35 Family and receive a full year of Membership & Training, a Club T-shirt and bi-monthly Newsletter.

Cold Water Always Provided at end of each Training Session!



President's Corner

Just recently I purchased some compression socks. After much research, I thought it would be a good product for our wonderful walkers and runners. These socks were created to help diabetics improve their circulation. They are a medical grade device designed to move blood flow. Compression support levels come in mild (8-15 mmHg), medium (15-20 mmHg), firm (20-30 mmHg) and X-Firm (30-40 mmHg). You can Google a "compression therapy guide" to see which level best serves your needs. Compression socks/stockings are constructed using elastic fibers or rubber. They help compress the limb, aiding in circulation. They have gained such popularity that they come in a variety of sizes from ankle, mid-calf and below the knee socks. Some come with an open toe. There are even sleeves that cover from the ankle to just below the knee and sleeves with an arch strap (soccer style). Though these socks can be worn pre, during and or post activity, I wear mine post-running or when I am at my job at Disney World, where I am required to stand for six to ten hours with two ten minute breaks and a thirty minute food break.

There are now socks and pantyhose for work as well as play. The popularity of compression socks has spilled over into other clothing. Using helix mapping body response technology, a unique body-mapping system builds physio-taping techniques into a garment to reinforce and support the body's natural structure from the core. There are compression shirts, shorts and pants on the market with this new technology. A third product on the market is a combination of cold therapy and compression. Cold therapy compression clothing has built-in pockets where cold packs can be inserted in strategic areas to relieve pain and reduce swelling. These ice packs cause vasoconstriction, which reduces bruising and internal bleeding in the injured area. Please be sure to read and follow instructions when trying out new products.

Thanks to Bill Lott for his timely, unsolicited, renewal of annual dues. I let my notice to Club members slip my mind. If you wish to continue bi-monthly newsletters and remain a valued member of the CFS Club please remit your annual dues (\$20 individual, \$35 family). A new designed Club t-shirt comes with each renewal. Please indicate your shirt size with your payment.

Safe Running.....

Dex Dexter CFS President

**Renew your
membership!
When you renew
you receive
A new Club t-shirt.
Visit our website for
our membership
Form.**



Upcoming Running Events Fall 2011



Saturday, Sept. 10th, [Stephen Sillers Towers-to-Tunnel 5K Race](#), 8 a.m., Orlando

Saturday, Sept. 10th, [Cool Summer Mornings 5K Race #5](#), Clermont

Saturday, Sept. 17th, [Cancer Warrior 5K Race](#), Oviedo

Saturday, Sept. 24th, 5K Run/Walk, Bill Fredrick Park at Turkey Lake, 7:30 a.m.

Saturday, Oct. 8th, Greater Maitland 5K, 7:30 a.m., Orangetown

Saturday, Oct. 15th, Highlander 3 mile/6 mile adventure races, Bartow, Florida (407) 467-4397

Sunday, Oct. 16th, Komen Race for the Cure 5K, 7:45 a.m., UCF

Saturday, Oct. 22nd, Jim Payne Blue Ribbon Run for the Kids 5K, 5 p.m., Sanford waterfront

Thursday, Oct. 27th, 4TH Annual 5K Harvest Hustle 5K Run/Walk, in Baldwin Park at 6:30 p.m.

Saturday, Oct. 29th, Trick or Trot 5K, 7:30 a.m., Kissimmee

Saturday, Oct. 29th, 4th Annual 5K Run for the Gift, Winter Garden

Saturday, Nov. 5th, UNCF 5K Run/Walk at Millenia Mall, Orlando

Saturday, Nov. 19th, [Free to Breathe 5K to Benefit Lung Cancer Research](#), Orlando

*Please note, there are other races in the Orlando area. However, there is no comprehensive listing of all walking/running events in the area as individual Clubs/Organizations often list only their own events, unlike the Gulf Winds Track Club of Tallahassee, which list all events, regardless of conflicts with the Club's events.

*It's Time to Renew your CFS membership!
Check our Website for Details!*

Join our running club today!

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

*Promoting Healthy
Lifestyles through
Fitness and Exercise*

Central Florida Striders of Orlando, Florida

11955 Lazio Lane
Orlando, Florida 32827-7157

To:

