



Mid-Florida Milers

Walking News

July/August 2011

Young Walkers

Jacob and Johnathan are avid walkers at now ages 8 and 9. Both have participated in traditional and Year Round events with their parents and grandparents. Starting at 3 1/2 and 5 they have progressed to 75 events for Jacob and 55 for Johnathan. Using the short routes initially, they have "graduated" to the 10 kilometer distance in the last year or so and add fun to a walk (with the normal "are we there yet", and abnormal discussions of space). Johnathan finished his 50th walk in early 2011 and Jacob his 75th in April which was his personal goal of 75 before his eighth birthday.



2011 YRE Free T-Shirt and Participation

By Mike Lanpher

For 2011, a white tee with the club logo in color surrounded by the YRE cities will be awarded to all club members who walk MFM YREs 15 times by 30 November. Rules are easy to meet and we look forward to your participation in all our year round events: walk any/all of the eleven MFM year-round walks fifteen times; must be a member in good standing at the time of the walk; Program began on January 1,

2011; walks must be completed by November 30, 2011. See the Tee Shirt model at any walk.

With the first half of the year gone the number of participants is low but we do have three members who completed 15 YREs already. T-shirts will be awarded when completed or in August and December at club events.

Bottom line as Mike noted in the Trailmaster input is we really need club members to walk our YREs and

get a free Tee. This helps members' fitness and the club's attendance.



Mid-Florida Milers
Walking Club

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Trailmaster's Report

By Mike Lanpher
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The usage of our 8 Year Round Events by club members is really low. The obvious question is why? Since you may be one that has walked a couple or none, call me (407.304.6394) or write (mlanpher@gmail.com) why you do not walk the YREs. Additionally the Weekend walk attendance for the last 2 months is shown below.

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Attendance at May and June 2011 Events:
 Here is the attendance at the last 5 events. With 140 MFM members we are getting only 20-30 at a walk. For instance at Sanford we had about 30 members and at Ft Gatlin we had 20 credit/club walkers and 20 free.

Date	Event Location	Attendance
7 May	Sanford @Willow Tree Restaurant	55
14 May	Deland (YRE) Group Walk	20
21 May	Winter Garden	28
4 June	Ft Gatlin	40
18 June	Maitland	35



Another thanks to volunteers that helped with registration and accomplish prewalks (Carolyn Lee, Dave Piatt, Rick Lippert and Terry Sewell in addition to Dave Bundy).

Though the weather is hot, start at the opening time and you can be through before it is too bad. The July walks start at 8 am and August at 9 am. Both August walks on 6 and 20 August allow you to eat at the start after the walk and thank our hosts, Mellow Mushroom and Froggers. Your participation both at the walk and for lunch helps. The 20 August Elections and General Meeting needs a quorum and your participation; come at 12:00 even if you cannot walk that morning.

Lastly the annual Walk Around Florida is October 28-30 in spooky old St Augustine with walks for all, a ghost tour, dinner, and a great visit to the historic town. See details at www.happywanderersfl.org.

2011 EVENTS:

DATE	EVENT	START TIME
2 July	Sanford Seminole Wekiva Trailhead at 8000 Markam Rd.	8:00 - 9:30 am
16 July	Deland (YRE) Group Walk	8:00 - 9:30 am
30 July	Happy Wanderers Breakfast Walk at New Smyrna Beach	6:30 - 7:00 am
6 August	Winter Park Mellow Mushroom	9:00 - 10:30 am
20 August	Oviedo for Walk, Lunch, Annual meeting and elections	9:00 - 10:00 am
3 September	Leesburg	9:00 - 10:30 am

Details are on the club's website www.midfloridamilers.org and www.happwanderersfl.org

2011 AVA Convention

17th Biennial AVA Convention



by Dave Bundy

This is my first convention as a retiree. I decided to drive to the convention and doing a few walks on the way up.

I started out on 13 Jun at 5AM. First stop was Tallahassee and the Capital Walk. It was a nice walk other than a heat index of 105. By the time I was finished I was beat. I drove on over to Pensacola.

This was the first time I walked the Pensacola Naval Air Station. As I approached the gate I was surprised with the amount of traffic. As I got near the start point (Aviation Museum) there was a long line of traffic. Turned out on Tues and Wed mornings at 0830 to 0930 the Blue Angels practice. It was a great show. It is a nice walk with a lighthouse, a couple forts and a water front trail.

I headed to Jackson, MS next. I had walked Jackson a while ago but the route has changed. It started at the Mississippi Agriculture Museum. It was a nice mix of history, nature (LeFleur's Bluff State Park) and residential.

After that I headed to Kansas City. I did the Quality Hill walk which took in an old residential area, along the river and downtown. It was nice

and cool for a change but that was because it rained most of the walk.

Finally I made it to Iowa and the convention. There were 11 walks over 9 days. The first day of walks was Sat. 18 Jun in Council Bluffs which is on the Missouri River which was flooding. The first walk was Loess Hills which is a unique area of glacier deposits. Of course it rained the night before and most of the walk. Most walkers decided it should have been called "Mud" Hills. The walk was continuous up and down hills. After 30 minutes of slipping and sliding in the mud we hit one hill that caused most people to turn back. The second walk of the day had us crossing the Missouri River on their new pedestrian bridge and into Omaha. In Omaha it was the start of the College World Series. The rain stopped and we even had a little sunshine.

Day two took us Coon Rapids and the White Rock Conservancy. It is a land conservation area which includes the Garst Farm where Soviet Union leader Khrushchev visited in 1959. It was a great walk around farmland, in the town and along a river.

Day 3 brought us to the north central area of Iowa. The first was in Clear Lake. The start point was the Surf Ballroom where Buddy Holly, Richie Valens and the Big Bopper gave their final concert before their plane crash in a corn field. This was the inspiration for Don McLean's American Pie as "the day the music died". It was a great walk which was just a bit



soggy. It went along the shore of Clear Lake with very nice neighborhood and out to Fort Custer Maze made out of potato crates. In the afternoon it was over to Mason City, the birthplace and boyhood home of Meredith Wilson, who wrote "The Music Man". The walk started at Music Man Square which is a duplication of the Music Man set. We also went by a Frank Lloyd Wright's "Stockman House and Park Inn Hotel." Then the walk went along Willow Creek.

Day 4 took us to the Living History Farms in Urbandale, IA. The first 5k went around the 1875 town of Walnut Hill. The second 5k went into the town of Clive. Unfortunately, this became an out and back because flooding closed the recreational trail.

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WALKS BY OTHER CLUBS

Date	Event Location	Club
July 2011		
July 10	City Island Daytona Beach	Happy Wanderers
July 17	Central Park Ormond Beach	Happy Wanderers
July 24	Courtyard Marriott Cocoa Beach	Happy Wanderers
July 31	Old South Motel Sanford	Happy Wanderers
August 2011		
Aug 7	County Library Ormond Beach	Happy Wanderers
Aug 14	Quality Inn Palatka	Happy Wanderers
Aug 21	Winter Haven Park Ponce Inlet	Happy Wanderers
Aug 28	Shrine Gift Shop St. Augustine	Happy Wanderers
September 2011		
Sept 4	Reed Canal Lake South S. Daytona	Happy Wanderers
Sept 11	County Library Deland	Happy Wanderers
Sept 18	Publix Palm Coast	Happy Wanderers
Sept 25	Walk/Bike YMCA Port Orange	Happy Wanderers

For the specifics and directions on these walks visit their websites:

- www.happywanderersfl.org
- www.firstcoasttrailforgerswalkingclub.org
- www.suncoastsandpipers.org

Walk Around Florida in St. Augustine



Join the Happy Wanderers, Mid-Florida Milers and the Suncoast Sandpipers in a weekend of "spirited" walks, fellowship, and fun in the nation's oldest city.

Friday afternoon starts with a walk through the streets of St. Augustine and, after a bite to eat at one of the many local restaurants, ends with a spooky Ghost Tour. Saturday

morning begins with a complimentary hot breakfast for hotel guests followed by with a short drive to St. Augustine Beach to wander the residential neighborhoods and check out the beach scene.

For lunch you can check out another local eatery or, to save time, have a Picnic/ Box lunch before embarking on the afternoon walk. Following the second walk on Saturday you can enjoy a private Banquet and cocktails (cash bar) at the Bayview Room. Hotel guests will rise Sunday morning to another complimentary hot breakfast before departing on a drive through the Florida countryside to Palatka and Ravine Gardens.

You MUST pre-register for the Ghost Tour, Picnic/Box Lunch, Award, and Saturday Banquet.

EVENT PRE-REGISTRATION NOW AVAILABLE !!!!

Welcome New Members:

Thank you for joining our walking club and supporting our efforts to provide the best walks possible for fun and fitness.

Laurie Hauptman
Vicki & Steve Browne
John Hunter
Sue Rudy
Colleen Rinaldi
Bob & Pat Woodbery

Our Membership Year runs from July 1 to June 30, but we welcome members at any time.

Want to join or renew? Contact Letty Zook at lettyzook@gmail.com for information. Or, complete membership application and mail to the club or bring it to our next walk.

MFM and AVA Milestones

Event Awards:

Dave Shagaloff	10
Mark Gill	50
Jonathan Sewell (age 8)	50
Jacob Sewell (age 7)	75
Christina Gately	125
Marsha Greathouse	175
Joan Lanpher	650
Mike Lanpher	800
Bob Lazzell	900
Fred Sheets	1000
Dave Bundy	1050

Distance Awards:

Mark Gill	500
Joan Lanpher	6500
Dave Bundy	12000

*June-July 2011 The American Wanderer

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Day five took us to Winterset, IA. John Wayne's birthplace. It also was the location for Clint Eastwood's "bridges of Madison County. Right off we saw the Cutler-Donahoe covered bridge. After a hilly walk we came to the Clark Tower, a 25 ft stone tower overlooking the Middle River Tower. After a little walk through town we arrived at the Madison County Historical Complex.

It is a collection of buildings from 1856 to 1881.

Day 6 took everyone to Ames, IA. The start point was the Reiman Gardens and went around the Iowa State University campus. This is where I was stopped by the police. Fortunately he just wanted to find out why everyone was walking around the campus. Even though the gardens were not a part of the walk it was worth the effort. From a collection of giant wooden insects, a large gnome to a huge collection of plants and flowers. It was great.

Day 7 was in DES Moines where the convention was located. The walk took us up hill past the Governor's mansion to the Salisbury house and through a historic neighborhood. A couple of the hills gave me a good workout! This was the final day of the convention. Even though the convention was over, there was two more walks.

Day 8 had us walking Cedar Rapids, IA. The start point was the Veterans

Memorial Stadium, home of the Kernals. Cedar Rapids was hard hit by flooding in 2008. The city still had repair work going on. The walk went through a unique Czech/Slovak downtown area. It also went by the Brucemore mansion. It was also the Freedom Festival going on which forced us to cut through the parade in a couple spots.

The final walk was the Quad Cities walk. It started at the Rock Island Botanical Center and through the historic and downtown areas of Rock Island. From there we crossed the Mississippi into Davenport, IA. In Davenport we went by the home of the Quad Cities River Bandits, LeClaire Park home of the Bix Beiderbecke Jazz Festival. The weather was great and a great walk to finish the convention.

As if I hadn't walked enough I walked Rock Falls, IL and Indianapolis, IN. A total of over 100 miles of walking.

The following national officers were elected:

- President - Heinz Johnson
- Vice President - Marvin Stokes (yes, that's our Happy Wanderer friend!)
- Secretary - Bonnie Johnson
- Treasurer - Bob Morrison
- Southeast Regional Director - Dennis Michelle has been re-elected

Mid-Florida Milers, an Award-Winning Club!

1. Community Relations program - 2nd Place (Toys for Tots 2009 flyer. Our thanks to Rosemary Barna.)
2. Photography – Places - 2nd Place (Mike Lanpher's photo of Green Springs)
3. YRE/Seasonal Brochure -Honorable Mention (thanks twice to Mike Lanpher)
4. The Mid-Florida Milers, the Happy Wanderers, and the Suncoast Sandpipers were presented with the Trailblazer Award for Walk-Around-Florida. Yea Florida Team!!!

Year-Round Event Stamp: A resolution was approved permitting Event credit each time you do a YRE event. Until now only Distance credit was permitted if you do the walk more than once in a six-month period. This will eliminate the use of the '+' on the YRE stamps during the first half of the year. The new procedure starts this week, July 1, 2011.



Mid-Florida Milers Walking Club 22nd Anniversary

Saturday, August 20, 2011



Walk

Neighborhoods and trails in the Alafaya Woods area of Oviedo, FL

Start: 9:00 – 10:00 AM

Finish by: 1:00 PM

Luncheon

Frogger's Restaurant

27 Alafaya Woods Dr., Oviedo

12:00 PM

General Membership meeting and Election of Officers

1:00 PM



DIRECTIONS: To Froggers, 27 Alafaya Woods (just south of Red Bug Lake and SR 434 (Alafaya) in the Alafaya Woods Shopping Ctr., use I-4 Exit 92 (Semoran) and go east 4.4 mi to Red Bug Lake Road; turn left for 7.2 mi to Alafaya and turn right 0.3 mi to the shopping center. Froggers is on the north side. From SR 417, turn left, east, (from Sanford/Daytona) for 1.5 mi. Turn right to the shopping Ctr. on the left 0.3 mi. You may also get to Alafaya from Colonial (SR 50) and drive north for 6.1 mi. Also use Exit 94, SR 434, and drive east 13.6 mi. Call 407.920.3174 or 407.620.6581 for info on day of event.

Is FVA Just Another Club?

by Carl Cordes

In a word, no. The Florida Volkssport Association (FVA) is one of 13 state organizations in the AVA hierarchy. State Associations were required in states with 12 or more AVA clubs when the FVA was established in 1990. Our FVA logo has 12 rays around the sun for the 12 Florida clubs at that time. It is now optional for states with 6 or more clubs. While it may appear we do the same things as a club, there are significant differences.

First, membership in the FVA is limited to Florida's AVA clubs which make up the board of directors. Individuals can not join. Only members of our clubs may be elected as an officer or coordinator in the FVA. Currently, the required positions are President, Vice President, Secretary, Treasurer and two Area Coordinators. The North Area Coordinator represents all clubs north of a line formed by the southern boundaries of Dixie, Gilchrist, Alachua, Putnam and Flagler counties. The South Area Coordinator represents all clubs south of that line.

Second, the FVA is delegated several responsibilities by the Regional Director. The most important is the approval of event sanction requests (ESR) submitted by member clubs. The State Association is the main contact and provides information to groups who wish to form a club in the state. We also work with them



"Moving together toward a healthier America"

in completing the requirements to become a chartered club in the AVA.

Third, the AVA permits state associations to charge participation fees to their member clubs for operational support. Most State Associations charge a modest participation fee for each person walking club sponsored events. The FVA chose a different method of funding which is the Walk Florida State Parks (WFSP) program. So when you walk one of our events for credit or award you are not only enjoying a great natural trail, but helping the FVA continue to promote and assist all the clubs in Florida. That's why we also encourage clubs to host at least one group walk of a WFSP event per year.

Two important publicity efforts have begun in the last six months. First, we established a new web site, WalkFlorida.org to promote our clubs, Florida and the AVA. This gives folks a single site to go to for state wide information on walking in Florida such as the WFSP program. Visitors will also find links to the web sites of every Florida club. We are working to make this site the first stop for anyone planning a Florida Walking vacation.

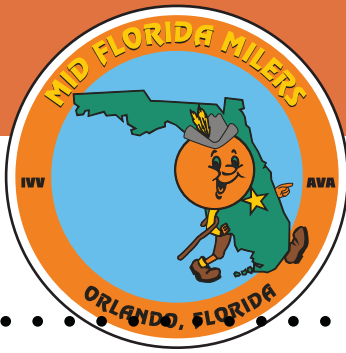
The second item we are just rolling out is a State Publicity Brochure. This brochure is designed to intro-

duce our sport to potential future participants. The FVA is supplying this professionally printed brochure to clubs who can distribute it locally to generate interest and participation in the events to new audiences. The FVA also had an exhibit booth at the recent AVA convention in Des Moines, Iowa, to promote our events and clubs to other walkers in attendance. Based on the response, I expect we will see some new faces at Walk Around Florida in St Augustine on Halloween weekend.

In short, the FVA only exists to provide a unified support and publicity structure for the benefit of all Florida clubs. If you have any questions or maybe suggestions for the web site drop me a note at FVApresident@WalkFlorida.org. Pass my email address to anyone you may meet that would like information for starting a new club in the state, too.

Officers Needed – Be a MFM Mover & Shaker

In August, 2011, our MFM Secretary and our MFM Vice-President will complete their terms as MFM officers. The club is looking for Milers who are willing to run for these offices. New members are very welcome to volunteer. The offices are two-year terms. The club cannot prosper without members willing to lead and work. Please consider donating your time and talents. Contact any MFM officer if you wish to know what the job entails and they will see you get the information to consider.



MID-FLORIDA MILERS MEMBERSHIP APPLICATION

Annual Membership runs from July 1 to June 30.

Send application & check to address below or pay at any walk event:

Mid-Florida Milers, P.O. Box 4575, Winter Park, FL 32793

Membership renewals in:

Full year (June/July/August-June): \$8 single and \$13 family

New Membership in:

1. Oct-Dec - \$6 single and \$10 family

2. Jan- March - \$4 single and \$7 family until June (3-6 months).

3. April - May - \$10 single and \$15 family and includes thru the next year (14-15 months)

RENEW _____ NEW _____ (check one)

If renewing, please provide all the information listed below, even if you have given it previously. This is the most efficient way for us to maintain accurate records. Thanks so much!

NAME: _____

ADDRESS: _____

CITY: _____ ST _____ ZIP: _____

PRIMARY PHONE: _____ SECOND PHONE: _____

E-MAIL (for eNews): _____

SPOUSE'S NAME: _____ CHILDREN: _____

(Family names needed only for Family Membership)

I WANT TO:

_____ help the club put on great walks.

_____ help with trails.

_____ help with walk lunches.

_____ help make phone calls.

_____ help, just give me a phone call.

Email Letty Zook, Membership Coordinator, with questions at lettyzook@gmail.com or call 863-289-0242.

DATE: _____ SIGNATURE: _____