

# Mid-Florida Milers Walking News

November/December 2011



## Walk Around Florida XXII



Friday night 95 hardy and brave souls made it through the ghost tours and all returned for the Saturday walks. Saturday evening the Happy Wanderers coordinated a very nice dinner for 106 attendees that was very well done by the A1A Aleworks Restaurant. Their



The three Central Florida Clubs completed a very successful and fun three days of walks from 28-30 October in St. Augustine, St. Augustine Beach, and Palatka. Over 150 people attended the event with Saturday afternoons walk taken by 141 Volkssporters and friends. 500 walkers completed the four walks that were in completely different weather conditions with Friday being warm, Saturday morning wet, Saturday afternoon overcast and cool, and Sunday morning in Palatka along the St. Johns River, breezy, clear, and cool.



banquet room was nicely decorated and the service good. After dinner Dennis Michele, AVA Southeast Regional Director, presented the three clubs the AVA Trail Blazer Award for 21 years of Walk Across/ Around Florida events.



Mid-Florida Milers  
Walking Club

midfloridamilers@hotmail.com

P.O. Box 4575  
Winter Park, FL 32793-4575

### CLUB CONTACTS:

President  
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# Trailmaster's Report

By Mike Lanpher

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Walks in September and October that were free to both credit and non credit walkers averaged over 50 walkers per event. Around the corner are two special events that allow us to see artisans and crafts as we walk 10 kilometers. November 5th is through the Orlando Fall Fiesta in Lake Eola Park. On November 12 we will walk the Year Round Event from Pirates Cove Golf to visit the fabulous Disney Festival of the Masters, my favorite due to the diversity of artisans. In December we travel to Clermont to walk in Lake Louisa SP. Members please join MFM at a Volunteer Appreciation Walk and Lunch on 17 December at 310 Lakeside Restaurant in Orlando (on Central). See the separate articles on the Event and the 2011 Volunteers.

## FVA Web Site: [WalkFlorida.org](http://WalkFlorida.org)

The Florida Volkssport Association maintains a website for all Florida walkers, out of state walkers, and those new to Volkssports. The site contains the sanctioned weekend regular walks, all the YREs, and information for all Florida Walkers. There are maps to Florida's Gold Medal awarded State Parks, links to AVA and other state associations, data on IVV books and awards, listings of milestone achievements by Florida based walkers, and



lists of awards from the past 11 AVA Conventions to Florida Volunteers. Access the site at [WalkFlorida.org](http://WalkFlorida.org).

## December 17th Orlando Historical Walk and Volunteer Appreciation Luncheon

On 17 December we have a special luncheon thanking our volunteers and with a presentation and drawing for the volunteers of two gift cards. We will start Saturday morning with a historical walk of Orlando downtown prepared by JoAnne Cross at 310 Lakeside Restaurant staggering the start of the 10K and 5K so both routes return on or before 1130. The luncheon follows where you can eat from the menu. We ask all to join us as we close out 2011 with this interesting walk and volunteer appreciation lunch. We do ask you to RSVP so we have an idea of the numbers for the restaurant.

### 2011 EVENTS:

DATE	EVENT	START TIME
5 November	Orlando's Fall Fiesta from Mark St. Sr. Center	9:00 - 10:30 am
12 November	Disney's Festival of the Masters	9:00 - 9:30 am
3 December	Lake Louisa State Park, 7 mi south of Clermont	9:00 - 10:30 am
17 December	310 Lakeside Restaurant in Momentum Building	8:30 - 10:00 am
1 January	Pirates Cove Golf, Lake Buena Vista	9:00 - 10:00 am
21 January	Jay Blanchard YMCA	9:00 - 10:30 am

Details are on the club's website [www.midfloridamilers.org](http://www.midfloridamilers.org) and [www.happwanderersfl.org](http://www.happwanderersfl.org)



## 2011 Volunteers are Appreciated

The Officers of MFM thank the many volunteers who make providing walks possible. The volunteers this year are invited to their appreciation luncheon on 17 December event and lunch. MFM will present appreciations, have a gift card drawing for the volunteers, present AVA Convention awards to club members, and give out the Tee Shirts to those completing 15 YREs in 2011. Volunteers through the end of October are: Sharon Axelrod, Arlene Aycock, Joe Aycock, Bouws, Joyce Bouws, Gail Brooks, Dave Bundy, Jon Carr, Jo Anne Cross, Frank Dolny, Jeanette Dolny, Ladd Duncan, John Fisher, Pete Fournier, Sara Hamilton, Nancy Helms, Dave Kaitschuck, Iris Kaitschuck, Barbara Kretzschmar, Bill Kretzschmar, Joan Lanpher, Rick Lipfert, Larry Middleton, JoEl Ottoson, Dave Piatt, Brenda Powers, Sharon Predham, Terry Sewell, Dave Shagaloff, Jenny Thomas, Jackie Walchuck, Letty Zook, and Bob Zook.



## Florida Volkssport Association Semiannual Meeting

The Florida Volkssport Association met Friday 28 October at St Augustine. The hour meeting, attended by seven of the nine clubs, approved the updated FVA Bylaws and discussed the Web Site approach where no changes were made. At the meeting, Dennis Michele, AVA's Southeast Regional Director presented Meritorious Service Awards to Gloria Merwarth, Gail Brooks and Joan Lanpher for past and present volunteer service to Mid Florida Milers and Volkssporting in general.



**AVA Trailblazer Award given to MFM**  
The AVA Awards Committee honored the Mid Florida Milers, Suncoast Sandpipers, and Happy Wanderers with the 2011 Trailblazer Award. The three clubs conducted Walk Across/Around Florida for 21 years. The extensive co-

ordination and significant walk events provide the basis for this prestigious award. Since 1990 the clubs have coordinated on one weekend to provide venues for members to enjoy varied walking locations. Key players in this have been Alice Lawrence, Suncoast Sandpipers, Gloria Merwarth and following MFM presidents, and Marvin Stokes, Happy Wanderers. Prior to the Happy Wanderers contributions the Patrick Pacers' Ron Barnett was instrumental in supporting the event. The acrylic award was made to Presidents of the three clubs at the WAF XXII in St. Augustine by Southeast region Director Dennis Michele.

# WALKS BY OTHER CLUBS

Date	Event Location	Club
<b>November 2011</b>		
Nov 6	City Island, Daytona Beach	Happy Wanderers
Nov 13	Central Park Ormond Beach	Happy Wanderers
Nov 20	Courtyard Marriott, Cocoa Beach	Happy Wanderers
Nov 27	Old South Motel, Sanford	Happy Wanderers
<b>December 2011</b>		
Dec 3	Avondale (Jacksonville)	1st Coast Trail Forgers
Dec 4	County Library, Ormond Beach	Happy Wanderers
Dec 11	Lakeside Inn, Mt. Dora	Happy Wanderers
Dec 17	St. Augustine	1st Coast Trail Forgers
Dec 18	Shrine Gift Shop, St. Augustine	Happy Wanderers
Dec 25	Merry Christmas	
Dec 31	Spruce Creek Recreation, Pt. Orange	Happy Wanderers
<b>January 2012</b>		
Jan 1	Jacksonville/Neptune Beach	1st Coast Trail Forgers
Jan 14-15	Savannah/Beaufort	1st Coast Trail Forgers

## New Members:

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](mailto:lettyzook@gmail.com) for information. Or, complete membership application and mail to the club or bring it to our next walk.

## Walk to Remember

Walking is good for your brain, a new University of Pittsburgh study shows. The more you walk, the more blood your brains gets, preventing the natural shrinkage—and much of the memory loss—that comes with age. [aarp.org/healthywalking](http://aarp.org/healthywalking)



## Honor our Veterans on this Special Walk

Each year, the Happy Wanderers honor our military veterans and active-duty military personnel with a special walk and wreath-laying ceremony. This year our walk, the 13th of its kind, is designated SE/91512. It will start at the Port Orange Library, 1005 City Center Circle, Port Orange, FL. Both 5- and 10K routes will be offered.

The trail is rated 1+. The route takes place on sidewalks and bicycle trails. It is suitable for both wheelchairs and strollers.



Prior to the walk, the Happy Wanderers will hold a wreath-laying ceremony at the new Veterans' Park. The Park is located in the City Center of Port Orange.

## MFM and AVA Milestones

### Event Awards:

Bill Woolgar	575
Bob Lazzell	950
Dave Bundy	1100

### Distance Awards:

Pete Fournier	3500 km
Bill Woolgar	7500 km

\*Oct. - Nov. 2011 The American Wanderer

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

[www.happywanderersfl.org](http://www.happywanderersfl.org)

[www.firstcoasttrailforgerswalkingclub.org](http://www.firstcoasttrailforgerswalkingclub.org)

[www.suncoastsandpipers.org](http://www.suncoastsandpipers.org)



## Mid-Florida Milers Walking Club

Invites you to our

## Volunteer Appreciation Luncheon

Saturday, December 17

11:30AM – 1:30PM

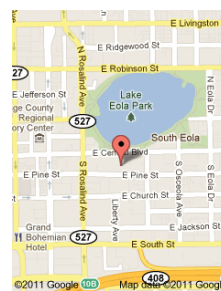
Lake Eola's 310 Lakeside Restaurant

Downtown Orlando

301 E. Central Ave.

RSVP to Rosemary Barna

[barnar@bellsouth.net](mailto:barnar@bellsouth.net) or 407-920-3174





## 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](mailto:lettyzook@gmail.com) or call 863-289-0242.

DATE: \_\_\_\_\_ SIGNATURE: \_\_\_\_\_