



My Favorite Florida Walk

By Dave Bundy

Until recently my favorite walks were Fernandina in December for a little Christmas shopping and an Irish lunch and St Augustine (usually in Feb). In Apr 2011 I finally made it to Fort Meyers, FL. It is now my favorite walk in Florida. It took me six hours to complete the walk. Most of the time was spent wandering the Ford-Edison Museum. Fort Meyers has everything including a great waterfront to walk along. There is a great fountain with Edison and Ford sitting and frogs were spitting streams of water. In the water were gators, otters, manatees, and fish. While you strolled the waterfront park you passed by several veteran monuments. A historic downtown area that has been renovated in beautiful colors and palm tree lined streets. There are great trees everywhere, my favorite being the old banyan trees. When I was there all of the gardens were in bloom. Bright reds, blues, purples, pinks and yellows were everywhere. I enjoyed walking by the baseball parks. It was too late to take in a spring training game. I look forward to my next trip down that way.

YRE Results Show Gains

by Sharon Predham, Treasurer

The Mid-Florida Milers have experienced an overall nice increase in the number of walkers at five of the eight YREs. A comparison of the 1st quarter 2011 versus 1st quarter shows that, not only are the Orlando area walks catching on, but also the six Southeast walks are becoming quite popular. The greatest increase has been the Winter Park walk (22 vs. 129). The number of walkers for the seven YREs shows this upward trend, e.g. Orlando Downtown (memorial) (18 vs. 52), Orlando Lakes (20 vs. 42), Lake Buena Vista (83 vs. 49, boo!), Maitland (23 vs. 36), Orlando – Marks St. (17 vs. 15, boo!), Celebration (62 vs. 42, boo!), Celebration #2 (48 vs. 45). The new Southeast walks established in 2012 are even more impressive, i.e. Miami South Beach (37 so far), Fort Lauderdale (44 so far), Delray Beach (30 so far). The other Southeast walks, Lake Worth (10 vs. 16), Palm Beach (14 vs. 43), and West Palm Beach (13 vs. 34) are really “cookin’”. Walkers from Norway (see the separate article), Canada, and from many US states have done these walks. These six remote walks are the result of Mike Lanpher’s hard work and dedication. Each time someone walks one of these, your “walk team” goes into action to collect the money, email or mail walk directions, and stamp books.

In January, The Happy Wanderers (50 strong) took a train from Deland to Winter Park to enjoy that walk. In February, we were also excited to have Tater Tours (23 walkers) walk Celebration #2, Orlando Downtown, Palm Beach, West Palm Beach, and Winter Park. Many of our members also came to group walks at ORMC and in Winter Park.

Mid-Florida Milers
Walking Club

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Trailmaster's Report

By Mike Lanpher

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Another two months has passed with four club walks (Winter Garden, Celebration, and twice in Winter Park) and some interesting visitors. Jan Jorgensen from Norway along with some of his family members walked a number of our YREs (see separate article) and Tater Tours brought a group of 23 walkers to participate in 5 of our YRE walks. Thanks go to JoAnne Cross who hosted the Tater Tours group for the 3 walks in Orlando on February 17th and 18th.



I would like to thank the club members who stepped up to assist when both Gail and I were unavailable in the last couple of months. Rosemary Barna stepped up to handle mail and helped Sharon Predham manage Remote Walk registrations, and developed a great lunch for the March 17th walk at Chapin Station. Thanks to

Rosemary's husband Ron for his help also. Two members volunteered to layout walks for April, May and July. Thanks go to Dave Shagaloff and Dave Piatt.

Advertisement: We really need someone to help with volunteers as this makes our events function smoothly. Email Rosemary (who "temporarily" took this challenge in 2010) on how you can help at barnar@bellsouth.net.

In May and June we have walks in Maitland (on a new route), College Park (walking where we have not walked before), Altamonte Springs (walk on a Main St. and near Lake Orienta), and Orlando North (at Marks St. Senior Center). The College Park event starts at 7:30 so get there early (request of the Manager) and enjoy the "cool" spring day.

Keep walking and join us for the summer months. We will be starting as early as possible at each location based on when they open, in order to try and beat the heat.



UPCOMING 2012 EVENTS:

DATE	EVENT	START TIME
May 5	Orlando North @Marks St. Senior Center	8:00 - 8:30 am
May 19	College Park Publix	7:30 - 9:00 am
June 2	Maitland (New YRE Route)	8:30 - 9:00 am
June 16	Eastmonte Park, Altamonte Springs	8:30 - 10:00 am
July 7	Orlando, ORMC, Lakes Walk	8:00 - 8:30 am
July 21	Clarcona Horseman's Park	8:30 - 10:00 am

Good Deal:

On YREs please note club members receive a 33% discount on YREs by using our frequent walk coupons. They come in a packet of 10 for \$20 and you can purchase them at any walk.

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

TAW subscription/ Associate Membership

The American Volkssport Association newspaper, The American Wanderer, is chocked full of interesting stories from each of the 10 Regions in the U.S. It also lists walks and walker milestones you have reached. The Newspaper is printed six times a year and is one of the benefits of being an Associate Member in AVA. Membership benefits AVA and you can see what TAW subscription/Associate Membership benefits it accrues to members at <http://www.ava.org/membership/aboutmem.htm>.

YREs in SE Florida + Key West

Our last Newsletter printed an article from the AVA's newspaper, The American Wanderer, on the MFM walks in Southeast Florida. The first quarter participation was just less than 200 walkers for the 6 walks in the West Palm Beach area to Miami Beach. Think about a mini vacation to walk these nice walks and enjoy the vistas of southeast Florida. See the descriptions at http://www.mid-floridamilers.org/southeast_florida_walks.html. Note that the Madison, WI club sanctioned a seasonal walk in Key West (April 1st to December 31st). The brochure is found at: http://www.walkflorida.org/Walk_Florida/Walk_Florida_News.html.

Walking in Grand Tetons/Yellowstone/ Idaho/Mt Ranier/Glacier

By Mike and Joan Lanpher

Looking forward to the summer? If you are traveling in the west, the Four Plus Fearsome Fools club (<http://www.fourplushikers.org/index.htm>) has some very beautiful walks. Walks are remotely registered and seasonal from July 1 to Sept. 30, 2012. They are Glacier National Park, Montana; Mt. Rainier National Park; Yellowstone National Park; Grand Teton National Park; Sawtooth National Recreation Area. These great walks are more strenuous than Florida walks. The "Four Plus" means trail rating of 4 or greater. Joan and I have done two of these walks plus three previous walks in Zion, Glacier, and Bryce Canyon Parks. The scenery is just stunning. We heartily recommend visiting these well laid out events.

AVA Meritorious Achievement Awards

By Mike Lanpher

The AVA awarded Bob and Barbara Nicholson Meritorious Service Awards for their contributions to Volkssports from 1990 to 2002. Bob served as President and Treasurer while Barbara was secretary for 2 terms. They were at the helm when MFM supported the Prevention Magazine convention in 1992 (see details at http://web.me.com/mlanpher/MFM_History/The_Early_Years_3.html). The awards were presented by Mike Lanpher on 4 February at their Winter Park home .



Jan Jorgensen - A Walking Legend

Jan Jorgensen of Tonsberg, Norway, his daughter, grandson, and a friend visited Florida from January 30th to February 15th and walked a bunch of YREs. Landing in Miami, they walked the South Beach Walk the next day and then were tourists by going to the Everglades and other South Florida sites. They moved on to the west coast walking in Naples, Venice, and Tampa before traveling to Orlando, where they walked the North Orlando walk and after more tourist like activity, moved on to Cocoa. Then driving back to Miami they walked in Palm Beach, Lake Worth, and Ft. Lauderdale. Is Jan different from other visitors? In a word, yes. He is the only person who has walked all fifty states twice; he has completed the A-Z program twice and walked all the state capitals two times. Read the nice Article about Jan on the AVA website at the new Marketing web site at http://www.ava.org/Newsroom/Newsroom_Walking_Legend_Jan_Y._Jorgensen.pdf.

WALKS BY OTHER CLUBS

Date	Event Location	Club
May 2012		
May 6	Central Park Ormond Beach	Happy Wanderers
May 13	Walk/Bike YMCA Port Orange	Happy Wanderers
May 20	Lee Wenner Park Cocoa Beach	Happy Wanderers
May 27	Publix Beachside New Symrna Bch	Happy Wanderers
June 2012		
June 3	Palm Coast Publix	Happy Wanderers
June 10	Ponce Inlet Winterhaven Park	Happy Wanderers
June 17	Ormond Beach County Library	Happy Wanderers
June 23	New Symrna Beach 27th Avenue	Happy Wanderers



"Moving together toward a healthier America"

Mid-Florida Milers Officer Elections Coming in August

We appreciate very much the wonderful work Gail Brooks has done for the MFM club by serving as club President for 2½ terms (4+ years). In August 2012, we will hold club elections for a President and Treasurer. Both are 2-year terms. Please consider running for one of these positions. Gail has announced that she will NOT be running for another term as club president; therefore, the club's need for a new president will be a high priority. Please contact us if you have any questions!

If you want to help your club but not as an officer, think about taking the job of newsletter editor. It only takes a few hours every other month. The position will be available at the end of 2012.

2013 AVA Convention

As I wrote in the last issue of our newsletter, the 2013 AVA Convention will be held in Orlando (at Marriott hotel near the International Airport). We have started planning for these heavily attended walks (400-700 walkers) and as we move forward I will be able to relay what the specific events will be in the Orlando area. The Convention walks are scheduled for the Saturday before to the Sunday following the AVA Convention (April 27th to May 5th), starting on Florida's west coast and ending on the east coast. The Central Florida clubs are discussing plans and approaches for this huge event. We will need volunteers to conduct the walks but for now I ask for volunteers to step forward to take the lead for the four walks here in the Orlando area on April 29 and May 1, 2, and 3. Please contact me at 407.695.9181 or by email at mlanpher@cfl.rr.com so I can explain what the fun will be.



MFM and AVA Milestones	
Event Awards:	
John Hunter	10
Sharon Axelrood	50
Jackie Walchuck	200
JoAnne Cross	300
Gail Brooks	350
Arlene Aycock	600
Joe Aycock	600
Joan Lanpher	700
Dave Bundy	1150
Distance	
Sharon Axelrod	500 km
Jackie Walchuck	2000 km
Gail Brooks	4000 km
Joan Lanpher	7000 km

2011 Top Ten Volkssport Walks

Article by Wendy Bumgardner - About.com Walking Excerpts, For complete article visit <http://walking.about.com/od/top-ten-walks/tp/topten2011.htm>



1. San Antonio

The starting point is at the El Tropicano Riverwalk Hotel, 110 Lexington Ave (downtown San Antonio). As changes can occur suddenly, check the walk listing or Texas Wanderers Club site beforehand. As with all year-round walks, please allow the staff to serve their regular customers before asking them any questions. A file box will be at the registration desk. Identify yourself as a volkssport participant and you will be given the box to assist yourself. Register, take a map and enjoy the walk.

The route is 11 kilometers (6.8 miles) or 6 kilometers (3.1 miles), rated easy but includes stairs. The national headquarters of the American Volkssport Association is in a suburb of San Antonio, and when I served as a national officer for eight years I visited San Antonio yearly and enjoyed the Riverwalk.

The route includes the Alamo - stop and soak up the history of that brave locale. Then all along the river canal on a pleasant trail away from traffic. The route goes through the restaurant, shopping and entertainment areas along the river in downtown - bring an appetite and your credit cards. It can also get crowded along this section on weekends and evenings and during festivals, so be prepared to slow down and enjoy.

The route goes through the Hemisfair

site past museums and exhibits of Texas culture - and seemingly under constant renovation. Bring your taste for Tex-Mex, dress for the heat, and have a great stroll.

2. Chesapeake Beach, Maryland

The lovely resort town of Chesapeake Beach is located on the shores of the Chesapeake Bay. This walk is either five kilometers or 10 kilometers and rated easy. The trail is on sidewalks and boardwalks with bay views for most of the walk. Part of the trail is in North Beach and goes by historic homes, antique stores, eateries, marshland and another boardwalk.

3. Kirkland Waterfront, Washington

We have a water theme going for the top walks of 2011. The Kirkland Lake Washington waterfront walk received this nomination, "Beautiful city walk any time of year right along Lake Washington across from Seattle. Skyline views and lots of mountain views of Mt. Rainier when it is clear. Kirkland is an "arts" town-- lots of public art & galleries. Good places for coffee." If you've ever wondered what all those Costco generic items were named after, come see the place worthy of being a brand name.

4. Silver Falls State Park, Oregon

Walk past (or behind) nine waterfalls in a verdant canyon. Silver Falls was one of the first hikes I ever took, and it will always be one of the tops. I'm happy the other voters agree! It's a hike, wear trail shoes and bring along a hiking stick as sometimes the trail has washouts. The distance is 11 kilometers, with an optional extra kilometer to visit the tenth waterfall. The walk is only open mid-April through mid-November. For this one, you register and pick up

the map at a Safeway in the town of Silverton, Oregon and drive to the state park. There is a fee to enter the park.

5. Gettysburg Day Three, Pennsylvania

Few places surpass Gettysburg for Civil War history, and you can explore each of the three days of the Battle of Gettysburg with its own 10 kilometer trail. The Day Three trail includes the Peach Orchard, Wheatfield, Devil's Den, Little Round Top, and the Angle at the High Water Mark, site of Pickett's Charge. You can choose a 5K, 10K, 11K or 15K version. The longest version includes the Confederate line on Seminary Ridge, the National Cemetery and the site of Lincoln's Gettysburg Address. The walk is on paved park roads. Registration is at the YWCA in Gettysburg. Read up on your history and prepare to be moved.

6. Savannah, Georgia

(tie for #6 and #7) This 5 kilometer or 10 kilometer long walk starts at the Savannah History Museum And Visitors Center. It takes in the historic district on streets shaded with live oaks dripping with Spanish moss. This genteel southern city will charm and delight you. (Note: This walk is provided by the Happy Wanderers Club)



To be continued next newsletter.....



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: _____