

Mid-Florida Milers Walking News

January/February 2012



MFM Volunteer Appreciation Luncheon – A Great Success!



MFM President Gail Brooks thanked the many volunteers that attended the luncheon before presenting, with the help of Vice-President Pete Fournier, AVA Achievement Awards. Those who received awards: Jackie Walchuck (MFM Website) and JoAnne Cross (former VP, secretary, and current route monitor volunteer). Additionally, Service Awards were presented to Bob and Letty Zook and Rosemary Barna. Kathy Bargar (newsletter and route monitor), Jeanette Dolny, and Bob and Barbara Nicholson were unable to attend and will receive their awards at a later time. Gail, Joan Lanpher, and Gloria (founding President) and Mark Merwarth

received Achievement awards previously at the October meeting of the Florida Volkssport Association. A presentation of YRE Tee Shirts was made to the 9 additional members who did at least 15 year round walks in 2011. Those were Ladd and Donna Duncan, Bob and Letty Zook, Joyce and Don Bouws, and Rosemary Barna.



Dave Shagaloff and Denny Fryman were not present to receive theirs. Dave Bundy (the champ with 34) and Mike and Joan Lanpher received theirs at the August luncheon. Following a very delightful and delicious lunch, Gail and Rosemary (who serves as MFM Secretary) handed out special pins, with Share the Feeling of Volunteering imprinted on them, to all the MFM volunteers who attended the luncheon. Those volunteers who were not able to attend the lunch may claim their pin at an upcoming walk. To further honor our many volunteers, Rosemary had Arlene Cowan draw numbers for two \$25 Darden gift cards that were won by Joe Aycocock and Letty Zook. She also had Christina Gately draw names for two MFM fanny packs, which were won by Annie Coffin and Brenda Powers.



Mid-Florida Milers
Walking Club

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CLUB CONTACTS:

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Trailmaster's Report

By Mike Lanpher

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November 5th at Orlando Fall Fiesta and November 12th at Disney's Festival of the Masters, we showcased two large art and craft exhibits. Disney's of course was a highlight with lots of activities for artists young and old and lots of art for us adults.

3 December we walked in Clermont's Lake Louisa State Park where the 11 and 6 km routes were signed with AVA signs and walkers enjoyed their "bag" lunch by the Lake Louisa beach on a beautiful, clear, day.

The 17 December Volunteer Appreciation Walk and Lunch was a great success thanks to Gail, Pete and Rosemary's coordination. Achievement and Service awards were presented, tee shirts given to those that walked 15 Year Round Events, and Volunteer Pins for the many volunteers in 2011 turned out for a luncheon thanking them for their help. Two volunteers won Darden Gift Certificates. Many other club members joined the lunch at 310 Lakeside restaurant in downtown Orlando. There were over 35 volunteers at one or more events and this makes the Start and Finish efforts easier for the club. Thanks, Volunteers Really Help.

In 2012 we will have one sanctioned walk each month and one year round walk. We will try to have a lunch



event frequently and the first one is at Chapin Station on 17 March. We also are looking to have tour by bus 19-21 Oct 2012 to the walks in West Palm area, Delray Beach, Ft Lauderdale, and Miami South Beach. Details will be provided by March. Additionally the 23d Walk Around Florida will be held in the fall at a date to be determined. Remember there 80+ year round events in Towns and Parks in Florida.



UPCOMING 2012 EVENTS:

DATE	EVENT	START TIME
1 January	Lake Buena Vista	9:30 - 10:00 am
21 January	Blanchard Park YMCA(Little Econ Trail)	9:00 - 10:30 am
4 February	ORMC	9:00 - 9:30 am
18 February	Oviedo, Lawton Elementary	9:00 - 10:30 am
3 March	Winter Park Crosby YMCA	9:00 - 9:30 am
17 March	West Orange Trail, Chapin Station	9:00 - 10:30 am

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



Walking Opportunity Found

By Mike Lanpher

While Joan and I were traveling to her Mom's in Blaine WA we stopped at Dinosaur National Monument in the northeast corner of Utah. The entrance is about 10 miles east of Vernal UT and was in a temporary building as the new facility is under construction. The new Quarry building opened the 1st week of October.



This National Monument and Vernal are a fantastic place for not only the Monument Quarry that showcases fossils, and the Utah Museum, but also a road taking you along the green River, to ancient Indian pictographs, the Sound of Silence walk, and a cabin where a woman lived alone for decades.

The Sound of Silence walk was the unexpected and fun part of the visit. The name comes from a point in the walk where there is literally no sound except insects and you walking. This 5 km walk traverses a wide range of terrain starting through and up "water paths" that are dry, narrow paths cut into the earth, up to a mesa, over a rock strewn hill, down the slopes, and back up for a great view of the Green River Valley before descending back to the start. Some treacherous footing made it both fun and an adventure.

Not to be missed in Vernal is the Utah Museum dedicated to fossils and presented in a very educational and professional manner – well worth the stop and \$6 entrance fee. Vernal is on US191, a very scenic highway from Arizona through Utah, Wyoming, and Montana.

FVA Web Site: 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 all sanctioned week-end regular walks, all the YREs by location, and information for all Florida Walkers. There are maps to Florida's Gold Medal awarded State Parks, listing by town of YREs, links to AVA and other state associations, data on IVV books and awards, listings of milestone achievements by Florida walkers, and lists of awards to Florida Volunteers from the past 11 AVA Conventions. You reach the site at WalkFlorida.org.



WALKS BY OTHER CLUBS

Date	Event Location	Club
January 2012		
Jan 1	Jacksonville/Neptune Beach	1st Coast Trail Forgers
Jan 14-15	Savannah/Beaufort	1st Coast Trail Forgers
Jan 8	Central Park Ormond Beach	Happy Wanderers
Jan 15	County Library Deland	Happy Wanderers
Jan 22	Big Al's Bait Shop Flagler Beach	Happy Wanderers
Jan 28	Kumquat Festival Dade City	Suncoast Sandpipers

February 2012

Feb 4	Fort George Island	1st Coast Trail Forgers
Feb 5	Publix Beachside New Smyrna Bch	Happy Wanderers
Feb 11	County Library Ormond Beach	Happy Wanderers
Feb 11	Anna Maria Island	Suncoast Sandpipers
Feb 19	Walk/Bike YMCA Port Orange	Happy Wanderers
Feb 26	Winter Haven Park Ponce Inlet	Happy Wanderers
Feb 26	Springfield (Jacksonville)	1st Coast Trail Forgers

March 2012

Mar 3	Palatka Ravine Gardens	1st Coast Trail Forgers
Mar 4	Publix Palm Coast	Happy Wanderers
Mar 11	Reed Canal Park South Daytona	Happy Wanderers
Mar 18	Quality Inn Palatka	Happy Wanderers
Mar 24	Blue Springs State Park Orange Cty	Happy Wanderers
Mar 24	Gainesville Guided Walk	1st Coast Trail Forgers
Mar 31	St. Marys, Georgia	1st Coast Trail Forgers

Welcome New Members:

Sue Sweetland
 Caroline Crawford
 Richard & Terry Tonkin
 Jay & Rajani Vaidya

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:

Roger Poitras	150
Peter Fournier	350
Sharon Predham	900
Bob Lazzell	1000
Bob Zook	1350
Letty Zook	1350

*Dec 2011 - Jan 2012 The American Wanderer

Beat the winter cold in Miami

The American Wanderer
December 2011/January 2012

Volume 27, No. 1

In 2012 the Mid Florida Milers Walking Club offer walks along the Southeast Florida coast from West Palm Beach to Miami's South Beach. Three new walks on the Southeast coast are added to those in West Palm Beach, Palm Beach and Lake Worth.

Delray Beach in Palm Beach County is one of the prettiest cities in the county. Atlantic Ave. is one of the most interesting main streets with many shops and restaurants. The walk goes along the Intracoastal Waterway, where you can take a boat ride, and passes the beach along the Atlantic Ocean, Ft. Lauderdale is the largest city in Broward County and is the county seat. It is called the Venice of America because of the many canals and waterways through the city. The walk starts at the beautiful riverwalk along the New River and goes on lively Las Olas St. The start point is a couple miles from the cruise ship terminal. Miami South Beach in Dade County is one of the most famous places in

the world. There are hundred of Art Deco style hotels and buildings. The walk along Ocean Ave. passes many of them and the beach along the Atlantic Ocean. Lincoln Road Mall is a pedestrian street with many shops and restaurants – a great place to walk.

West Palm Beach area walks are in West Palm Beach, Palm Beach and the town of Lake Worth. Since the early 2000s these walks have offered great vistas of Lake Worth, views of the Atlantic, shopping along Worth Ave., visits to Flagler and Norton Museums, and strolls in West Palm Beach CityPlace.

All walks are registered remotely via midfloridamilers.org. This easy procedure allows Florida to offer excellent events in these beautiful cities. The walk start locations and instructions are mailed or emailed to those that register. Upon notification of completion, insert cards are sent by mail.

The Mid Florida Milers are committed to making the walks easy to register, easy to get to and fun to walk. Use the website or mail a request to PO Box 4575, Winter Park, FL 32793.



AVA Certificates of Appreciation

These were presented to the businesses that support our Year Round Events. Pirates Cove Adventure Golf's Fred and Jim are seen with an American Volkssport Association Certificate of Appreciation for their support of permanent walking events in Lake Buena Vista Florida. For 15 years the staff has been helpful and friendly for this walk in the Downtown Disney area. Without the support of business like Pirates Cove Adventure Golf and ORMC volunteers shown in these pictures, these walks would not be available daily.

Walk Florida State Parks this Winter

The Walk Florida State Park Program provides a hiking experience for walkers and introduces them to natural Florida. The walks are permanent year-round events and the program is made up of 17 Florida state parks and 1 state forest (Krul Lake). The Florida Volkssport Association manages the WFSP program and sponsors 15 of the walks. Local AVA clubs sponsor 3 additional events. The trails provide a varied view of endangered ecosystems and are a great way to experience the Real Florida.





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: _____