

# Mid Florida Milers Walking Club



NOV – DEC 2013

Issue 6, 2013

## President's Message by Rosemary Barna

*Happy Fall, walking friends!!*

*November and December will bring many opportunities to gather with family and friends. It is a time to reflect on the blessings that we have and the many people and things that we are thankful for. I am so thankful that Mid Florida Milers offers me a way to spend time with friends AND keep fit at the same time. Make an early New Year's resolution that you will carve out time for walking with us twice a month. I'm setting a goal to walk 100 MFM miles in 2014. Please join me and we can celebrate our successes together next fall.*

*Mid Florida Milers has some great walks planned for 2014 including a week-end trip to south Florida to enjoy some of our remote walks in the Palm Beach area. Remember, if you see an area that you think would make a great walk, let one of the officers know – Mike is always on the lookout for new routes.*

*I would also like to take this time to remind that the walks don't run themselves and that we need YOU to help with registration at the start, stamp books at the finish or man a checkpoint. We have an easy online system for volunteering and you can find the links for upcoming walks on our webpage.*

*Ok, I'm ready for some turkey and dressing, the joy of Christmas, and walking, walking, walking!*

*Rosemary*

*We are planning a 4-6 April, 2014, bus trip to walk 6 of the 7 YREs in West Palm to Miami. We need to gauge the interest to minimize bus costs. 40 riders would make the bus cost about 80 per person. Added costs are hotel and dinners. See Page 4.*

MFM Officers: Rosemary, Pete, Sharon, & Sharon

## Walks in November and December!

**1-3 Nov:** The Walk Around Florida is ready for the big time on 1 November. Alice and her team, Larry and his team and Rosemary and our team have been busy laying out walks, lunches, registering folks and getting volunteers. We are ready and look forward to seeing you in Palm Harbor.

**16 Nov:** Walk one or both traditional walks from Beardall Sr. Center in Orlando. These walks are designed to take advantage of the new Arts, Magic Arena area, and take in some new streets. One is primarily north of SR 408 and the other primarily south.

**7 Dec:** Blue Springs State Park. Walk this Florida Volkssport YRE and wear your yellow staff shirt; maybe Floyd will show early for us.

**21 Dec:** This night walk in east Winter Park gives us a holiday season's stroll through different developments. Join us and you must have a flashlight and wear light/reflective clothing. Will be a fun walk.

**1 Jan 2014:** Annual New Years Day Vista. A great day to enjoy the area with family and/or friends. Starts 9:30-10 am.

## FVA Web Site

The Florida Volkssport Association (FVA) maintains a web site with all the Florida Traditional and Year Round Events listed by date (traditional) and location (YREs). There are lists of walker milestone events and distance levels, Clubs and Floridians who received awards, details and links for the Walk Florida State Park program managed by FVA. Go to [www.walkflorida.org/Walk\\_Florida](http://www.walkflorida.org/Walk_Florida)

## INSIDE THIS ISSUE:

Page 2: Read the Trailmaster Topics, Nov-Jan Events, Volunteer Opportunities, YRE results

Page 3: Read fellow Milers Walking Milestones, AVA Associate Program, 2014 Special Programs, Charlie Gregg writes on the Centurion Program.

Page 4: Southeast Florida Bus Trip, Club Officers

# Mid Florida Milers Walking Club

## Trailmaster Topics

By Mike Lanpher

In September and October we had four events starting with Ybor City in coordination with the Suncoast Sandpipers who graciously modified their Tampa YRE walk to start at Ybor City. We had 22 walkers and 26 for lunch at the famous original Columbia Restaurant. We followed



Split Oak Start, walkers, and Volunteers

two weeks later at Lake Underhill where there was a normal crowd of walking folks, a park clean up team, and our MFM walkers. Thanks to all for putting up with the lack of parking (and getting another K). In October two very different walks. Lake Buena Vista where our changed route of Downtown Disney was in response to many Disney planned changes to a new "Disney Springs". Then a visit to the Fish and Wildlife Commission's Split Oak Forest that has a well laid out wide walking path. It was a hot day and the 25 walkers made it through early with me being last. A special thanks to Sharon Predham for staying at the finish.

On November 1 I hope to see you at Walk Around Florida 23. Lots of folks volunteering and over 75 registered. A great walking weekend with emphasis on fun. We thank Convention Volunteers at the Yellow Shirt Picnic on November 3. We have a holiday season night walk on 21 December – plan on a fun night.



DATE	UPCOMING EVENTS	START TIME
Nov 16	Orlando Intown and Orlando South Traditional Events	8:30 - 10:00 am
Dec 7	Blue Springs SP (entrance fee) See Floyd?	8:30-9:00 am
Dec 21	Winter Park Elks Club (wear reflective/light colors, bring flashlight)	5:30-6:00 pm
1 Jan	Lake Buena Visit Pirates Cove	9:30-10:00 am
4 Jan	Orlando North, Marks St. Sr. Ctr. (new)	8:30-9:00 am

## Volunteer Positions Needed

### Volunteer Coordinator:

- Coordinate event volunteer times with event lead
- Provide Walk volunteer link to Web and Publicity
- Coordinate calls as needed for events
- Maintain volunteer dates and times

### Year Round Route Monitors: Celebration & Lake Buena Vista:

- End of each month Pick up YRE registration sheets; fax/scan/mail them to MFM treasurer by 10th
- Replace walk instructions and start cards as needed (submit costs to treasurer)
- Add YRE Brochures as needed
- Maintain the box appearance
- Answer calls about the walk
- Check the route (construction, other changes)

### History and Pictures Coordinator

## Volunteers MFM would love to have at our Events.

### Walk Volunteers Positions

Volunteer positions for one walk per month – 3d weekend.

Walks are normally 8:30 to 1pm

- Greeter: Greets, answers questions, tells new walkers about the club.
- Start (2 folks – 2 hours), sign in walkers, collect any fees;
- Finish (2 folks – 2 hours), check walkers have finished, stamp record books if desired, coordinate with CPs;
- Checkpoint (2 shifts – 1-2 persons, 2 hours), be friendly voices with water and candy.

### YRE Participation

By Sharon Predham, Treasurer.

After 3Q 2013 our 15 YREs had 937 participants compared to 1046 in 2012. Help yourself as well as MFM and AVA and enjoy these walks.

# Mid Florida Milers Walking Club

## AVA Special Programs

AVA has many Special Programs that provide interest and fun to Year Round and Traditional events. For 2014 there are 12 new Special Programs for you to consider. These are: Alternative Capitals; Border Crossings; Cities in Song; Honoring Our Flag; Lakes and Reservoirs; National Register of Historic Places; Trekking With the Trees; Water Towers; You'll Never Walk Alone. Details are found at [AVA Future Programs](#).

An ambitious program that two MFM members started in 2013 is the Centurion Challenge as reflected in the article below. Details are found at [AVA Centurion Challenge](#).

## Thoughts on the Centurion Challenge

By Charles Gregg, MFM Member and AVA Lifetime Member

AVA's Centurion challenge is to complete 100 walks in a calendar year. I joined Mid Florida Milers January 1, 2013 because I enjoy walking, wanted to improve my physical conditioning, and needed social interaction because of my recent divorce. MFM only offered two scheduled walks a month which was not sufficient physical conditioning so the Centurion program seemed perfect. And, a hundred walks a year, that's only an average of two a week—piece of cake!

May I suggest, if you decide to take the challenge, you start the process in the latter part of the year before—October, November, or December. I decided in late January, sent in my non-refundable \$25 fee in February, and received my 100 entry walk book in March. Having spent that much money gave me another incentive to complete this. However because I was starting that late in the year now all of a sudden I had 10 walks a month to average, instead of twice a week. And that did not include illness or vacations, although I am retired and people tell me I am on vacation 52 weeks a year. Completing 12 to 15 walks a month is not so easy.

I am reaping the benefits of the challenge. I am in better physical condition, met many great people, and have seen a lot of Orlando and Central Florida that I did not know existed (I arrived in April 2009 from New Mexico and didn't retire until December 2010). The walks are designed to highlight the unique features of the particular neighborhood where the walks are set. The notes also describe the significance of what I am

## (Thoughts, continued)

passing. Kudos to the individuals who prepare the MFM walk instructions, not all clubs provide this wealth of information. Next month, "Oh, The Places You'll See or From Sarasota to Jacksonville in a Calendar Year"

### Milestones by MFM Walkers

Event Milestones\*

Achievements by Milers - CONGRATULATIONS

Name	Events	Distance
Laurie Hauptman	30	
Charles Gregg (Centurion Challenge)	75	
Gail Brooks	400	4500
David Bundy (Centurion Challenge)	1350	
Robert Lazzell	1350	

\*The American Wanderer, Oct-Nov 2013

FVA Web Site ([www.WalkFlorida.org](http://www.WalkFlorida.org)) contains milestones for last 12+ months.

## AVA Associate Membership

The Club officers invite you to become an AVA Associate member (national membership), either Lifetime, Individual or Friends/Family membership. You receive the AVA Newsletter, "The American Wanderer" that provides interesting articles from fellow walkers in all states/regions of AVA. The price also helps AVA Headquarters maintain its role in managing the association. The national program was not meant to replace the club system. Club membership offers benefits of its own, geared to members in certain areas to include newsletters that list local events and items of interest and scheduled social activities. An application is at AVA.org, Membership (at top), Documents.



# Mid Florida Milers Walking Club

## Weekend Trip to Southeast Florida Year Round Events

The Club is looking to see how much interest there would be for a trip 4-6 April, 2014, to West Palm Beach and the 6 walks from there to Miami South Beach. Lots of walking fun, dinners, and friendship. We have a bus cost and will be looking for a hotel cost in late December – early January. We need your input on participating so we can judge the prices; with 40 riders the bus cost is \$80; with 50 it is \$65. Rooms are seasonal at that time and we will try for less than \$80 per night including tax. Meals are planned for Friday and Saturday eve; breakfast and lunch open. So we need your input. The Sign Up sheet (link is: [HERE](#)) provides us an unofficial count and then we can make some final arrangements. Fees will have to be paid NLT 21 March to lock in reservation and bus. Tentative Schedule:



4 April 730	Depart Orlando	Location TBD
4 April arrive 1030	Walk West Palm 1030am , check in, and Palm Beach 3pm	5:30 dinner at Toojays in Palm Beach (Start point of walk)
5 April Depart 730 am	Miami South Beach	Lunch in Miami
5 April arrive 2 pm	Ft Lauderdale	Depart at 5 pm
5 April arrive 7 pm	Dinner Bradley's WPB	
6 April Depart 8am	Delray Beach	Finish by 130; Lunch TBD
6 April 2pm	Lake Worth	Finish by 5; dinner TBD
6 April 9pm	Return to Orlando	



Buck from Split Oak



Lunch at Columbia, Ybor

### Mid-Florida Milers

#### Walking Club

midfloridamilers@hotmail.com

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

#### CLUB CONTACTS:

President-Rosemary Barna

[rbarna1949@gmail.com](mailto:rbarna1949@gmail.com)

Vice President- Peter Fournier

Secretary-Sharon Axelrod

Treasurer-Sharon Predham

[skpredham@embarqmail.com](mailto:skpredham@embarqmail.com)

FVA Representative-Gail  
Brooks

Trailmaster-Mike Lanpher

407.695.9181

[mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com)

Membership & Publicity-

Letty Zook

[Bobletz2000@gmail.com](mailto:Bobletz2000@gmail.com)

Webmaven-Jackie Walchuck

[jwalchuck@gmail.com](mailto:jwalchuck@gmail.com)

**Volunteers Always Needed**

Newsletter Editor

Photographer