

Mid-Florida Walking News

January / February, 2006 Issue

Where will Volksmarching take you this year?

By Bob Varnon

Walking is a wonderful activity that has taken me so many places and provided me with memorable experiences both shared and personal. Where will it take me this year, I wonder? Where will Volksmarching take you this year?

Well, where does this Volksmarching road lead?

It all depends on where you want to go.

Since life is what you make of it, your Volksmarching experience is exactly the same. You choose what you want to get out of life or Volksmarching: the possibilities are endless.

SOME VOLKSMARCHING POSSIBILITIES

Walk the 50 States

Walk the 51 Capitals

Walk the 67 Florida Counties

Mid-Florida Miler Year-Round Events

·Orlando Lakes

·Orlando Downtown

·Winter Park

·Lake Buena Vista

·Maitland

·Winter Garden

·Celebration

·Brooksville

·West Palm Beach (3 walks)

Special Weekend Volksmarching Events

·Savannah - Jan. 20-22, 2006

·2006 Presidents' Weekend - Feb. 17-20, 2006

·Crazy Horse - June 3-4, 2006

·Walk Across Florida - Sept. 2-4, 2006

Walk Florida State Parks (WFSP)

·15 state parks

·2 state forests

·1 privately owned preserve

AVA Special Events

·National Heritage Event

·Lewis & Clark Expedition

·Route 66

·American Revolution Walks

·Civil War Battlefields

Choose a Volksmarching Vacation Tour

·Walk Alaska or Hawaii or ???

·See Canada

·See the World!

So, where will Volksmarching take you this year?

Catch *THE SPIRIT OF WALKING* and plan to make time in your plans for you to reach your Volksmarching goals in the coming year!

Trailmaster Topics

By Mike Lanpher

Year Round Events. We look forward to your participation in 2006 and we have set up a reward point system for walking YREs. We have added Group walks at the YREs to encourage members to walk with us on some Saturday and Sundays before and after the summer walks. YREs have been sanctioned at the same locations but some route changes are planned for LBV, Celebration and the 2 Orlando walks.

Current upcoming Events. See the listing for 2006 of the MFM walks which you can also find listed on our web site.

WALKS:

19 November 2005: This was a great walking day as 56 people joined Mid Florida Milers at Kelly Park in Apopka for 5 or 10 km walks. With very comfortable weather and a park setting, the walks were enjoyed by all. Rena McMahon prepared and served a fantastic brunch to 28 hungry walkers.

The springs were clear and pleasant for those that visited water's edge. We also thank Mary Ellen Milton and Tom Doran for volunteering at the Start table,

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Mid-Florida Milers
Walking Club.
2377 Roanoke
Court,
Lake Mary, FL



PRESIDENT'S MESSAGE

Jan Varnon, President Mid-Florida Milers

"This is the beginning of a new day. God has given me this day to use as I will. I can waste it -- or use it for good, but what I do today is important, because I am exchanging a day of my life for it! When tomorrow comes, this day will be gone forever, leaving in its place something that I have traded for it. I want it to be gain, and not loss; good, and not evil; success, and not failure; in order that I shall not regret the price that I have paid for it."

*Dr. Heartsill
Wilson*

As we approach the end of the year with the Christmas and New Year's holidays and all their busyness, it really is hard to find time to do other things. All this is compounded further if you work for a business that has a Fiscal Year-End on December 31st. In our crazy rush-rush modern life all this just adds more stress to our lives. I am so glad that I am a walker. It is amazing how relaxing and refreshing a walk can be. You say that to a non-walker and they think you are just nuts. But there are a lot of athletes that would agree with you. I don't think of myself as an athlete. I am a walker. I tend to think of an athlete as someone who competes at something. I walk for the exercise. I walk for the camaraderie. Since my husband and I do most of our walking together, it provides a time for us to talk and be together. We walk almost every morning with our 12 year old dog, which explains why we have a very fit dog!. Over the years we have done better at walking daily, but it is our goal to do at least three miles every single day.

I don't want to just take this time to reflect on my personal year end thoughts. I also want to take some time to reflect on Mid-Florida Milers. As you reflect on the upcoming year, you might want to think about your walking club and what you can do to help us out. In August the positions of Treasurer and President are up for election. Donna Duncan has indicated that she would rather not continue as Treasurer for another two years. I would be willing to continue as President unless someone jumps up and exclaims that they would just love to have that job. If this is something you might consider, please let me know. If you have a suggestion of a member that you think would be great in this position, please let me know and I will talk to them. We also have been doubling up on some things, so we could use someone who would like to take over Specialties and Membership has also been doubled up with Newsletter editor. I find it very difficult to ask people for help. I am one of those people who feel that it is much easier to do it myself, so I need all the help I can get to step out and ask someone to do something. Any help at all in this area will be greatly appreciated.

You all have wonderful holidays and start 2006 off with some walking goals. They don't have to be large changes in what you are currently doing, but a new year should send us off in some new direction.

Happy trails to you all,
Jan Varnon



"Each year Bob & I make the commitment to walk every MFM Year-Round Event once and the MFM YRE's twice. We also try to average 2 Volksmarches a week. On December 14 we reached our 2005 Goal and we have made the resolution to do it again in 2006! Of course, being retired really helps a lot!"
- Letty Zook



"Bob & I have set our goal this year at least one per week, 52 Total Events. We reached it this year and want to repeat that same number for 2006. We really want to add another state, too, so we're hoping to work that into our vacation plans for next summer."
- Jan Varnon

Rena's Omelet Cups

1 tube of refrigerated crescent rolls. Remove from tube and unroll to form an 8" x 12" sheet. Pinch perforations together to seal the seams and gently roll with a rolling pin to smooth. Divide the sheet into 6 4"-squares and fit each square into a greased (or PAM'd) muffin/cup cake tin. Press with fingertips to form the dough to the shape of the cup.

Beat 4 eggs until light and foamy. Add one cup small curd cottage cheese. Add two cups shredded cheese (I used cheddar for the "golden" appearance of the finished product). Fold into egg mixture. (Add optional ingredients at this point and fold into batter). Pour batter into each dough cup, filling almost to the top. Bake at 375 degrees for @25 minutes. Let cool in pan on a rack for @ 15 minutes and then turn out onto rack to finish cooling....Or eat.

Add whatever ingredients strike your fancy i.e. green chilis, green peppers, cooked sausage pieces, cooked bacon pieces, onions; or vary the type of shredded cheese.

Note: The egg will puff up while cooking but will sink back down into the cup when removed from the oven.

Note: These refrigerate and freeze well. Reheat in microwave for about 1 minute.

New Year With More Walks and New Walk Incentives

By Letty Zook

The Miler's weekly summer walks have been so successful, we have decided to host a similar program January through May, modified a bit to enable club members to participate in other clubs' walks. Starting January 2006, the club will host each month one new walk (Saturday) and one group year-round walk (Sunday).

The Mid-Florida Milers host 7 Orlando year-round events (YREs), plus 3 more in West Palm Beach. The group walks of our year-round trails are a great opportunity for those who desire to walk year-round events in the company of others. January to the beginning of May and then September to the end of 2006, the group YREs will be on Sundays. The end of May through August, the group YREs will be hosted during our weekly summer schedule, on Saturdays.

The group YRE on **January 21** will be held at **Blue Spring State Park**. This walk features a long boardwalk along the Blue Spring Run where visitors are sure to see manatees who seek out its warmer waters each winter. This walk is sponsored by the Florida Volkssport Association's "**Walk Florida State Parks**" Program and is eligible for the WFSP's 2006 certificate and prize drawings. (See Letty Zook for more details) **February 5**, the group walk will be the MFM year-round trail in **Orlando**, featuring the many beautiful lakes and residential areas of the city. On **March 5**, the **Brooksville** group YRE will feature the Suncoast Parkway Trail. The new facilities at the start point are outstanding and interesting wildlife such as gopher tortoises, fox squirrels, bluebirds, woodpeckers, and other Florida critters have been spotted along this well-kept biking/hiking trail.

Keep checking our website for details about more group year-round walks in the upcoming year!

The Milers pride themselves on their outreach to non-credit & non-club walkers. They have also committed themselves to continuing to allow free walkers, one of the hallmarks of early AVA days. Yet, they also want to reward their own club members and show appreciation to those who support the walks in this way. The club officers came up with an incentive program to reward club members.

January 2006 the club set up a **Mid-Florida Milers Volksmarch Lottery!** The more year-round events a member walks, the more tickets they will earn for the prize drawing to be held January 1, 2007. Prizes for the lucky winners will be Frequent Walker Coupon packs and gift certificates. The Mid-Florida

Milers are also distributing **FREE club t-shirts** to club members who renew their club memberships early. The club hopes that this incentive will also be a motivation for Central Florida walkers to join our club! Here is a break-down of how the lottery program will run:

Tickets for the drawing will be accrued as follows:

- 1 ticket for 6 YRE's, with another ticket received for each 6 YRE's thereafter up to a total of 24. (i.e. - 6,12,18,24 = 4 tickets)
- A bonus ticket will be given for walking 8 different YRE's within the year.
- 5 tickets will be the maximum number received per person, during the year.

Prizes for the winners will be as follows:

- **PRIZE #3**
 - Frequent Walker coupons (10-pack)
- **PRIZE #2**
 - \$20 gift certificate to *The Sports Authority*.
- **PRIZE #1**
 - \$35 gift certificate to *Volks-Ware*, an internet site with unique items for walkers and hikers.

A walker must be a Mid-Florida Milers Walking Club Member to receive the tickets. But the great thing about The Mid-Florida Milers' lottery is that every walker wins! Fun & fitness will be distributed to everyone!

WELCOME NEW MEMBERS

Lania & Paul Crouch, Kissimme

Dinky Gefvert, Orlando

Sylvia & Mike Grice, Lake Mary

Deb Kramer, Orlando

Elinor Lomax, Oviedo

Kevin Tammy Anna & Brad Muhs,
Orlando

Roger Poitras, Orlando

Tim & Janis Spalding, Eustis

Arthur & Angelika Stull, Lakeland

Nancy & WC Wiese, Maitland

Sarah & Fred Williams, Geneva

Jan Varnon
President
407-330-5944

Gail Brooks
Vice President

Marsha Greathouse
Secretary

Donna Duncan
Treasurer

Bob Varnon
Newsletter/
Membership

Bill Woolgar
Past President:

Mike Lanpher
Trailmaster

John McMahon
FVA Representative

Letty Zook
Publicity

Jackie Walchuck
Web Maeven

**Rena McMahon,
& Crew**
Hospitality

Ladd Duncan
FVA Treasurer
MFM Operations Asst.

Mid-Florida Milers Walking Schedule for Year 2006

Date	Day	Where	Lunch	YRE	County
1-Jan-06	Sunday	Mercado Int'l Dr/Mercado			ORA
21-Jan-06	Saturday	Blue Springs State Park		Y	VOL
5-Feb-06	Sunday	Orlando Lakes		Y	ORA
18-Feb-06	Saturday	Blanchard Park	Y		ORA
5-Mar-06	Sunday	Brooksville	Y	Y	HER
18-Mar-06	Saturday	Cypress Grove Park	Y		ORA
2-Apr-06	Sunday	Maitland		Y	ORA
15-Apr-06	Saturday	Mead Gardens	Y		ORA
7-May-06	Sunday	Winter Garden		Y	ORA
20-May-06	Saturday	Dr Phillips Publix Sand Lake.	Y		ORA
27-May-06	Saturday	Orlando Downtown		Y	ORA
3-Jun-06	Saturday	Tibet Butler Preserve			ORA
10-Jun-06	Saturday	Winter Park		Y	ORA
17-Jun-06	Saturday	Goodings Kissimmee	Y		OSC
24-Jun-06	Saturday	Longwood TBD			SEM
1-Jul-06	Saturday	Celebration		Y	OSC
8-Jul-06	Saturday	Publix / Wntr Spgs /Aloma			SEM
15-Jul-06	Saturday	Maitland		Y	ORA
22-Jul-06	Saturday	Happy Wanderers - Breakfast Walk			
29-Jul-06	Saturday	Lake Buena Vista		Y	OSC
5-Aug-06	Saturday	Goldenrod and Aloma			ORA
12-Aug-06	Saturday	Winter Park		Y	ORA
12-Aug-06	Saturday	General Meeting & Lunch	Y		
19-Aug-06	Saturday	Barnies at Waterford Lakes			ORA
26-Aug-06	Saturday	Winter Garden		Y	ORA
3-Sep-06	Sunday	WAF XVII	Y		
9-Sep-06	Saturday	Oviedo Publix at SR 419			SEM
16-Sep-06	Saturday	Rossi's on OBT	Y		ORA
8-Oct-05	Sunday	Wekiva Springs St Park		Y	SEM
21-Oct-06	Saturday	Clermont/Monteverde TBD			LAK
5-Nov-06	Sunday	Orlando Lakes		Y	ORA
18-19 Nov 06	Sat./Sun.	W Palm Beach Road Trip		Y	WPB
3-Dec-06	Sunday	Orlando Downtown		Y	ORA
9-Dec-06	Saturday	General Meeting and Christmas Dinner			
16-Dec-06	Sat. Night	Windermere			ORA



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Joan Lanpher at the Finish, and Bob Zook at the Checkpoint table.

The New Balance shoes were won by Larry Middleton, Edgewater, and the Fuel Belt water belts by Paul Kramer, the Villages, and Lori Rossi, Orlando.

17 December 2005: It looked like a rainy day and the evening proved that wrong. The host Paneras was very gracious, the weather extremely pleasant with no rain, and 41 walkers participated. The 68 degree temperature and the well lighted streets allowed for a pleasant 10 km tour of Lake Eola, residential areas in the Lake Davis/Cherokee area and Colonial Town, and downtown. We had walkers from Lakeland, Gainesville, Haines City, Winter Haven, and Eustis as well as Orlando area walkers.

The New Balance shoes (the last pair to be given away as New Balance is no longer an AVA sponsor) were won by Anna Muhs of Orlando . The Fuel Belts were won by Bob Varnon of Lake Mary and by Tim Spaulding of Eustis.

New Years Day event and lunch will be at the Mercado's Guadalajara Grill. The start is on the Mercado's north side facing Goodings on the Guadalajara patio. Lunch will be from the menu and include a menu entree, drink, and tax for \$12. Service is additional. We look forward to this venue as we have not walked here for 9 years.

21 January 2006: We will walk in Blue Springs State Park for those who will not be in Savannah for the Happy Wanderers event. We will have Manatees there (if the weather and Manatees cooperate).

5 February 2006: Walk the Lakes walk south of the SR 408 and enjoy the many lakes and homes there.

18 February 2006: Our 17th President's' Day Walk Event that starts at the Blanchard Park YMCA and will use the Little Econ trail and the many residential areas near there. We are planning a lunch and will be coordinating requirements with the YMCA. This will be an Award walk.

- Mike Lanpher



Miler Milestones

NAME	EVENTS	NAME	EVENTS
Judy	Anttila 575	John McMahon	750
Joe	Aycock 450	Mark Merwarth	550
Arlene	Aycock 450	Gloria Merwarth	550
Della	Barnocky 8	Mary Ellen Milton	275
John	Barnocky 68	Bill Milton	250
Kathy	Bargar 75	Kevin Muhs	14
Gail	Brooks 75	Joe Pesek	30
David	Bundy 600	Georgiana Pesek	30
Patricia	Cole 30	Jim Plummer	100
Heidi	Compton 10	Virginia Plummer	30
Steven	Compton 10	Roger Poitras	14
Jeannette	Dolny 100	Martha Pousha	750
Frank	Dolny 50	Kathy Rapacki	450
Tom	Doran 600	Bob Rausch	300
Martha	Doran 600	Fred Sheets	750
Donna	Duncan 400	Janis Spaulding	28
Ladd	Duncan 375	Martha Strickland	50
Roger	Elliott 15	Marvin Stokes	1,900
Vickie	Elliott 50	Beverly Timinsky	75
Anna	Fuller 15	Jan Varnon	425
Gary	Fuller 15	Bob Varnon	425
Marsha	Greathouse 75	Jackie Walchuk	75
Phil	Greathouse 30	Art Winkler	125
Sally	Hammond 50	Doris Winkler	125
Al	Hritz 100	Marie Winslow	10
Maria	Hritz 125	Wayne Woodin	100
Mary	Kelsh 10	Bill Woolgar	400
Michael	Lanpher 505	Letty Zook	950
Joan	Lanpher 375	Bob Zook	950
Bob	Lazzell 600		
Marianne	Link 10		
Rena	McMahon 800		

An AVA Silver Star Award-Winning Walking Club

A Volksmarch is a leisurely walk through a scenic and/or historic area over a pre-marked route. The walk is non-competitive and the participants travel at their own pace, thus making this an excellent recreation activity for the entire family. Anyone who completes the course is eligible to participate in the AVA Achievement Program.

A Volksmarch is a great way to meet new friends and a fun way for individuals to receive exercise.



Front Row - Frank & Jeannette Dohy; Georgiana Pesek; Diane Chambers; Gail Brooks; Marsha Greathouse.
Back Rows - Ladd Duncan; Joe Pesek; Donna Duncan; Jan & Bob Varnon; Rena McMahon; Phil Greathouse
(behind) Vickie Elliot; Jackie Walchuck; Kathy Bargar; Denny & Dorann Fryman.

MID-FLORIDA MILERS

MEMBERSHIP APPLICATION

Send application & check to:

Mid-Florida Milers, 2377 Roanoke Court, Lake Mary, FL 32746

SINGLE MEMBER: \$8.00 _____ FAMILY MEMBERSHIP: \$13.00 _____

NAME: _____

ADDRESS: _____

CITY: _____ ST: _____ ZIP: _____

HOME PHONE: _____ WORK PHONE: _____

E-MAIL: _____

BIRTHDATE: _____

SPOUSE'S NAME: _____ BIRTHDATE: _____

I WANT TO:

_____ help the club put on great walks. _____ help with trails. _____ help with food.

_____ help make phone calls. _____ help, just give me a phone call.

Membership is annual from July 1 to June 30.

Call Bob Varnon, 407-330-5944, with membership questions.

DATE: _____ SIGNATURE: _____