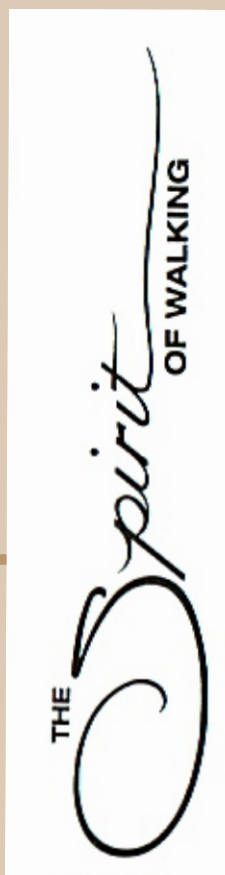


# Mid-Florida Walking News

July / August, 2006 Issue



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



## Celebrate 18 Years at Our Annual Meeting

By Bob Varnon

On Saturday, August 12 please join in the celebration of our club's 18 year anniversary when we meet together at the Holiday House Restaurant at 2203 Aloma Avenue in Winter Park. It is just around the corner from the start point of the Winter Park year round. So, after a leasurely walk through lovely Winter Park you can enjoy lunch at 11:30 a.m. It is less than ½ a mile from the finish point. The cost will be \$8.90 plus tax and tip (so approx. \$11)

As we gather on August 12<sup>th</sup> for our annual meeting we will make some award presentations, present a report on the condition of the club, share information about the Florida Volkssport Association, the **Walk Across Florida** event, and hold an election

of officers. Marcia Greathouse has another year as your Secretary and Gail Brooks has another year as your Vice President. We will be electing a President and Treasurer for two year terms. We will be accepting nominations from the floor, if there are any. The Board is presenting Jan Varnon as President and Bob Varnon as Treasurer. The Mid-Florida Milers Board hopes that you will all join us for this important meeting after you enjoy the year round Winter Park walk. See you there.

**Directions:** From SR 436 turn west on Aloma and proceed to 2203 on the right before Whole Foods in a Publix store area. From I -4 use the Fairbanks Exit and turn east past Rollins College and across Lakemont to the Holiday House on the left just after Whole Foods.

## Trailmaster Topics

By Mike Lanpher

**Events.** The summer walks are underway and for some reason our average attendance is lower than the last three years. If you missed the 24 June walk in Longwood around Rolling Hills area, Jan and Bob Varnon provided a very shaded route in a very nice area. The walks in St. Cloud where there was lots of other activity and at Rossi's on OBT were earlier in June. The Walk Plan for 2006 is ready and the brochure available at walks or on the club's web site. You can also call me at 407.695.9181 to have one mailed to you.

**Current upcoming Events.** July has walks in Tusawilla on 8 July and we visit the Happy Wanderers on 22 July for their early AM walk and subsequent breakfast.

<b>Saturday, 8 Jul 06</b>	<b>0800 0845</b>
Publix Tuskawilla at Winter Springs Blvd/Aloma	
<b>Saturday, 15 Jul 06</b>	<b>0800 0845</b>
Maitland YRE	
<b>Saturday, 22 Jul 06</b>	<b>0630 0700</b>
Happy Wanderers Breakfast Walk	
Rendon Beachfront Park, Daytona Beach Shores	
<b>Saturday, 29 Jul 06</b>	<b>0800 0845</b>
Lake Buena Vista YRE	
<b>Saturday, 5 Aug 06</b>	<b>0800 0845</b>
Goldenrod and Aloma - Cross Seminole Trail Head	
<b>Saturday, 12 Aug 06</b>	<b>0800 0845</b>
Winter Park YRE	
<b>Saturday, 12 Aug 06</b>	<b>1200</b>
General Meeting and Lunch Holiday House at 2203 Aloma	
<b>Saturday, 19 Aug 06</b>	<b>0800 0845</b>
Barnies at Waterford Lakes	

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# PRESIDENT'S MESSAGE

Jan Varnon, President Mid-Florida Milers

Last night I was watching Modern Marvels on The History Channel. They had a show on the building of the Disney parks which I found very interesting. One of Walt Disney's philosophies that they talked about was "*let's plus it.*" He would challenge his imagineers to go one step further to make things better or to go beyond what people expected.

I think this is something that we can do as a walking club. We can strive to make our walks better. We can strive to be more welcoming and friendly to people who walk up to our start table, especially if they are coming for the first time. I think we do a pretty good job, but "*let's plus it.*" Let's think beyond where we are now. Let's make each of the things we do now even better.

Maybe we *always have a map* with our directions (even though it might be hard to do). "*Let's plus it.*"

Maybe we *ask new people how they feel they were treated* at the walk. "*Let's plus it.*"

Especially if they give us their email address, one of the things we might do with it is welcome them, ask how their experience was, and invite them to ask any additional questions they might have. We could take turns doing it, so that this new job doesn't fall on the shoulders of the same person each time. So, I am asking for your ideas on how we can improve, I don't care how off the wall you think they are. Think what we could do to make your walk experience more enjoyable and usually that will make it more enjoyable for everyone. You can email these great ideas to [rvarnon@cfl.rr.com](mailto:rvarnon@cfl.rr.com) or write them on paper and actually put them in an envelope and mail them to 2377 Roanoke Ct. Lake Mary, FL 32746. I don't suggest calling since I am not home much and we would just play phone tag. I am looking forward to seeing what ideas you have.

Happy Trails, Jan

## Mid-Florida Milers Walking Club Membership

The Mid-Florida Milers walk just for the fun of it! Our walking club is a member of the American Volkssport Association (AVA), a non-profit organization made up of more than 400 local walking clubs

nationwide that promote recreational walking. Since the origins of our organization are in Europe, our walks are often called "Volksmarches" which means "people-walks." That's what they are—walks for everyone, of any age.

The Mid-Florida Milers Walking Club is a volunteer organization made up of people who join our club. As of June 30, 2006, we have eighty-eight members who have paid their dues for July 1, 2006 to June 30, 2007. Refer to the following TABLE.

	Member	Family	Total	%
UNPAID	41	15	56	39%
PAID	54	34	88	61%
<b>TOTAL</b>	<b>95</b>	<b>49</b>	<b>144</b>	<b>100%</b>



If you are a member but have not yet paid your dues, we are offering a FREE T-Shirt to those members who renew or join prior to July 31, 2006.

We can explain all the many benefits of walking, including *The Spirit of Walking*, but the truth of the matter is that we need to support our club if we expect events to be offered and year-round events to be maintained for our enjoyment. Paying your membership dues is a bit like "priming the pump" in supporting your walking pleasure.

So, in case you haven't sent in your dues, please remember that the FREE T-Shirt offer ends on July 31, 2006. Our membership application is available on our web site. Contact Bob Varnon, Membership Chairman, at (407) 330-5944 for more information.



Floral City

Continued from page 1 Trailmaster

**Saturday, 26 Aug 06 0800-0845**

Winter Garden YRE

**Sat, Sun, Mon, 2-4 Sep 06 0800-1100**

WAF 17 in Inverness 3 walks, 1 bike & 1 swim

The many walks we do in the Fall and Spring can always use a volunteer or four at our events. This helps in many ways. **We need volunteers in Inverness 2-4 Sep 06** where we will need **Start/Finish** and **Check-point** help. Since you are going to be there anyway (right?), please contact me or Jan Varnon with a Saturday, Sunday, or Monday date when you can help.

Last, I thank the club members who helped with walks while Joan and I were walking in the West.

## The Road Takes a Turn

Since 1989, clubs in Central Florida have hosted

### Walk Across Florida

(WAF) on Labor Day weekend. This year, planners for the **Happy Wanderers, Mid-Florida Milers, and Suncoast Sandpipers** decided to fashion a new idea for



WAF weekend: all events would take place in one location, away from the clubs' usual territories. The setting will be in Inverness, a small city on Florida's Nature Coast. Not only would club leaders and participants not be rushing across the state each day, but the clubs will be available to help each other with the activities sponsored by other clubs. Another plus will be the presence of the newly formed **Nature Coast Volkssport Hiking and Biking Club**. Adding to the fun will be the Scottish aura suggested by the name of Inverness. Patches for each day's events feature a well known symbol of Scotland.

On Friday, Sep 2, early arrivers can play a round of golf at one of the area's excellent courses. That evening, the clans will gather at the Happy Times Restaurant located in the Central Motel, an Inverness hotel offering special WAF rates. There, attendees can meet old friends and register for the weekend of events, while enjoying the 50's atmosphere.

**SATURDAY** The walk and bike each start from Liberty Park in Inverness. The walk puts on view the charm of this historic community,

ancestral home of the Citrus County seat. The bike takes place on the Withlacoochee Trail, a rails-to-trails corridor linking parks, businesses and hamlets on its



way. The event patch is "Nessie," the monster that swims in Loch Ness, not far from the Inverness across the seas. The Mid-Florida Milers will be serving a picnic lunch. Dinner will be at Stumpknockers, a local eatery named for a fish famous in Florida fishing lore. Attendees can expect a Highland Game or two for prizes with a tartan flair.

**SUNDAY** The Suncoast Sandpipers will host the events in Fort Cooper State Park, a stone's throw (or is it a caber toss?) from the

Central Motel. The walk will offer some of the best birding and wildlife viewing in the state. Afterwards, participants can cool off in a swim event



in Lake Holathlikaha and enjoy a lunch of turkey sandwiches served with some pickles and preserves from the old country, followed by a Scotch Trifle (grown-ups only). The event patch is of "Doug," a hard working bagpiper. The hardy are challenged to move on to nearby Crystal River for the YRE at the Crystal River Preserve State Park. Others can rest, then go to the park for a leisurely boat ride and fish fry.

**MONDAY** The weekend will windup on Labor Day, with the Happy Wanderers hosting a walk in captivating Floral City, an idyllic small town



with a flawless natural environment full of centuries-old oaks and sparkling lakes. Finish the weekend's events by picking up your event patch of a beaming "Thistle," the official flower of Scotland, before taking the high or low road home.

If you would like to learn more, obtain a flier, or make reservations, here are the names and contact information (deadline for all reservations but golf is Aug 25):

1 Sep **Dinner at Central Motel:** Alice (727) 595-2173/pipers@tampabay.rr.com.

1 Sep **Golf:** Mike (407) 695-9181/mlanpher@cfl.rr.com by 30 Aug.

2 Sep **Dinner at Stumpknockers:** Jan (407) 330-5944/rvarnon@cfl.rr.com.

2 Sep **Lunch at Inverness:** Marsha (407) 366-2235.

3 Sep **Lunch at Fort Cooper/Crystal River; boat trip; and fish fry:** Alice (727) 595-2173/pipers@tampabay.rr.com.

**CENTRAL MOTEL:** Betty (800) 554-7241/FAX: 1-352-756-0915. Room block is being held under "Walk Across Florida."

**FLIER:** Contact any of the above or write: Walk Across

**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 McMahan**

FVA Representative

**Letty Zook**

Publicity

**Jackie Walchuck**

Web Maven

**Rena McMahan,**

**& Crew**

Hospitality

**Ladd Duncan**

FVA Treasurer

MFM Operations Asst.

# Walking Utah

Joan and I traveled to and from Reno where we were able to enjoy many walks in National Parks in Utah and Volkssport events in 8 cities. We also did a few other walks that were available in the National Parks.

We were truly amazed at the diversity, range of beauty, and expanse of the state. We tuned up for Utah at a cold early morning walk in Dillon, Colorado, at 9,000 feet rising to 9,500 to a nice stream in the hills. In Utah we first visited Arches National Park walking in a ranger led walk into the “*Fiery Furnace*”, an area with “fins” closely packed together. It was clearly an area needing a guide due to the twists and turns. The walk itself was fun as we went through narrow gaps, turtled around boulders, and wandered through dry washes. We viewed Canyonlands NP from an overlook into the Green River Valley 2,000 feet below, walked in Bryce Canyon, Kolob Canyon (north Zion NP), Zion NP, and Cedar Breaks National Monument. We also stopped at 2 state parks and 2 NP canyons to do short and interesting walks.

The most difficult and consequently the most rewarding walk was **Bryce Canyon’s Queens Garden** and **Peek a Boo Trail**, a seasonal Volkssport event put on by a Washington State club. The start’s superb views east and of the hoodoos below from the 8,000-foot high rim, we walked 500 feet to the bottom. As we got on the **Peek-a-Boo Trail**, it rose to 7,700-7,800 feet and then fell to 7,500. These up and downs seemed to never end but the changes in formations as we hiked the trail were stunning. These delicate formations have been a main feature since the park opened in 1928. The trail is easy to follow and at that altitude the temperature was pleasant even on 1 June.

The pictures are small to conserve space, but they provide a glimpse of the beauty of the walk. Our second favorite Park was Arches NP and we will write about **Devil’s Garden** and **Fiery Furnace** in September.

by Mike and Joan Lanpher



*Trail Intersection with Five Star View!*



*Peek a Boo Trail Provides Awesome Vista*



*Breathtaking View From the Rim*



*Peek a Boo Trail*