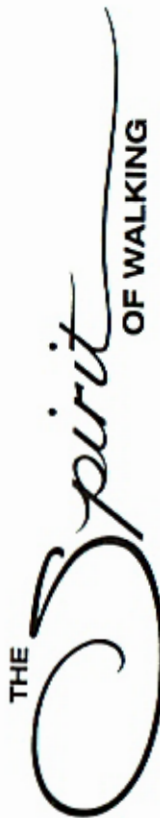


Mid-Florida Walking News

March / April, 2006 Issue



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

So many walks. So little time!

By Bob Varnon

So many walks; so little time! In the last newsletter I posed the question "*Where will Volksmarching take you this year?*" Throughout this year each member walking club of the American Volksmarching Association (AVA) will sponsor "regular events," which are normally weekend walks. However, our individual lives don't always provide us with weekends free! Thus, Americans have embraced "Year-Round Events," (YRE) walk events, which are there for us whenever we are available. These events are created to be available for walkers to enjoy during daylight hours, all year long.

Each year AVA publishes a book which is a listing of more than 1,400 Year-Round Events titled "*Starting Point.*" This guide is available for \$15.00 through AVA or through your local Volksmarching club, including Mid-Florida Milers Walking Club. The walks go through a wide variety of areas, from National Parks to countryside to quaint towns to neighborhoods to cities.

For the past ten years or more the AVA has polled the local clubs to solicit votes from individual members about their favorite YRE. In January of each year, Wendy Bumgardner, Walking Editor for About.com, publishes the list of Top 10 Year-Round Events. (See <http://walking.about.com>)

I thought it would be interesting to see if any of these "Top Ten" lists include walks in states where I

need to walk for my "*Walk the Fifty States*" campaign. So, I organized the last nine years of "Top Ten" survey results and discovered some suggestions I can use: Michigan, for example, has 3 events; Hawaii has 3 events; Maine has one. (Jan and I plan to walk one of these three Michigan walks this summer.)

When I compiled the list (see "List" on Page 3) I was curious to see how many of these "Top Ten" walks that Jan and I have completed. We have walked eleven of the 40 different YRE's over the past nine years.

There are 9 of the ten Regions represented over these past nine years. (North Central Region is the only region without an entry on the Top Ten.) There are twenty-four states represented.

So many walks; so little time! Where will Volksmarching take you this year?

Visit <http://www.midfloridamilers.org>

Kudos to Jackie Walchuck for migrating the web site to a new server with greater storage capacity after completely reworking the site to make it easier to use. Two added features will appear in the near future. Thanks, Jackie!

Trailmaster Topics

By Mike Lanpher

Events. As a reminder from the last newsletter the club has set up a reward point system for walking YREs. We have added Group walks at the YRE locations through out the year to encourage members to walk with us on weekends. Keep coming to the events!

Walks to date:

New Years Day event and lunch was very successful at Mercado's Guadalajara Grill. Seventy five walkers wandered in the International Drive area and topped off

the walk with a good Mexican lunch.

The 1st 2 events we had at YRE locations were successful with 47 folks at Blue Springs State Park on 21 Jan and 25 at ORMC on a cool and windy morning on 5 Feb.

21 January 2006 Blue Springs State Park was warm and the 47 attendees did see manatees.

5 February 2006: Nice clear day and a very strong wind lent itself to walking fast.

18 February 2006: Our 17th President's' Day Walk Event started at the Blanchard Park YMCA and used the Little Econ trail and the many residential areas near there. The YMCA was a very supportive host and

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PRESIDENT'S MESSAGE

Jan Varnon, President Mid-Florida Milers

I was thinking that a big picture of me with a stern look on my face pointing at the camera might be appropriate for here, but then I want you to give of your time joyfully not out of guilt.

We need your help. Elections are coming up in August and we need to announce our slate of officers in the July/August newsletter. It is a lot easier for me, if someone volunteers or shows an interest. So, I am asking for your help. Step on up and volunteer.

Bob Varnon is willing to take on the position of Treasurer, as Donna has announced her plan to step down in August. In order for Bob to be able to do that, we need someone to become the Membership person and someone else to become the Newsletter person. The newsletter comes out six times a year and probably takes a couple of days to get it together once information has been requested. The person taking on the Newsletter does need to be able to format the newsletter in a way to send it electronically for Jackie to place it on the website. Right now Bob uses Pagemaker which allows the file to be saved as a PDF but the new person can use what ever program they are most comfortable with and we will figure out how to get it to Jackie electronically. We currently only mail about 30 newsletters each month, most members read the newsletter on the internet off our club website. The job mostly entails requesting input from board members and members and placing that into some newsletter format. Bob does not write a lot himself, although he does write a little. The membership position basically entails receiving the member information and keeping membership records up to

date and sharing that information with the board of directors. We combined the two jobs in one person because of the convenience of making labels for the newsletter and other mailings, but it is not a problem to have two people do those jobs as long as there is good regular communication between them. Neither the newsletter nor the membership positions are elected, so the persons taking on these jobs do not have to attend



*Blanchard Park (YMCA) Start Point Volunteers
Bob Zook (standing) and Bob Varnon (waving/standing) Letty Zook (smiling, also standing but vertically challenged), Jan Varnon (behind Letty with goofy smile), Donna Duncan (seated with her hands in the cash box), Gail Brooks (seated, pen in hand), John McMahon (standing hands in pockets), Rita McMahon (in visor) and Kathy Bargar (both seated on near side of table.)*

board meetings regularly, although their presence is appreciated and enjoyed. The important thing is being able to communicate regularly with the board members. We currently have people who report to us in written form because they are unable to attend board meetings regularly.

So, who of you out there is willing to answer the call? You can call me at home (407-330-5944) or at work (407-382-6017)

or you can email me at rvarnon@cfl.rr.com. Now if you all rush to your phones at once and you get a busy signal, don't give up, leave me a message and I will get back to you. If you would rather talk to me in person I will be at the walks in April, but I will be visiting my newly widowed mother in March. Don't make me hog tie someone. Step up and give a little time. It may be a little thing, but it is something that the rest of us Mid-Florida Milers will greatly appreciate. So, consider giving your walking club a gift of your time.

Happy Trails,
Jan Varnon, President

AVA Top Ten Year-Round Events

The table below represents data taken from Top Ten Year-Round Events for the nine years 1997 through 2005. I obtained the data from Wendy Bumgardner's annual Top Ten List on the About.com web site: <http://walking.about.com>. The events that are in **Bold** type are the Top Ten for 2005.

REGION	STATE	YRE
Atlantic	DC	Washington DC (Georgetown) YR1395
Atlantic	DC	Washington DC (Monuments) - 08 YR0231
Atlantic	DC	Washington DC (Zoo) YR0552
Atlantic	MD	Annapolis, MD YR2641
Atlantic	NJ	Cape May, NJ YR1107
Atlantic	NJ	Princeton Historical Walk, NJ YR0736
Atlantic	PA	Philadelphia, Pennsylvania - 09 YR1278
Mid-America	MI	Fumee Lake, MI YR0779
Mid-America	MI	Iron Mountain, MI YR0403
Mid-America	MI	Mackinac Island, Michigan YR0961
Northeast	MA	Boston Freedom Trail, MA YR1090
Northeast	ME	Kennebunk, ME YR0344
Northeast	NY	New York City (Central Park) YR0308
Northeast	NY	New York City (Lower Manhattan) - 07 YR0315
Northeast	NY	New York City (Mid-Town Manhattan) YR0307
Northeast	NY	West Point, NY YR0037
Northeast	RI	Providence, RI YR1092
Northwest	OR	Astoria, Oregon YR0475
Northwest	OR	Silver Falls State Park, Silverton, OR - 04 YR0171
Northwest	WA	Edmonds, Washington - 10 YR1909
Northwest	WA	Kirkland, WA YR0134
Northwest	WA	Woodinville, WA YR0776
Pacific	AZ	Grand Canyon, Arizona - 02 YR1376
Pacific	CA	Coronado, California YR0352
Pacific	CA	Newport Beach – Balboa Island, CA YR0251
Pacific	CA	Point Lobos State Reserve, Carmel, CA - 03 YR0445
Pacific	HI	Diamond Head, Honolulu, Hawaii - 01 YR0523
Pacific	HI	Volcano, Hawaii YR1072
Pacific	HI	Waikiki Beach, Honolulu, Hawaii - 06 YR0166
Rocky Mtn.	CO	Garden of the Gods, Colorado Springs, CO YR0464
Rocky Mtn.	UT	Salt Lake City, Utah YR0075
Rocky Mtn.	WY	Devil's Tower, Wyoming YR0501
South Central	AR	Hot Springs, AR YR0979
South Central	LA	New Orleans, LA YR0076
Southeast	FL	St. Augustine, FL YR1128
Southeast	GA	Savannah, GA YR0051
Southeast	SC	Beaufort, SC - 05 YR0327
Southeast	SC	Charleston, SC YR1358
Southwest	NM	Santa Fe, NM YR0155
Southwest	TX	San Antonio River Walk, TX YR0055

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.

Mid-Florida Milers Walking Schedule for Year 2006

Date	Day	Where	Lunch	YRE	County
18-Mar-06	Saturday	Cypress Grove Park	Y		ORA
02-Apr-06	Sunday	Maitland		Y	ORA
15-Apr-06	Saturday	Mead Gardens	Y		ORA
07-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
03-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
01-Jul-06	Saturday	Celebration		Y	OSC
08-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
05-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
03-Sep-06	Sunday	WAF XVII	Y		
09-Sep-06	Saturday	Oviedo Publix at SR 419			SEM
16-Sep-06	Saturday	Rossi's on OBT	Y		ORA
08-Oct-05	Sunday	Wekiva Springs St Park		Y	SEM
21-Oct-06	Saturday	Clermont/Monteverde TBD			LAK
05-Nov-06	Sunday	Orlando Lakes		Y	ORA
18-19 Nov	Sat./Sun.	W Palm Beach Road Trip		Y	WPB



03-Dec-06	Sunday	Orlando Downtown		Y	ORA
09-Dec-06	Saturday	General Meeting and Christmas Dinner			
16-Dec-06	Sat. Night	Windermere			ORA

Continued from page 1 Trailmaster

the day was very pleasant for the 57 walkers.

Current upcoming Events. See the listing for 2006 of the MFM walks which you can also find listed on our web site. Our Drive to Brooksville on 4 March and the lunch and walk in San Antonio after are a big event for the club.

4 Mar 06 (Sat.) 0930-1000

Brooksville YRE and San Antonio YRE and lunch

18 Mar 06 (Sat.) 0900-1100

Kewannee Trail Park

1 Apr 06 (Sat.) 0800-1200

FVA Mtg, Laurel Park Laurel, Florida

2 Apr 06 Sun. Maitland YRE

15 Apr 06 (Sat.) 0800-1000

Greenwood Park, Lake Mary

6 May 06 (Sat.) 0800-0845

Winter Garden YRE

Weekly Summer Walks: The WalkPlan for 2006 is ready and the brochure available by mid April. The weekly walks start 20 May.

A separate article identifies the many Special Walk Programs available here in Florida. There are others that are available in other states (Route 66).

Mike Lanpher

Florida's Award-Winning Walkers and Parks

By Letty Zook

Florida State Parks was once again awarded the National Recreation and Parks Association's Gold Medal Award, honoring Florida as the "Nation's Best State Park Service". The Gold Medal, a second for Florida's park system, was presented at the 2005 National Recreation and Park Association Congress and Exposition in San Antonio, Texas. The Gold Medal honors the nation's outstanding park and recreation agencies for excellence in the field of recreation management. The State Park Award, presented every other year, focuses on the achievements of state park system and its programs providing recreational, educational and leisure services to its citizens.—Florida State Parks Newsletter

The Florida Volkssport Association (FVA) is extremely proud of our state's achievement!

We are also proud of our award-winning Volksmarchers from many different states who participated in the 2005 "Walk Florida State Parks" Program (WFSP), sponsored by the FVA. Congratula-

tions to all those who earned certificates and won prizes.

Ralph Money, Largo FL earned the special WFSP certificate for walking all 19 year-round events in the 2005 WFSP Program. He also was winner of the State Park family annual pass, donated by the Florida Park Service. They even post-dated the pass so Ralph will have a full year after his present pass runs out. We appreciate the generosity and support of Florida State Parks. They have hosted our walk-boxes and have been a friend to Volksmarching for over 13 years. For the past 3 years the Florida Park Service has donated the family annual pass to the FVA.

Darla Wetzel, Clearwater FL, also earned the WFSP certificate for walking all 19 events. In addition, she won one of the two \$25 gift cards donated each year by the Florida Volkssport Association. Walkers must walk 10+ events to earn a chance for the state-park pass and the gift cards.

Deva & Ellsworth Simon, Strongsville OH, both walked 12 of the WFSP events and each earned the WFSP certificate for those who walk 12+ of the events. Deva also won the second \$25 prize gift card donated by the FVA.

Bob & Letty Zook both walked 18 events and received the 12+ certificate.

Those who walked 5 or more events were eligible to win free-credit coupons. Five walkers each won 4 coupons: **Alice Eckardt** of Harrisburg PA, **Robert Haseloff** of Albuquerque NM, **Phil Rice** of Quincy MA, **Lateon Still** of Fort Monroe VA, and **Bob Varmon** of Lake Mary FL.

All of you who supported our WFSP events in 2005 are gold-medal winners in the eyes of the FVA! We hope many more will come walk our award-winning parks in 2006.

The 2006 WFSP program is comprised of 15 state parks, 2 state forests, and 1 privately-owned preserve (18 events). The Florida Volkssport Association sponsors 14 of the walks and local clubs sponsor 4 of the events. You do not need a special book to earn a certificate or participate in the prize drawings. Simply write your name and contact information clearly on the log page and/or start card and we'll keep track of your walks for you.

To obtain a 2006 WFSP Brochure, pick one up at our the next MFM walk, or send a SASE to Letty Zook, WFSP Coordinator, 1701 W. Commerce Ave., Haines City, FL 33844. You can also send email to letz@earthlink.net. All the brochure information can be found at the FVA website: <http://www.angelfire.com/>



Clockwise from Top Row Left - New walker, Darlene, with pooch in pack & granddaughter Stephanie enjoy Blanchard Park; Past-Pres. Bill Woolgar; Frank Dolny, Joe & Georgiana Pesak, & Jeannette Dolny; Dave Bundy, Rita McMahon & John McMahon; Diane Chambers with two new walking friends at Brooksville; Three new leaders of the Nature Coast Volkspport Club; Phil Greathous leading Marsha & Ladd & Donna Duncan; Kathy Bargar (birthday girl) & Gail Brooks



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:** _____