

Mid-Florida Walking News

May / June, 2006 Issue

THE Spirit OF WALKING

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



Mid-Florida Miler Forum Unveiled!

By Bob Varnon

Suppose you have an idea about how we could do something better and you wanted to discuss it. Yes, you could pick up the telephone and leave a voicemail message with somebody. You could send an e-mail to info@mid-floridamilers.org. But now, you also have an opportunity to open a discussion topic on the MFM Forum!

Okay, so maybe its not as much fun as spin-the-bottle watching or watching the submarine races down at the creek but it just might be interesting to discuss your favorite walks or fun things you've done recently while Volksmarching. (Walking in the rain comes to mind but not something we've done in recent months here in Florida.)

Web Maven Jackie has an easy way to click on the MFM Forum right on our web page. Or, you can use the following address: <http://midfloridamilers.org/smf/>.

We all have opinions and suggestions. Maybe we can brainstorm some of these and come up with ways to make what we do even better!



Mid-Florida Milers enjoy Tybee Island!



Trailmaster Mike and Joan in their His-n-Hers shirts!

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!

Current upcoming Events. The 2006 Summer WalkPlan starts in May and the weekly events start with a nice walk into Bay Hill. This is followed by a new Orlando walk route, then a stroll through St. Cloud starting at Lakefront Park on East Lake Toho.

Walks to date:

The walks in March and April were fun and the trip to Brooksville, thanks to Bob Lazzell (L) and Wayne Woodin (R), where we were joined by members of the new Nature's Coast club, was



an especially good time. March and April walks had 50-60 walkers except the Maitland walk on 2 April. The April walk in Lake Mary was a great day and Chef Rena had a superb lunch.

Web Site upgrades: The recent upgrade of the web site by Jackie Walchuck moves it to one of the best in AVA. In April Jackie launched a site for comments from those who have computers. On the web site (midfloridamilers.org) select "MFM Forum" on the left menu. Give it a try and provide your views on any subject desired. Not exactly "my space" but a useful way to communicate comments and issues.

RR HERITAGE - Specialty Walking Program

These MFM YRE's qualify for RR Heritage:

Cont. - page 3 Trailmaster

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PRESIDENT'S MESSAGE

Jan Varnon, President Mid-Florida Milers

Healing Ourselves from the Inside Out

We are walkers. We don't really think of our walking as being a spiritual or healing experience, but it probably is whether you realize it or not. We all notice things as we walk. Some of us notice the things in nature, some of us notice the man made things, but it is hard to walk and not notice something. I think that is part of the reason why we walk. I have often heard other walkers comment on the things they observed walking that they had never noticed as they drove by the same place they had just walked. When you are walking you are moving slower, you are closer to what you are observing, and hopefully you are not in a hurry so you can pause and enjoy it. This is where the healing happens. This spending time away from the hustle and bustle of our busy lives is refreshing and renewing.

I read recently about the importance of treating the whole person when the person is sick. That even if it is a bone that is broken, or a muscle that is torn, or an organ that is not working right, the entire person needs to be treated, not just the physical problem. We all know that mental attitude has a lot to do with how well we heal. We also know that if we are physically strong and mostly healthy we heal faster also. As walkers we help our bodies in many ways. We of course strengthen our hearts, lungs, and leg muscles, but we also strengthen our spirits. There is just something centering about walking. If as you started out on your walk you were upset with the person you were walking with, it is hard to hang on to that feeling as you proceed on your walk. There are just too many things to share to bother staying mad. I don't know about you, but when I walk my mind starts clearing and wonderful thoughts and ideas flow in (not unlike when I take a shower). I think



this is because just by the nature of what you are doing, walking, you have slowed yourself down and cleared your mind so things can enter. I know that there are times when I am just out there putting one foot in front of the other and there is no thought in my head. This usually happens on an early morning walk when I am not fully awake yet, but I have started moving anyway. Bob will tell you that it is rare for me to keep my mouth shut when we are walking, but he will also confirm that we often get a ways on our early morning walks before the talking starts. Once you get into a

rhythm and especially if the walk route you are on is familiar, your mind can wander from where do I turn next or how far am I going, to other things. But also I think following directions and taking yourself somewhere that you haven't gone before is cleansing to the mind. There is a certain trust that is being put into that person who created the walk route of a Volksmarch. Putting your trust in that person and heading off is freeing

in a lot of ways. It is exciting also and that in itself makes the walk a special experience.

Next time you head out on a walk think about the many aspects of your daily life that the walk touches. Pay attention to the possibilities; make your walk all that it can be. You never know when just the act of going for that walk can have some healing benefits.

MFM Annual Mtg.

Holiday House

2203 Aloma Ave., Winter Park, FL 32792

August 12, 2006 at 11:30 a.m.

Buffet (meat-veggie-salad) @ \$7.40 plus beverage @ \$1.50 plus tax & gratuity.

Continued from page 1 Trailmaster

Orlando Winter Park, 72331 2006/Y0394 11 km
Orlando Downtown, 72330 2006/Y0152 10 km
Orlando Winter Garden, 72334 2006/Y1242 11/14 km
Orlando Maitland, 73151 2006/Y1124 10 km
These MFM Sanctioned Events also qualify for RR Heritage:
Oviedo 7/8/06, 74492 5 & 10 km
Orlando 8/5/06, 74606 5 & 10 km
Inverness, 9/2/06, 74691 5, 10, 15 km

Walk Across Florida: In coordination with the Happy Wanderers and Suncoast Sandpipers we have changed the construct of Walk Across Florida event on Labor Day weekend. Our 17th event on 2-4 September will be centered in Inverness and walk from Inverness, Ft. Cooper, and Floral City, all within 10 miles of each other. We will start in Inverness Saturday and finish Monday in Floral City. There will be a dinner in Inverness Saturday and Sunday in Crystal River (where the Nature's Coast YRE is in the State Park). Mark your calendar now and we will get some motel info to you and details in the next 2 months
Mike Lanpher

Summertime in the City of Orlando

By Letty Zook

The song *Summer in the City* might have it right about summer nights, but the Mid-Florida Milers are also partial to *fun in the sun*, particularly on Saturday mornings. Orlando has many different faces. Throughout the season, our club may host walks in downtown Orlando, the outskirts of Disney, the upscale residential areas of Winter Park and Maitland, or in the wilderness of state parks like Wekiwa Springs. All these venues are found in Greater Orlando.

Since the Orlando area is dense and diverse, the Mid-Florida Milers have discovered that frequent, no-frills walks work best for us. Our 2006 weekly summer schedule officially begins May 20 with a one-day sanctioned event in the upscale Bay Hill suburb of West Orlando and ends September 16 with a group walk of the club's popular year-round trail in the Disney-created town of Celebration.

"Since 2002, the Milers have walked each Saturday during the summer," says Mike Lanpher, the Mid-Florida Milers' trail master. "In 2005, the attendance ranged between 40-50 participants each walk and

brought us 1 or 2 new members per walk. The summer walks generally have a short registration time so that walkers can get out on the trail before the temperature rises too high. We have alternated sanctioned events with group walks of our year-round trails in order to acquaint new walkers with the YRE program and to allow club members the pleasure of walking the routes with fellow members."

Mike also notes the importance of a "focused campaign in the media to help draw new walkers." Every month the club submits an average of 25 publicity releases to the numerous Orlando newspapers, radio stations, and websites. Yet the club also depends heavily on its own members to get the word out. No matter how many new walkers a club attracts, it is those who have been befriended before, during, or after a walk who are most likely to return.

Every walk needs a little excitement to attract



walkers. Since everyone loves to win a prize—big or small, the Mid-Florida Milers hold drawings (at every regular event) for a free club tee-shirt and a free credit coupon that can be used at any MFM walk. A great way to both publicize the club and get walkers to return!

The Mid-Florida Milers also discovered that people loved those plastic clips for water bottles that were at one time provided by New Balance. When that sponsorship came to an end, we ordered our own clips to give away at walks. These aqua clips say *midfloridamilers.org*, which says it all! MFM club members, Ladd & Donna Duncan, who always use the clips on their own water bottles, are asked frequently where they got them. Ladd and Donna have a great answer! They whip out one of the extra Milers clips they always keep on hand and bestow it on the inquirer.

You can pick up your own aqua clips at one of our summer walks. We hope MFM club members and friends will come each week. You can view and download the MFM Summer Walks brochure from their website at www.midfloridamilers.org or call (407) 695-9181 for information.

Come enjoy *Summer in the City* — Orlando style!

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 Maven

**Rena McMahon,
& Crew**
Hospitality

Ladd Duncan
FVA Treasurer
MFM Operations Asst.

Date	Day	Where	Lunch	YRE	County
06-May-06	Saturday	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	St. Cloud Marina			ORA
10-Jun-06	Saturday	Winter Park		Y	ORA
17-Jun-06	Saturday	Rossi's Restaurant	Y		ORA
24-Jun-06	Saturday	Longwood Winn Dixie			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

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:** _____

Mid-Florida Milers Walking Club.
 2377 Roanoke Court,
 Lake Mary, FL 32746
 midfloridamilers@hotmail.com