

Mid-Florida Walking News

November/December, 2006 Issue

Don't forget the Christmas Dinner on December 9th.
Meet at 5:30 p.m. dinner at 6 p.m. Steak and Ale in
Maitland on 17/92. Reservations by December 1st to Jan
or Bob Varnon 407-330-5944 or rvarnon@cfl.rr.com

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



Trailmaster Topics

By Mike Lanpher

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Summer walks were completed in September with well attended walks in Oviedo (9th) and Celebration (16th). The early morning fog in Oviedo cooled us for awhile and PJs Coffee at Celebration was a great host. We will have quick start group walks on 4 November at Wekiwa Springs State Park and on 2 December at ORMC where you can try out the new Downtown route.

Montverde was a great venue with the Community Center decked out in USA colors, a great BBQ lunch from Rena McMahon (and John), the Muhs, and the Peseks.

Volksmarch at Walt Disney World

The Trinity Trekkers with Marvin Stokes and other central Florida Volkssport Clubs are offering two walks at Walt Disney World. Walks will start with registration on Friday night at the Disney All-Star Sports Resort lobby. There will be two trails. One trail will take you around Disney MGM Studios and then along the walking path past the Swan and Dolphin Resorts by Disney's Boardwalk and Yacht Club Resorts to the World Showcase entrance of Epcot, then around Epcot to the finish. The other trail will start at Disney's Animal Kingdom and then into the Magic Kingdom and back to the finish. As you can see multi-park passes are required to do these walks, so grab your annual pass and come walk. Or stop at the ticket booth and get a multi-park multi-day pass and join in. For more information contact TrinTrek@sbcglobal.net.

Upcoming Events. The www.midfloridamilers.org site has the latest updates.

17-19 November in West Palm Beach allows us to walk the Southeast Florida Walks and enjoy the town. We have a sanctioned walk on Sunday and 4 YREs to work up and appetite. If you are planning on hitting the road and joining us please let Mike know so we don't go off walking without you.



16 December in Windermere

is a chance for a great walk and the club to conduct a quality event. The Milers planned a night walk in Windermere and were contacted by the Town to layout a walk for them in the fall. This is a great chance for us to be great walk missionaries and provide a quality night walk – but we need your help. The details are below about the walk but it is the event I want to talk about. The club will do registration (at least 3 tables), hand out the 200 long sleeve T shirts given to the first 200 registerees, and provide water bottles w/ aqua clips and man checkpoints. The town will have refreshments after the walk and is buying the T shirts. That means we need help from 15-20 Milers from about 3:30-8:00 on 16 December. We will have a Workers Walk on 8 December for all volunteers. Sign up at Wekiwa SP, West Palm or ORMC to be part of this event or email or call Mike or Bob Varnon.

1 January in Altamonte Springs at the Sanlando Tennis Center off Douglas. This year we have moved NE to Seminole county for the 13th New Years Day Walk and lunch. Walk a variation of our new Year Round Event and then join us this year at the First Watch Restaurant just west of I-4 and Douglas.

PRESIDENT'S MESSAGE

Jan Varnon, President Mid-Florida Milers

What a difference a year makes.

I am sure that we have all had a year filled with events, happy ones, sad ones, memorable ones, and ones we would prefer to forget. I started my year off by traveling to Ohio with one of my sons the weekend of January 6th to enjoy a family gathering for my parents 60th Wedding Anniversary. It was a great experience. My Dad made some comment about how wonderful it was to gather with family and friends and it was not a wedding or a funeral. On January 27th and 28th my entire family came from all over the country to gather for my father's memorial service. It was a difficult way to start a year. You have no idea how much you are going to miss someone until they are gone. Don't get me wrong, my Dad was 81 and had a long mostly healthy, great life. When we all gathered, it was to celebrate his life and our wonderful memories. Frankly, I think that is the way it should be done. The rest of my year was punctuated with visits to my mother in Ohio to see how she was doing. I was there last in October and she seemed to be doing

okay. I marvel at how well she does at living by herself. I am not so sure I could do it. In the beginning she seemed very lost and alone, but now she seems quite independent and capable.

In July not too long after we returned from a trip with all our children to Canada, our wonderful 12 year old dog died. She had been acting weird for a couple of weeks, but nothing we could put our finger on. Then one morning she just couldn't get up, she had apparently had a stroke during the night. Our house just seems so empty now. There is no one at the door to meet us when we come home from work, no one to clean up what drops on the floor, and one less body in our bed. Ironically the loss of the dog has also given us an excuse to not walk some mornings. After years of walking 3 or 5 miles every single morning, we have found it easier to not walk some mornings. We also used this "totally empty nest" reason to put our house on the market. Not that there has been a lot of people looking,

not that we have any big plans as to what we will do if it does actually sell. It just seemed like the right time to do it. As the year comes to a close Bob and I find ourselves wondering about next year. Will we be living in another part of Orlando? Will we be in an apartment, a condo, or a 55+ community? Will there be a good place to walk? Actually that is pretty high on our list of amenities. We are walkers, after all.

Well, after I have spent most of my allotted space talking about personal stuff that has gone on in my life this year, let me take a very few lines to reflect on some of the changes that we have tried as a club. We added one additional walk each month to our schedule. What did you think about that? We helped move the WAF to one location. How did that affect your interest in participating? We moved our annual

New Years Day walk to a new location and are moving it again this year. Do you all have any comments on that? We took a trip to Brooksville/San Antonio for a day of walking. We will be taking a trip to W. Palm Beach for a weekend of walking. How do you feel about that? We offered tee shirts to people who renewed their membership on time. I think based on how often I have seen these shirts on people that was a good thing. We offered a lottery for walking year rounds. It is still on, but it doesn't seem to have caused any more walking of year rounds by our members. So, let me know what you think about some of these things. Write me at rvarnon@cfl.rr.com or Jan Varnon, 2377 Roanoke Ct., Lake Mary, FL 32746.

Happy Holidays to you all. See you on the trail. Jan



Year Round Walks

Brooksville

Celebration

Lake Buena Vista

Lake Worth

Maitland

Orlando Downown

Orlando Lakes

Palm Beach

West Orange Trail

West Palm Beach

Winter Park

Date	Day	Event	Time
4 Nov	Saturday	Wekiwa Springs SP	0830-0915, SP opens at 0800
17-19 Nov	Fri-Sun	West Palm Beach and Jupiter	Start Times and Locations Vary
2 Dec	Saturday	Orlando/Downtown	
16 Dec	Saturday	Windermere evening Walk	5:00 – 6:15 night walk
1 Jan	Monday	New Years Day at Sanlando Tennis Complex, Altamonte Springs	1000-1030 with lunch afterwards at First Watch.

2007 is a coming: Here is a tentative layout of the first six months as currently proposed. If you have walk locations to suggest, please email or call me.

January	1 Altamonte Springs/Sanlando Tennis Center 6 Lake Kissimmee State Park (YRE) 20 Hunter's Creek area
February	3 Sanlando/Seminole Wekiva Trail (YRE) 17 Chuluota Wilderness
March	3 Lake Buena Vista (YRE) 10 Lake Wales/Bok Sanctuary 17 Winter Park (YRE)
April	7 Maitland (YRE) 21 College Park
May	5 Orlando Downtown (YRE)
SUMMER WALKS	
June	19 SR 46 Proctor Wilderness 2 Orlando Lakes (YRE) 9 Kissimmee Park 16 Wekiva Springs State Park (YRE) 23 County Line Station West Orange Trail 30 Celebration (YRE)



Walking is the best possible exercise. Habituate yourself to walk very far.
- Thomas Jefferson

Medals for Mettle

Over the summer we got an appeal to donate our old medals to a good cause. We decided that it was a good idea. Here is the letter that Mike sent when he sent the medals and the reply follows.

Mr. Matthew White
104 Professional Plaza
Mattoon, IL 61938

Dear Mr. White:

The Mid Florida Milers Walking Club is pleased to provide assistance for the Medals for Mettle program you wrote about to the About.com website lead, Wendy Baumgardner.

She passed it to the "walklist" that our club follows. As a result our Board provides 38 medals for your efforts. We hope this helps with your motivation of these people in need..

For the Board of Directors:
Mike Lanpher

Mike -

I just got your letter today and let me tell you the smiles that you and your group have put on many patients who are starting their treatment. They love them and they love what the program stands for.

Thank you again for the 38 medals that you sent - you have made a difference in the life of so many.

Respectfully ~
Matthew White
Manager of Healthier Communities
Sarah Bush Lincoln Health System

West Palm Beach 5 walk Weekend

Come join the Mid Florida Milers in Palm Beach County as we enjoy five walks the weekend before Thanksgiving. Four Year Round, permanent, walks, and one sanctioned walk are planned. Let us know if you are coming to Mike below. We have 10 so far.

17 November, Friday: Palm Beach YRE walk at night starting 6:00 pm (arrive a bit early to sign the register). Eat before or after (still working on a place) we can eat on the walk or after in the restaurant area. Start at the West Palm Beach Good Sams Hospital on Flagler. (Directions below for West Palm Beach YRE and at midfloridamilers.org).

18 November, Saturday: Start between 9:00 to 9:30 at Lake Worth YRE and eat lunch in one of their downtown pubs. with lunch 11-1130 or so depending on the pace and place selected. Directions: From I 95 use exit 64, 10th Ave N. Turn left to US 1, Dixie Highway. Turn right on US 1. Turn left on Lake Ave (10 blocks). Turn right on Golfview to Bryant Park parking on your left.

At 2:00 pm start at the West Palm Beach Good Sams Hospital on Flagler and walk this Cemetery Stroll and College Walk. Meet at ER Bradley's restaurant (on walk route) on the waterway for dinner. (RSVP to Mike Lanpher at 407.695.9181 or 407.304.6394 (m) by the 16 Nov.)

19 November, Sunday: Jupiter's Carlin Park (Start at 0900-1030 and complete by 1230). The Park is at 400 S. S.R. A1A, Jupiter, FL 33477 just South of Jupiter Inlet. Lunch is at The Crab House off US 1 just before the bridge over the inlet.

At 2:00 pm join up at Jonathan Dickenson State Park in Hobe Sound for a nature walk. The park is part of the FVA State Park Program and is located north of Jupiter in Hobe Sound off US 1. (See the Florida YRE list on the AVA web site (ava.org).



Horse in Windermere

Walking Around Florida

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| Nov. | 11 | 6 pm Port Orange, Veterans Walk
Happy Wanderers 386-788-4026 |
| | 11 | 9 am Brooker Creek Preserve,
Tarpon Springs, Suncoast
Sandpipers, 727-595-2173 |
| | 11 | Tyndall Shell Island, Tyndall
AFB, Panama City
Volksmarchers, 850-283-3199 |
| | 12 | City Island, Daytona Beach
Happy Wanderers 386-788-4026 |
| | 19 | Blueberry Muffin, Indialantic,
Happy Wanderers 386-788-4026 |
| | 26-26 | Walks at Disney World, Trinity
Trekks 210-521-8684 (after 11/22
210-313-8684) |
| Dec. | 2 | Central Park, Fernandina Beach,
First Coast Trailforgers 904-
598-9469 |
| | 3 | Nova Park, Ormond Beach,
Happy Wanderers 386-788-4026 |
| | 9 | Senior Center, Gulfport,
Suncoast Sandpipers, 727-595-
2173 |
| | 10 | Sunshine Bakery, Mt. Dora,
Happy Wanderers 386-788-4026 |
| | 31 | Lee Wenner Park, Cocoa, Happy
Wanderers 386-788-4026 |

Windermere Night Event and Walk

Christmas in Windermere
5 and 10 km Night Walks
16 December 2006

Theme: Enjoy the town lit up for the season and the fellowship of neighbors, near and far, as you see the Town of Windermere. Town Hall is in festive dress echoing with seasonal music and offers snacks and refreshments upon return.

When: 16 December 2006

Where: Start and Finish at Town Hall.

Register: Between 5:00 and 6:15 PM; Start between 5:30 and 6:15 pm.

Routes: Show off the Lights of Windermere. Instructions and route maps provided.

Pace: Walk at your pace for fun, friendship, and fitness and enjoy the season.

Cost: \$6.00 per person for all walkers and the first 200 Walkers receive a long sleeve tee with a night scene of Town Hall. \$3.00 per walker afterward.

Pets & Strollers: Not recommended.

Routes: 5 and 10 kilometers. Checkpoints with water are available on routes. The event takes place in most weather conditions (except snow). Mid Florida Milers Walking Club will randomly select 3 registered walkers for club Tee shirts. There will be giveaways available.

New Years Day

Walk the evenings activities out as we enjoy another 1st walk of the year. We are trying a new venue again this year and hope you can join us again for the walk around Sanlando and then lunch at First Watch Restaurant. Good food and reasonable prices are their hallmarks. Sanlando Tennis Complex is off Douglas north of SR 436 or south of SR 434 exits.



Jan Varnon
President
407-330-5944

Gail Brooks
Vice President

Marsha Greathouse
Secretary

Bob Varnon
Treasurer

Sarah Williams
Membership

Bob and Jan Varnon
Newsletter

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.

Where will Volksmarching take YOU this year?

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

Miler Milestones

Events

10	Roger Elliott
30	Janis Spalding Timothy Spalding
125	Marsha Greathouse
275	Bill Milton
425	Bill Woolgar
450	Ladd Duncan Jan Varnon Bob Varnon Bill Woolgar
475	Donna Duncan
850	Rena McMahan

Distance

500K	Vicki Wiles
3000K	Mary Ellen Milton
5000K	Donna Duncan Jan Varnon Bob Varnon
5500K	Mike Lanpher
6000K	Bill Woolgar
9000K	Rena McMahan
22000K	Bob Lazzell

Florida State Park Walk Program

The brochures are available for the Walk Florida State Parks Program. This year the good news is that you only have to do 6 walks to get into the drawing for the fabulous prizes. Pick yours up at the next walk that you do or contact Letty Zook.



Lake view in Windermere



2006 A Award for walking a state park.



Downtown Windermere