

# Mid-Florida Walking News

January/February 2007 Issue

**BOK Sanctuary Event on 10 March 2007  
Register by 26 February  
with a check for \$8 per person for the Group Rate.**

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



## **A Different Way to Think of Walking.**

As volksmarchers we know all about keeping track of our walking. If just stamping your books for distance and events is not enough for you, let me tell you of some other incentives available to encourage your walking. The AVA has several programs



in place, you can find out more information about them on their various websites. Because of space concerns I will just give their name, their point of contact, and a very brief description. Contact the person mentioned to inquire about receiving the books needed to get your AVA stamp at participating walks (most cost about \$10). I know that we have several members

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## **Trailmaster Topics**

**By Mike Lanpher**

**mlanpher@cfl.rr.com/407.695.9181**

### **Events.**

The 20 walkers that journeyed to West Palm for the five walks had a great time and we were able to have some fun at the Dirty Dwarf Pub in Lake Worth, some good food at ER Bradleys in West Palm and good walks. The crowd was captured at the ice cream "saloon" in west Palm and pictures are on the web site.

The night walk at the Town of Windermere brought out 225 participants and it was fun for the club to put on this type of community event. The Tees that the Town gave (for \$3) to the 1st 200 registerants were well done and liked by all. The support from the 25 MFM volunteers made the evening go very smoothly and the event could not have been done without their assistance. We can use volunteers at each walk so if you have time, just come an hour or so before the start time or call me ahead.

New Years day walk was great with the threatened rain never appearing. 71 walkers joined us and 39 came to First Watch for a very good lunch. We all said Happy Birthday to Joe Pesek on his 89th.

### **Upcoming Events.**

The [www.midfloridamilers.org](http://www.midfloridamilers.org) site always has the latest updates.

The **20 January Hunter's Creek** is a 5 or 10 km trail. The 10 km trail enters the Shingle Creek Management Area and loops through part of it and continues into residential areas near SR 417. Shingle Creek is the headwater of the Everglades.

On **3 Feb and 3 March** we will walk the routes

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## **MARVIN HITS 50!**

**STATES, THAT IS  
By Lois Shannon**

Marvin Stokes, the South East Region Director and President of the Happy Wanderers Volkssport Club, has attained a long-held goal: On Thursday, November, 16, 2006, he did the capital city walk in Honolulu, Hawaii. His state book now had an AVA stamp in each state space.

Marvin started the journey of walking in each of the 50 states in 1998. The routes he took included a club trip through the Northeast, four AVA conventions—1999 convention in Muncie, Indiana; 2001 in Bellevue, Washington; 2003 in Colorado Springs; and 2005 in Cherry Hill, New Jersey—along with many trips to support volkssport clubs in other states.

Of course, Marvin did not take direct

*Marvin continued page 4*

# PRESIDENT'S MESSAGE

Jan Varnon, President Mid-Florida Milers

Year Round Walks

Brooksville

Celebration

Lake Buena Vista

Lake Worth

Maitland

Orlando Downown

Orlando Lakes

Palm Beach

Sanlando

West Palm Beach

Winter Park

I visited About.com and looked at the walking section. I wanted some ideas for an article. I was stumped. Well, as it is the new year and people are starting all sorts of programs to get themselves in shape and/or lose weight, there were suggestions as to how to do this with walking. The suggestions were to set realistic, measurable, dated, and written down goals and then to track your progress and celebrate your success. Volksmarching fits right into that. Because our distances on our walks are established, a person doesn't have to try and figure out how far they have walked. We do that for them. A person can start off with a goal to complete a 5K walk and then work up to a 10K walk. Because you get credit for whatever distance you walk, even if you don't complete the 5K you still can get an event stamp and you can mark your distance actually completed. Also because there is not a time frame, if

you have to stop and rest in order to complete a 5K when you first start, that is not a problem. Our books fulfill the "written down," "tracking progress," and "celebrate success" suggestions.

At the Windermere walk I wore a vest I have with all my patches sewn on it. I don't wear it very often, because I feel it is like preaching to the choir, but at a start like Windermere where there were a lot of people who had no idea what Volksmarching is, it drew some stares and comments. I don't think my accomplishments are a big deal. There are a lot of people in our club who have walked more walks than I have, in more states and countries than I have. But, to someone who has no idea what Volksmarching is all about, what I have done seems pretty amazing. We all need to make it easier for people to learn about Volksmarching. I can't imagine wearing my patches vest out and about much, but

maybe I could wear a pin that might cause questions to be asked.

I want to be doing 5K walks when I am 89. I want to be able to do multiple 10K walks in a weekend when I am 79 and 81. You go Joe Pesek. I send happy belated birthday wishes to you, celebrating 89 years and still walking. You are my hero. I also want to lift up Martha Strickland and who joined us in West Palm Beach and walked their little feet off. I find myself imagining how many walks I can do if I am able to walk another 20 or 30 years. Kind of makes you want to take care of yourself better doesn't it?

Well, what is my goal for 2007 (since I didn't succeed at my 2006 goal)? Bob and I are going to try and do all the Mid-Florida Miler year rounds twice this year. That means two trips to West Palm Beach but we think we can get it done. We are also going to try and do more state park walks than we have ever done. I think that means six, which seems doable to me. So, set yourself a Volksmarching goal for this year and let me know what it is and I will share it. Maybe it will give ideas to other members.

Happy Trails,

Jan



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at Maitland and Lake Buena Vista respectively.

On 17 Feb we will have 5 and 10 km routes in the Chuluota Wilderness in east Seminole County. We will start at the Chuluota Baptist Church on Lake Mills and then drive to the Wilderness area. There will be a lunch served from 1100-1:00 pm.

A special event on 10 March is at the Bok Sanctuary in Lake Wales. The walk requires preregistration to obtain the group rate of \$8. Please provide your payment to MFM (Attn BOK Event), 2377 Roanoke, Lake Mary, FL 32746 by 26 Feb so we can mail you the tickets. You may also pay at any MFM walk up to then.

On New Years Day 71 walkers enjoyed a walk that started at the sight of our new Sanlando walk. 39 people went to lunch at First Watch after the walk and helped Joe Pesek celebrate his 89th birthday. On Jan 6th the Mid-Florida Milers did a group walk at Lake Kissimmee State Park. It was unseasonably warm but an enjoyable walk.

### 2007 Walk Schedule

20 Jan 07	Hunter's Creek @ Vista Park II & Shingle Creek Mgmt Area. Start between 09-1100
3 Feb 07	Maitland @ Walgreens Start between 09-0945
17 Feb 07	Chuluota Wilderness starts at Chuluota Baptist Church Start to walk between 0900-1100 w/ lunch 1100-1230
3 March 07	Lake Buena Vista 0900-0945
10 March 07	Bok Sanctuary @ Lake Wales. Preregistration for \$8 group rate by 26 Feb. Start between 10-1200
17-Mar-07	Winter Park
7-Apr-07	Sanlando Altamonte Springs
21-Apr-07	College Park
5-May-07	Orlando Downtown



Mid Florida Miler walkers Alice Milmoie, David Bundy and Rena McMahon enjoy a pause while walking their first walk of the new "Walking State Parks in the USA" program, the 11km Buster Island walk at Lake Kissimmee State Park in Lake Wales, FL on January 6, 2007

### SUMMER WALKS

19-May-07	SR 46 Proctor Wilderness
2-Jun-07	Orlando Lakes
9-Jun-07	Kissimmee Park TBD
16-Jun-07	Wekiva Springs SP
23-Jun-07	Killarney Station WOT
30-Jun-07	Celebration
7-Jul-07	Lee Vista Area
14-Jul-07	Sanlando Altamonte Springs
21-Jul-07	Altamonte Springs Mall
28-Jul-07	Happy Wanderers
4-Aug-07	Orlando Downtown
11-Aug-07	Clermont Area
18-Aug-07	Maitland
25-Aug-07	Rock Springs Park
1-Sep-07	WAF 18
8-Sep-07	Celebration
15-Sep-07	Heathrow
6-Oct-07	Winter Park
20-Oct-07	Lake Nona Area
3-Nov-07	Orlando Lakes
17-Nov-07	Windermere (?)
1-Dec-07	Brooksville
15-Dec-07	Night walk in Maitland

### Miler Milestones

#### EVENTS

10	Rosemary Barna Ron Barna Patricia Winters
30	Mary Kelsh Roger Poitras
50	Patrick Cruit
75	Vickie Elliott
150	Jim Plummer
275	Joanne Cross
450	Joseph Lane
1000	Letty Zook Bob Zook

#### DISTANCE

1500K	Jim Plummer
3000K	Joanne Cross
8000K	Arlene & Joe Aycock

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

*Marvin continued from page 1*

routes to the AVA conventions. Oh, no, that would be too easy! It took some planning, but the itinerary included all the states which could be reached on the way to the convention on the way back.

A state or two which was not really on the way was worked into the route. Somehow Marvin was missing state stamp for Minnesota. So, his "van", carrying other excited walkers, went to Minnesota ON THE WAY TO COLORADO SPRINGS! You don't think Minnesota is on the way to Colorado from Florida? Well, don't tell Marvin.

The end of the year 2006 was fast approaching and two distant state stamps were the only ones missing. So, Marvin took a fast flying trip to Alaska while in Seattle for a meeting. The remaining state was Hawaii. Several club members then joined Marvin in traveling to Hawaii in November for a week of walks—along with some sightseeing. A t-shirt stating "I DID

IT IN HAWAII!" on the front and "I FINISHED WALKING THE 50 STATES. THURSDAY, NOVEMBER 16, 2006!" was presented to Marvin by club members Tammy and Pat Hodgkins at dinner after the completion of the walk.

Wherever you are, raise your Guinness, and give a cheer to Marvin for completing his 50-state goal.



**Join us at the Bok Sanctuary for a great walk on March 10th.  
Start 1000-1200. Carillion at 1:00 and 3:00 pm.**

"Bok Sanctuary is located adjacent to the highest hill of Florida's Lake Wales Ridge, 298 feet above sea level. Mr. Bok enjoyed taking evening walks and the idea came to him to preserve this hilltop and create a bird sanctuary - a place of beauty, serenity, and peace. Having made arrangements to buy land on the hilltop, Bok commissioned Frederick Law Olmsted Jr. to change this arid sandhill into "a spot of beauty second to none in the country." The first year was spent digging trenches and laying water pipes for irrigation, after which rich black soil was brought by the thousands of loads. With the requisite conditions for a subtropical garden in place, planting of bushes and trees was begun that would provide food for visiting birds. Today, these plantings provide shade to visitors as well as refuge for squirrels and more than 100 bird species. The reflection pool was created to entice wild life to take residence. The Reflection Pool gives visitors one of the most memorable experiences in the Sanctuary. Its location captures the reflection of the Tower and offers the first image visitors have when entering the gardens." (Courtesy www.boksanctuary.org).

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### Walks Around Florida

Jan	07 County Library Deland	1 p.m. HW 386-788-4026
	13 Whole Foods, Sarasota	9 a.m. SS 727-595-2173
	14 St. Augustine	2 p.m. HW 386-788-4026
	21 Ponce Inlet Lighthouse	1 p.m. HW 386-788-4026
	27 Dade City	8 a.m. SS 727-595-2173
	28 Port Orange YMCA	1 p.m. HW 386-788-4026
Feb	04 Publix, Palm Coast	1 p.m. HW 386-788-4026
	11 Nova Park, Ormond Beach	1 p.m. HW 386-788-4026
	16, 17, 18 Perdido Bay Golf Club	PVC 850-492-0260
	18 Ormond Beach Library	1 p.m. HW 386-788-4026
	25 New Smyrna Beach Publix	1 p.m. HW 386-788-4026
Mar	04 Bike Week Fun, City Island, Daytona	1 p.m. HW 386-788-4026

HW= Happy Wanderers SS=Suncoast Sandpipers PVC=Pensacola Volksmarch Club

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already participating in several of these programs. If you are, let me know and I will indicate your progress in the next newsletter.

**Covered Bridges:** Walk 12 sanctioned events that pass or walk through a covered bridge. Sharen SMetzer LBWanderers@aol.com

**Walking Courthouses in the USA:** walk 30 sanctioned events that pass by or through a federal, state, city, county, or historic courthouse. Jan Wood, jpw6391@msn.com (ORMC Downtown would qualify)

**Walking USA State Parks:** Walk 30 sanctioned events in a state park within the USA Jan Wood, jpw6391@msn.com. (The Florida State Park walks would qualify)

**American Authors and Literary Landmarks:** Walk an event that is associated with an American author or literary landmark. Patty Proulx, JeffPattyProulx@copper.net.

**American Revolution:** This special event ends December 31, 2008, so hurry up if you want to do this one. Walk 15 sanctioned events that go by a site of significance to the Revolution. <http://home.earthlink.net/~amrevwalks>.

**College Campus:** This event has several levels beginning at 5 for a Bachelor Degree for walking on a College Campus. Eric Moench debra@ava.org. (Winter Park and West Palm Beach)

**Pony Express:** Do any one event in Missouri, Kansas, Nebraska, Colorado, Wyoming, Utah, Nevada, and California the route of the Pony Express. Millie Haupt m.haupt@charter.net (might be something you could do as you head toward the convention in California this year).

**RiverWalk America:** This also has several levels beginning with Rafter at 10 events. The walk must travel along or cross over a flowing body of water whose name ends in River. Lorraine Weaver seka@gmexpress.net  
Spirit of Walking

**Cemetery Stroll:** Walk past or through 40 cemeteries while participating in a year round or regular event. Dennis Michele



Weaver seka@gmexpress.net (Both ORMC walks, Winter Park, and Maitland)

**US Presidents:** Complete 15 events in the US where an event or activity occurred in relation to 15 different U.S. Presidents. Nancy Stenger walkvirginia@erols.com

**Walk the USA A-Z:** I think this is one of the easiest programs to participate in. Complete 26 walks from A-Z based on the city the walk is in. Winter Park would be W, Orlando would be O, travel to Zaneville, Ohio for your Z, and so on. Becky Adams radamsS37@woh.rr.com.

**Walking Europe in the US:** Walk 20 walks anywhere in the US where the city has a name with a European Counterpart like San Antonio, FL/Spain. Jan Wood jpw6391@msn.com.



There is also the 50 State/51 Capitals Program. You get those books from a local club and send them in to the AVA when they are completed. Check out the AVA website to see if there were any that I did not include here that might interest you. [ava.org](http://ava.org) All these events offer incentives to get out there and walk different walks, so consider choosing one and giving it a try.

dmichblue@aol.com.  
(ORMC Lakes Walk, West Palm Beach)

**RailRoad Heritage:** This has several levels beginning with Hobo for five events just do walks that follow a former rail bed, including Rail to Trail pathways. Lorraine

**Jan Varnon**  
President  
407-330-5944

**Gail Brooks**  
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**Marsha Greathouse**  
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**John McMahan**  
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**Letty Zook**  
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**Jackie Walchuck**  
Web Maven

**Rena McMahan,  
& 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



*Bob and Ladd take water into the Windermere Town Hall*



*Jan Varnon and Letty Zook smiling for the camera at the Windermere walk.*



*Ginny Plummer and Marlene Cahill work the finish table at Windermere.*



*Georgie and Joe Pesek happily sign in walkers at Windermere.*



*Vickie and Roger Elliott*

*The Frymans' in their club tee shirts*



*Is Joann paying for everyone?*

*Mike Lanpher extraordinary photographer*

