

# Mid-Florida Walking News

July/August 2007 Issue

I am a slow walker, but I never walk backwards.

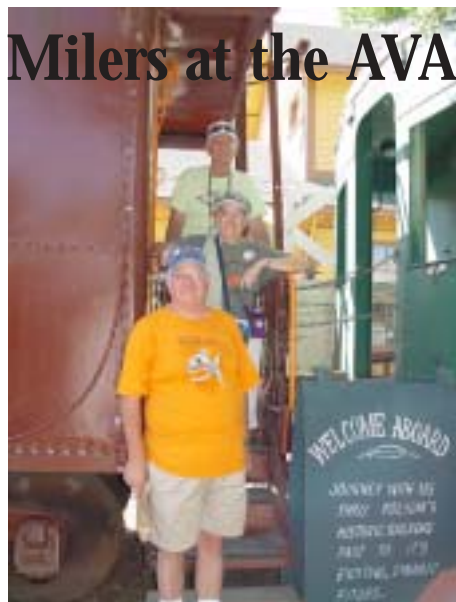
- Abraham Lincoln

Mid-Florida Milers  
Walking Club.

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## Milers at the AVA Convention in Sacramento



L-R Rena, Jackie, Mike, Doris, Duly, Bill & Dave at the half way point on the Sugar Pine Point State Park walk.

Bill, Rena and Dave are enjoying the historic Folsom railroad exhibits. Train cars, the restored turn table, replicas of miners machines and equipment as well as the Ashland Depot, the oldest standing railroad building in the West, built in 1860, and the Southern Pacific Depot, where the Sacramento Valley Railroad had its terminus.



Rena, Bill and Dave on the Bizz Johnston Trail on a trestle prior to entering the 800' long tunnel. The Bizz Johnston Trail is a Rails to Trail 11km seasonal event. It runs beside the Susan River, crosses eleven trestles and goes through two tunnels.



CONVENTION PHOTOS BY JOHN MCMAHON

# PRESIDENT'S MESSAGE

Jan Varnon, President Mid-Florida Milers

## Volksmarching Summer!

I hope you all are having yourselves a Volksmarching Summer. We know that several of our members are having a great time at the AVA Convention, because they have sent back reports and photos. I hope you all are taking advantage of the many chances to be active walkers right here in Florida.

Bob and I took a "walking" vacation the week of June 18<sup>th</sup>. Our goal was to do at least one 10K a day. We started by walking in Savannah, GA on Friday June 15<sup>th</sup>. If you haven't been to Savannah, the walk alone is worth the drive. We walked at sunrise, so no shops were open but we enjoyed the scenery and lack of traffic on the streets. Saturday we walked in Princeton, New Jersey (Bob had not walked in NJ yet). The walk was very nice taking us through the

University of course but also through a park and some nice neighborhoods. We stayed at the hotel that was the start point which worked out great. Sunday morning we walked in Kennebunk, Maine. This was the last of our 48 lower states. We still need Alaska and Hawaii to have the 50. Kennebunk was great and we saw the sunrise over Walker Point which was lovely. We stayed at the Green Heron Inn which was right on the walk route and a delightful place to sleep and eat breakfast.

We met our youngest son who lives in Houston, Texas for breakfast in Portland, ME. He and his girlfriend were there for a wedding. They generated a lot of interest by saying that they were meeting his parents from Florida for breakfast and then when asked the question, "What are they doing in

Maine?" They just loved telling the asker, "Oh they came to Maine to do a 10K walk."

On Wednesday we walked the Central Park walk in New York City. We loved the walk and enjoyed being entertained by the walkers, runners, and dog owners. Thursday we walked the Midtown Manhattan walk in New York City. It took us into parts of the city we had not been in before. We finished the walk by meeting two of our sons and their girlfriends at the Comfort Diner on 45<sup>th</sup> near 3<sup>rd</sup> Ave. I would definitely recommend it.

Friday we walked in Gettysburg, PA. There are three walks that follow the three days of the battle. Bob did all three walks twice to celebrate his 60<sup>th</sup> birthday and I did each walk once. It was a lovely day, only 78 degrees and a constant breeze.

The weather made walking an easier experience.



*Bob coming up the hill to "Little Round Top" from Devil's Den.*

We were gone nine days and I did nine 10K walks and Bob did 12. We had hoped to do one more walk on our way home, but once we got on the road, we just wanted to get home. We covered a lot of territory and walked in quite a few different environments. It was a week that will be hard to top. Now I just have to decide which walks to do on our next vacation.

Happy Trails, Jan

Year Round Walks

Brooksville

Celebration

Lake Buena Vista

Lake Worth

Maitland

Orlando Downown

Orlando Lakes

Palm Beach

Sanlando

West Palm Beach

Winter Park

## Trailmaster Topics

By Mike Lanpher

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### Events.

Since 5 May we have had 6 walks and participation has been good with lots of new walkers at the varied events. Lake Proctor Wilderness was a fun walk on Seminole County well marked trails and the four June walks so far ranged from a Kissimmee courthouse walk to an Oakland Railroad Heritage walk in NE Orange County where the route visited the nice Oakland Preserve and Lake Apopka to the left.

### Upcoming Events.

The [www.midfloridamilers.org](http://www.midfloridamilers.org) site always has the latest updates. Our web mistress Jackie Walchuck laid out all the walks to the end of September. The summer with warmer weather gives us the opportunity to get out early each Saturday to some new locations to walk. The walks below are set. Set a goal to join us on at least 2 Saturdays each month.

#### 2007 Summer Walks:

- 30-Jun-07 Celebration Starbucks
- 7-Jul-07 Barber Park – Conroy area
- 14-Jul-07 Sanlando Park, Altamonte Springs
- 21-Jul-07 Clermont Palatlahaka Park
- 28-Jul-07 Happy Wanderers-see web site
- 4-Aug-07 Orlando Downtown @ORMC
- 11-Aug-07 Altamonte Springs Albertsons
- 18-Aug-07 Maitland Walgreens
- 25-Aug-07 Rock Springs Park, SR 46
- 1-Sep-07 Winter Park Crosby YMCA
- 8-Sep-07 Celebration Starbucks
- 15-Sep-07 Heathrow - Paneras

### Walk Around Florida XVIII

Place on your calendar the WAF XVIII agenda the 1st weekend in October, Friday the 5th through Sunday the 7th. Four walks will be offered over Columbus Day weekend. The Happy Wanderers, Sun Coast Sandpipers and the Mid Florida Milers will host the 18<sup>th</sup> Walk Around Florida in Ocala. Letty's E-news has put out some information and the Flyer will be out soon.

The central point for 2007 activities will be Ocala, “Horse Capital of the World.” This Marion County city, easily accessible by major Florida highways, is surrounded by rolling hills and majestic tree-lined scenic country roads and is home to more than 400 farms. Events planned for the “Ocala Walk Derby” are a Friday evening walk (the post parade) starting at the impressive Veterans Park and walk the Ocala Historic District; two Saturday walks (the daily double), one on the Cross Florida Greenway and one at Silver River State Park; and one Sunday walk (the photo finish) again on the Cross Florida Greenway.

There are a variety of dining, socializing, and prize-winning opportunities. RSVPs for dinner on Saturday are needed by 30 September.



There is an A Award of a whiskey glass (for the mint julep of course) and pre registration is required for the A Award by 30 September.

Pre registration for the Award and dinner is to Alice Lawrence, 727-595-2173/ [pipers@tampabay.rr.com](mailto:pipers@tampabay.rr.com).

A block of rooms at the Comfort Suites, 3825 NW Bonnie Heath Blvd, Ocala 34482 has been reserved. The rate is \$89.99 + tax per night per room & includes deluxe continental breakfast. Reservations are to be made directly with the hotel: 352-482-0800 and ask for the Walk Around Florida group rate.

**Year Round Events – our permanent walks now have 5 km components.** We encourage you to try each one this year at least twice, when you want, at your pace. You can try the new 5km walks at Celebration, Orlando (both walks), Winter Park, Maitland, West Palm, Lake Worth, and Brooksville.

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

## Convention News

The Mid Florida Milers are well represented at the 2007 AVA convention in Sacramento, California. In addition to our honored delegate, Bill [Woolgar] who is back walking again after his surgery, Rena & John, Ladd & Donna, Dave, Christina & her husband Tim and our web maven, Jackie and her fiancé Mike are all present and accounted for.

Prior to the convention walks, Rena, John, Dave & Bill snuck in walks on the Bizz Johnston Trail in Susanville, CA and in Carson City, NV where Dave is in ching [kilometering??] in on completing all of the United States Capitols .

The opening convention walk was in historic Folsom, CA. The walk was up and down the trails along the American River Parkway as well as the streets of

the historic city. Highlights were a glimpse of the famous [infamous] and second oldest California State Prison-Folsom. Other sites noted on the walk included were the terminus of both the Pony Express Route and the Sacramento Valley Rail Road,



mid 1800 churches and cemeteries as well as the powerhouse of the worlds first long distance electrical transmission line. The old powerhouse was operated from 1875 to 1952 and was hydroelectric, being operated by water from Folsom Lake.

The flip side of walking is of course eating and after the Folsom walk, a delicious lunch [actually, isn't all food after walking 11km delicious???] was wolfed down at the historic Folsom Hotel. Kudos to the poor waitress who no one told about the walk. She

managed to keep the hungry crowd well attended [she likely did 10km just in the dining area].

Day 2 of the 2007 AVA Convention saw the Milers up and at em at 5:30AM for the drive from Sacramento up to Squaw Valley's Olympic Village. Once at the site of

the 1960 Winter Olympic Games, the group was treated to two marvelous walks. The conditions for walking were nearly perfect with a cloudless day and temps in the 60's to high 70's. The only item detracting from the day was the 25-30 knot wind which sent us scrambling for our windbreakers at the registration point.

The Milers were joined for the walks by Doris and Duly Winkler, former Milers who now reside in Prescott, AZ. There was much catching up done throughout the walks.

Once we had our start cards, we piled into a shuttle bus for the 30 minute ride to Sugar Pine Point State Park. Once there, we went for a 10km walk in the woods. While we saw some small wild life, the 5km walkers got to see a black bear.

The walk included part of the 'red' route for the 1960 Olympic cross country ski event and the gorgeous



**Lot's of opportunities to walk in Florida this summer!**

**July**

01	Publix, New Smyrna Beach	Happy Wanderers	386-788-4026
08	Sunshine Park, Holly Hill	Happy Wanderers	386-788-4026
15	County Library, Deland	Happy Wanderers	386-778-4026
18	Central Park, Ormond Beach	Happy Wanderers	386-778-4026
22	City Island, Daytona Beach YRE	Happy Wanderers	386-778-4026
28	Breakfast Walk, Reed Canal Lake, S. Daytona	HW	386-778-4026
29	County Library, Ormond Beach	Happy Wanderers	386-778-4026

**August**

05	Sunshine Bakery, Mt. Dora	Happy Wanderers	386-778-4026
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**Palm Beach County Walks**

Makes for a nice vacation and a drive to Palm Beach County to enjoy the nice four walks in West Palm, Palm Beach, Lake Worth, and Jonathan Dickenson SP.

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Jacob (left) and Johnathan Sewell on the 9 June Kissimmee Walk where Jacob completed his 10th credit walk at 4 years and 2 months old. Brother Johnathan completed his 9th walk. The Sewell boys live in Castleberry, FL.

**Don't wait; don't hesitate; make a date for 2008!**

The brochure for the Mega-Event Savannah Weekend, Jan 17-21, 2008 is now posted on the Happy Wanderers Walking Club website: [www.happywanderersfl.org](http://www.happywanderersfl.org) . Once on the HW website click on the EVENTS link and then the Scheduled Events link. Scroll down to the Savannah 2008 brochure link. We are expecting a terrific turn-out of Volkssporters and friends and we hope that you are one of them. Due to space limitations, the Friday evening Meet 'N Greet social is being limited to the first 400 individuals who pre-register for the party.

The Happy Wanderers are offering the SAVANNAH BAKER'S DOZEN - thirteen events for your Volkssporting enjoyment.

**2008 Walk Locations**  
 Provide your input now! Send to: [mlanpsher@cfl.rr.com](mailto:mlanpsher@cfl.rr.com)/407.695.9181