

Mid-Florida Walking News

March/April 2007 Issue



2007 AVA Convention Competitions

The convention preparation is in full swing. We have provided support to the Southeast Region booth and will populate it with flyers and such. Part of this year's convention is a competition among clubs and individuals. The categories are:

1. Club Newsletter:
2. Photos: Criteria – 8x10, BW or color. Subject: what is folksporting all about (people, Places, things – all qualify). Photos should be titled. Send actual photo.
3. Web Site: : Criteria - Sites should be fact filled, easy to navigate and current.
4. Logo: Criteria – different and unique
5. Community Relations: Criteria – what did you do? Was it successful?
6. Single Event Publicity: Criteria - What did you do? How did you get it done? Was it Successful?
7. Annual Publicity Program: Criteria - What did you do to publicize your

club, State, Region, and / or the AVA; was it successful.

Mid Florida Milers are working on these for submission prior to the end of March. Stay tuned for Convention results in the July newsletter.

Trailmaster Topics

By Mike Lanpher mlanpher@cfl.rr.com/407.695.9181

The two sanctioned events on 20 January and 17 February were both attended by 71 walkers. Both were cool to cold days that made the clear skies and find a great walking companion. The outstanding “Soup Fest” by Rena and a host of cooks was a fantastic success – and hit the spot with the cold weather. We also thank the Chuluota Baptist Church for their hospitality and support.

The three YRE group walks we held have had a total of 68 walkers. We are not reaching our members with the group walks; **please email or call me to let me know what venue will get you to a Group walk.** These YRE walks are on new routes mostly and maintain their interest each year.

Historic Bok Sanctuary in Lake Wales (about a 1.5 hour drive) is Saturday 10 March. Consider this event if you have not as a day trip that you can enjoy both the drive

and walk in the gardens. Visit their good web site if you are unfamiliar with this unique place www.boksanctuary.org.

Upcoming Events. You can always find the latest updates at www.midfloridamilers.org. On **17 March** and **6 April** we will walk the routes at **Winter Park** and **Altamonte Springs Sanlando Park** respectively. These Group walks are a great way to add events and distance and enjoy the spring weather.

On 20 April we have 5 and 10 km routes in **College Park** from the Baptist Church on Edgewater (see the web site for directions). Another great lunch is being offered by Executive Chef Rena that includes a very good country “Picnic at the Park” menu of “fried” chicken, potato salad, cole slaw, chips, and dessert with pink lemonade. The nominal cost is \$5. Pre-register for the fried chicken lunch by providing name and number of persons to Marsha at MPG949@aol.com or 407.366.2235 by **16 April**. Lunch is served from 10:30am-1:00 pm.

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PRESIDENT'S MESSAGE

Jan Varnon, President Mid-Florida Milers

At the About.com website Wendy Baumgartner has a list of the ten mistakes made by walkers. I looked these over with interest and considered how I fared compared to this list.

1. Overstriding

2. Wrong shoes

I know I don't overstride but I could work on the technique that Wendy suggests: rolling your foot to make sure that you are pushing off with the ball of your foot as well as the heel to get your power rather than sticking your foot further in front of you. I am very careful about shoes and if they are wrong I go shop for some others. It is hard to keep walking if your feet are sore. I also worry about my socks and for me the wrong socks can be a much bigger deal than the wrong shoes.

3. Flapping, slapping arms

4. No arm motion

5. Chicken winging

Now for the arms, I don't think I flap or slap or have chicken wings. Bob and I have a couple of people who walk in our neighborhood that we marvel at, one guy looks like his arms are not attached at his shoulders the way they seem to freely swing this way and that as he walks. I am guilty of little or no arm motion. Wendy describes having you elbows lightly bent and your arms moving easily in motion with your gait hands relaxed. I continually struggle with that. When I bend my elbows and try to walk with my forearms parallel to the ground I feel anything but relaxed. I suppose practice might help but I am not convinced. I also end up gripping my hands in a fist, and a person can only do that for a short while and then all sorts of not good things happen (like no feeling in my finger tips). This is

something I definitely need to work on in terms of my walking form.

6. Head down

The big thing that I need to work on removing from my walk style is "head down." I do it for two reasons. The first is that I wear bifocals when I walk. In order to see where my feet are I need to be looking in the top half of my glasses and that means looking further down with my head. The second reason is that I do need to watch where my feet are going because I trip very easily. I need to watch for roots, sidewalk cracks, or

other changes in elevation of my walking surface. I try to look "about ten paces forward" but I end up looking down to make sure everything on the walking surface is still okay. I need to work on that and probably also learn how to fall gracefully. This is why I like to walk on smooth surfaces, I can actually look up and around at things. On a wilderness path I am always looking for roots or other things that might be in my path.

7. Leaning

8. Wrong clothes

I work on lifting my shoulders up back and down the way I learned in Yoga and also trying to make my navel touch my spin. I think these goals help me to walk upright and keep me from leaning either forward or backward. There are an awful lot of people who lead with their tummy or stick out their butt. I think leaning forward happens to people when they are trying to pick up the pace before they are ready to physically. I think the wrong clothes one is covered by wearing layers that a person can peel off or layer back on depending on the weather. For us here in Florida that is not as big a deal as it is in other parts of the country where the mornings may be very cool and the day



Year Round Walks

Brooksville

Celebration

Lake Buena Vista

Lake Worth

Maitland

Orlando Downown

Orlando Lakes

Palm Beach

Sanlando

West Palm Beach

Winter Park

warms up a lot as it goes on. We experience that in the winter a little but not year round.

9. Not drinking

This is the one that I would underline, asterick, star, and make large and bold. Too many people head out on a walk with little or no water at all. I try to get as much water in Bob's hip sack as it will hold. He will complain if I have five in there, but on a really hot Florida day we will drink all five and then two more when we get back to the car. We also should probably drink a bottle before we start off. One of the reasons that people don't drink is that they are worried about having to go to the bathroom. Well, I would rather end up having to pee on a bush than passing out from heatstroke because I was dehydrated. It just amazes me to see experienced Volksmarchers head off on a walk with no hat and a little bitty bottle of water in their hands. You would think they would know better.

10. Overtraining

Overtraining is not a problem for me on a regular basis, but I must admit that every once in awhile Bob and I will have a weekend where we have taken on way more walking than we should have. Two 10K walks a day for two days is probably not a problem, but doing that for a third day or trying to do three on one day and two on another back to back is probably more than I should do. Our bodies need to rest and we need to stretch out between walks if we are going to do that much walking. We also need to remember that just because we could do four or five walks in a day once doesn't mean we can do that much walking now, no matter how old we are. A person needs to work up to that much walking. I know that I have very tight groin muscles because of all the walking that I do and I should be stretching those three to four times a week. Do I? I have to admit, no I don't.

The bottom line is that as we walk we need to keep in mind that we should be safe about what we are doing. Being safe means listening to our bodies. If our body is groaning somewhere, it is telling us something. Our shoes are wrong, we aren't using our arms properly, we aren't wearing the right clothes, our form needs to be

improved, we are trying to do too much, or we are not drinking enough to compensate for all the activity we are doing in the sun and the heat. If you are not sure about how you are doing, then next time you go out for a walk take a partner and ask them how you look. If they fall over laughing, you may have a problem. I don't know about you, but I want to be walking 10K walks for at least another twenty or better yet thirty years. It is never too late to try to get things right.

Happy Trails,
Jan Varnon



2007

Walks planned and Sanctioned are:

10-Mar-07 Lake Wales Bok Sanctuary
17-Mar-07 Winter Park
7-Apr-07 Sanlando Altamonte Springs
21-Apr-07 College Park
5-May-07 Orlando Downtown

SUMMER WALKS

19-May-07 SR 46 Proctor Wilderness
2-Jun-07 Orlando Lakes
9-Jun-07 Kissimmee Civic Center
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

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

Many Reasons to Walk Florida State Parks By Letty Zook

The Florida Volkssport Association (FVA) invites you to participate in the newest AVA specialty program, USA State Parks. You can just about fill up your book in Florida alone! The FVA offers 17 sanctioned state park walks that stretch from Milton in the far west Panhandle to Hobe Sound in the southeast Peninsula. Most are found in Central Florida. The state parks are under the umbrella of a FVA-sponsored program called "Walk Florida State Parks" (WFSP).

Congratulations to Wayne Oak of Waynesville, NC, and Bill Simmons of Fort White, FL who both earned a special certificate in 2006 for walking all 19 "Walk Florida State Parks" events. Darla Wetzel of Clearwater, FL, Ellsworth Simon and Deva Simon all earned another special certificate for walking 12 or more events. The 12+ events had to be different parks and walked within 2006.

Every year, a special prize drawing is held by the FVA and the WFSP Program. The grand prize is a family annual state park pass which is donated each year by the Florida Parks Service. Two other prizes are \$25 merchandise gift cards donated each year by the FVA. In 2006, to be eligible for the prize drawing, walkers had to walk 10 or more different parks.

And the winners are.....(drum roll)
Bill Simmons received the state-park pass
Wayne Oak and Darla Wetzel both received a \$25 gift cards.

In an effort to include more walkers in the prize drawings, the requirements for 2007 have changed. Participants need only walk **6** different parks within the calendar year! The FVA hopes many more walkers will take on the challenge to walk Florida state parks. Two new WFSP events were added to the program this year, Crystal River State Park (Crystal River) and Fort Cooper State Park (Inverness). Both are sponsored by the FVA's

newest club, the Nature Coast Volkssport Biking & Hiking Club of Citrus County.

On a personal note, this is my last article as "Walk Florida State Parks" Coordinator. After serving in the position for 5 years, I have handed the "baton" to Bev MacNeill. Bev is co-president of the Meandering Manatees of Fort Myers and is excited about taking on the program. Bev's enthusiasm for the WFSP Program assures a smooth transition. I will continue to assist Bev as needed. Bob & I will also continue as the POCs for Lake Kissimmee State Park.

The FVA will host a group year-round walk at Dade Battlefield Historic State Park on March 31. At 1:00 p.m. that day, the FVA will hold their annual spring meeting. Everyone is invited and encouraged to attend. Your opinions and ideas are needed! The state organization needs the support of all Florida clubs in order to serve effectively.



John McMahon with Joan and Mike Lanpher at Chuluota



Phil Greathouse and Fred Williams at Chuluota

Group Walk of the Dade Battlefield State Park YRE

March 31, 2007

Join the FVA in a day of walking and Key West cuisine!
 The walk will start at the Captain Fraser shelter with registration at 8:45 a.m. We will start walking at 9 a.m. There is a \$2 fee to enter the park. There is an award of a cute little fox squirrel pin costing \$6 for the award and credit, otherwise the walk credit costs \$3. The park is at 7200 CR 603 South Battlefield Dr., Bushnell, FL 33513. From I-75 take exit 314 to SR 48. Go east about one mile to Battlefield Parkway and turn right. The park is straight ahead about one mile. From SR 301 go west on CR 476 about 1/2 mile to CR 603/Battlefield Parkway and turn left. The park is straight ahead about 1 mile. After entering the park, look for signs to the picnic area. Park near the picnic shelters. The walk is a partially shady, easy walk in the memorial site dedicated to Major Francis Dade and his men who were ambushed by Seminoles in 1835. There will be a lunch afterwards of Cheeseburgers in Paradise and virgin Margaritas and Jimmy Buffett music for \$5. Contact Alice Lawrence at 727-595-2173/pipers@tampabay.rr.com for lunch reservations. There will be an FVA meeting in the shelter at 1 p.m. Everyone is welcome!

Miler Milestones

EVENTS

- 10 Hal Mendelsohn
Terry Sewell
Roger Winters
- 50 Joe Pesek
Georgianna Pesek
- 100 Jackie Walchuck
- 125 Kathy Bargar
Muriel Hammond
Martha Strickland
- 450 Joan Lanpher
- 475 Ladd Duncan
- 500 Donna Duncan
- 700 Bob Lazzell
- 750 David Bundy

DISTANCE

- 1000K Jackie Walchuck
- 1500K Kathy Bargar
- 2000K Wayne Woodin
- 4500K Joan Lanpher
- 5000K Ladd Duncan
- 9000K David Bundy

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Bob and Jan Varnon
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Letty Zook
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Jackie Walchuck
Web Maven

**Rena McMahon,
& Crew**
Hospitality

Ladd Duncan
FVA Treasurer
MFM Operations Asst.

Do you have ideas about WAF? Did you like the 2006 version? Did you prefer the previous version? Let Mike Lanpher (mlanpher@cfl.rr.com 407-695-9181) or Jan Varnon (rvarnon@cfl.rr.com 407-330-5944) know what you think. Planning is beginning for WAF 18 and we want to know what our members think. We liked the one area and lots of socializing. What do you like? Inquiring minds really want to know.

Walks Around Florida

March

- 11 Marriott Hotel, Cocoa Beach 1 p.m. Happy Wanderers
- 17 Lido Key, Sarasota 8-10 a.m. Suncoast Sandpipers
- 18 Reed Canal Lake Park, S. Daytona 1 p.m. Happy Wanderers
- 24 Ft. Clinch, Fenandina Beach 9 a.m. First Coast Trail Forgers
- 24 Quality Inn, Palatka 9 a.m. Happy Wanderers
- 25 Volusia Mall, Daytona Beach 1 p.m. Happy Wanderers
- 31 Dade Battlefield State Park, Bushnell 8:45 a.m. FVA

April

- 01 Sunshine Bakery, Mt. Dora 1 p.m. Happy Wanderers
- 08 YMCA, Port Orange 1 p.m. Happy Wanderers
- 14 George Sims Park, New Port Richey Suncoast Sandpipers
- 15 Blueberry Muffin, Indialantic 1 p.m. Happy Wanderers
- 22 Publix, Palm Coast 1 p.m. Happy Wanderers
- 28 Ft. Caroline National Park, JAX 9-noon First Coast Trail Forgers
- 29 County Library, Deland 1 p.m. Happy Wanderers

May

- 05 Turkey Creek Preserve, Palm Bay 9 a.m. Happy Wanderers
- 12 Atlantic Beach, Jacksonville 9 a.m. First Coast Trail Forgers
- 26 Gemini Springs Park, DeBary 9 a.m. Happy Wanderers

First Coast Trail Forgers 904-230-1260
 Happy Wanderers 386-788-4026
 Suncoast Sandpipers 727-595-2173

Where will Volksmarching take YOU this year?

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Remember how cold it was at the Hunter's Creek walk start? Here are the faithful workers standing on the sunny side trying to stay warm.



Sarah Williams and Bob Varnon walking at Bok Tower.

Nationwide Year Round Events

The AVA has two main ways to develop sources of Year Round Walks, the Starting Point book and the AVA web site. Both contain a significant amount of data on the walks and directions. Books are available from the club if those preordered have not been picked up and are \$15. The AVA web site at www.ava.org also has Year Round Events and upcoming weekend walks walks by state. A third way to find walks is to call the AVA "walk" line at 800-830-WALK.

Walking Around Florida (WAF)

In the past 17 years the 3-4 Central Florida Clubs have used the Labor Day Weekend to host a walking weekend at each clubs area. We "walked" from coast to coast, sometimes biked, and sometime swam. The event last year was changed to meet for three days of walks in close proximity - it was in Inverness. The objective was to layout new routes for all to enjoy, have a social aspect, and maximize the clubs coordination. There were pluses and minuses for the change and it accomplished the objectives. The most negative comments were about a lack of hotels and distance to travel. The Board would like to hear from you about what scenario you would prefer and most likely attend. Provide comments to the MFM email at midfloridamilers@hotmail.com.



Jan Varnon and Ladd and Donna Duncan walking the workers walk at Bok Tower.



Bob Varnon and Mike Lanpher confer in the fountain area near the Gift Shop and Cafe at Bok Tower.