

# Mid-Florida Walking News

May/June 2007 Issue

I am a slow walker, but I never walk backwards.  
- Abraham Lincoln

Mid-Florida Milers  
Walking Club.

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## Walk Around Florida XVIII

Place on your calendar the WAF XVIII agenda on the 1st weekend in October. We are laying out a four walk weekend on the Columbus Day weekend. Ocala is a great area and the walks are on or near the large Cross Florida Greenway (the old barge route stopped in the 60s). The Happy Wanderers, Sun Coast Sandpipers and the Mid Florida Milers will host the 18<sup>th</sup> Walk Around Florida in Ocala. The scenario is a bit different than 2006 when we used the Labor Day weekend in Inverness; we are a month cooler and a semi regular weekend. We start at the impressive Ocala Veterans Park with an evening walk and eat dinner afterwards; there will be two walks Saturday (one on the Cross Florida Greenway) and one walk Sunday. The sit down Dinner Saturday evening is by RSVP. Hotel information is forthcoming but not available at press time. Check the web site or call in mid May for information.

**Year Round Events – our permanent walks now have 5 km components.** They can be walked for enjoyment when you want to, at your pace. We encourage you to try each one this year at least twice – more is better. You can try the new 5km walks at Celebration, Orlando (both walks), Winter Park, Maitland, and Brooksville.

Further away and after a drive to Palm Beach County, you can enjoy the nice walks in West Palm, Palm Beach, Lake Worth, and Jonathan Dickenson SP. Makes for a nice, though short, vacation.

## Trailmaster Topics

By Mike Lanpher

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## Events.

We have been walking strong again this year and had some great walks at Bok Sanctuary in Lake Wales, in College Park, in Winter Park during the Art Festival, and Altamonte Springs' Sanlando Park. College Park's walk developed by Ron and Rosemary Barna was really good and the Chef Rena Fried Chickedn luncheon was again 1st class. Additional contributors to the feast were the Peseks and Jackie Walchuck.

**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 is coming with a bit warmer weather gives us the opportunity to get out early each Saturday to some new locations to walk.

In May we walk in Downtown Orlando and Lake Proctor Wilderness Area (it is east of Geneva, which is NE of Oviedo). The first five walks of the summer start 2 June with the beautiful Lakes walk from ORMC on Orange Ave. Following that we are in Kissimmee and then bounce up north for the Wekiwa Springs SP, then out west at the Lake County line for the WOT walk, then we head south to Celebration on 30 June. There is something for all and we hope you can join us at 0800 or so for these fun walks.



Ron and Rosemary Barna  
POC's for our Maitland YRE

# PRESIDENT'S MESSAGE

Jan Varnon, President Mid-Florida Milers



## Take a Walk.

May 8th is World Walking Day. I know it is in the middle of the week but "take a walk." Whether it is around the block in your neighborhood, with a colleague during your lunch break, or even a volksmarch if you have the time, celebrate World Walking Day by taking a walk. Let's make "take a walk" our new theme song. Let me be more specific, take a Mid-Florida Milers walk. Whether it is an event or a year round, take a Mid-Florida Milers walk. One of the ways that we measure our success is by the number of walkers we have at our walks. A year

round event is available for a person to do on their own time schedule. We have year rounds that go through nice quiet neighborhoods, that wander around the Disney area, and that show off Downtown Orlando, Winter Park, and West Palm Beach. If you add the 16 state park walks that are available throughout Florida a person can experience all sorts of "the real Florida." Our neighboring clubs have several year round walks also, but we really want you to walk our walks. If you look at the Miler Milestones later in this newsletter you will notice that Letty and Bob Zook have walked 11,000K. Now they have accomplished that over many years of

walking, but they walk regularly and they are among the few people who will have walked all of the Mid-Florida Milers walks probably by the first of July. I know that we are all busy people but the benefits of walking are many and varied and a 10K walk only takes about two hours, so it is not that hard to fit a walk into your busy weekend. Is there a place that you would like to "take a walk" that we have not had an event yet? Then work up a route and send it to Mike and we will see if we can fit it into our schedule. We are always looking for new and interesting places to walk. So, get out there and take a walk, for your health, for your well being, for the fun of it, to benefit your walking club, and to benefit you. I hope to see you soon at a Mid-Florida Milers event, the schedule can be found later in this newsletter. Happy Trails, Jan

**Above all do not lose your desire to walk. Everyday I walk myself into a state of well being and walk away from every illness. I have walked myself into my best thoughts and I know of no thought so burdensome that one cannot walk away from it. But by sitting still, and the more one sits still, the closer one comes to feeling ill...if one keeps on walking everything will be alright.**

- Soren Kierkegaard.

Year Round Walks

Brooksville

Celebration

Lake Buena Vista

Lake Worth

Maitland

Orlando Downown

Orlando Lakes

Palm Beach

Sanlando

West Palm Beach

Winter Park

## A New Date for Walk Around Florida

-Alice Lawrence

### Lawrence

For the eighteenth time, members of central Florida clubs assembled to plan their multi-event fall weekend, now known as Walk Around Florida. Last year planners from the Happy Wanderers, Mid-Florida Milers and Suncoast Sandpipers altered the concept from hosting a variety of events in three locations to having all events in one location. Having received positive feedback from WAF XVII, they decided to repeat the single location approach for WAF XVIII.

This year, the clubs resolved to change the Labor Day timeframe. While participants enjoyed the events held on the traditional weekend, the clubs decided that WAF XVIII would be held the first weekend in October, with hopes of lower temperatures. Since Columbus Day (this year on October 8) is not so common a work holiday as Labor Day, they also determined events

would run from Friday night through Sunday, October 5-7.

Next up was the consensus on location: the central point for 2007 activities will be Ocala, "Horse Capital of the World." The Marion County city, easily accessible by major Florida highways, is surrounded by rolling hills and majestic tree-lined scenic country roads. Home to more than 400 farms, many of which are dedicated to thoroughbred breeding and training, the area has produced six Kentucky Derby winners and annually showcases hunting and jumping competitions.

Taking advantage of the beautiful locale, events planned for the "Ocala Walk Derby" are a Friday evening walk (the post parade) in the Ocala Historic District; two Saturday walks (the daily double), one on the Cross Florida Greenway and one at Silver River Park; and one Sunday walk (the photo finish) again on the Cross Florida Greenway. Also there are a

variety of dining, socializing, and prize-winning opportunities.

WAF XVIII will be a team effort with volunteers from all three clubs working together at events and social activities. If you'd like to join the team or want more information as the Ocala Walk Derby draws nearer, contact Alice Lawrence, 727-595-2173/ pipers@tampabay.rr.com.

**Happy is the man who has acquired the love of walking for its own sake!**

- W.J. Holland



## Miler Milestones

### Events

10	Jeremy Sewell Carlson Sharpless Sam Sharpless
30	Kevin Muhs
50	Levina Vandenberg
75	Virginia Plummer
150	Gail Brooks
175	Jim Plummer
475	Jan Varnon Bob Varnon
500	Arlene Aycock Joe Aycock Ladd Duncan
525	Donna Duncan
600	Gloria Merwarth Mark Merwarth
1050	Letty Zook Bob Zook
1150	Carl Cordes

### Distance

5500K	Ladd Duncan
6000K	Gloria Merwarth Mark Merwarth
11000K	Letty Zook Bob Zook
13000K	Carl Cordes

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

**2007 Summer Walks are here:**

- 5-May-07 Orlando Downtown  
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 Barber Park – Conroy 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 Winter Park
- 8-Sep-07 Celebration
- 15-Sep-07 Heathrow - Paneras



**Of all exercises  
walking is the  
best.**

- Thomas Jefferson

**Walking around Florida**

**May**

- 5 9 a.m. Turkey Creek, Palm Bay, Happy Wanderers, 386-788-4026
- 5 Orlando Downtown, Mid-Florida Milers 407-695-9181
- 6 8 a.m. County Library, Ormond Beach, Happy Wanderers, 386-788-4026
- 8 WORLD WALKING DAY-Take a walk somewhere!
- 12 9 a.m. JAX Atlantic Beach, First Coast Trail Forgers, 904-230-1260
- 13 8 a.m. Winter Haven Park, Ponce Inlet YRE, Happy Wanderers, 386-788-4026
- 19 Lk Proctor Wilderness, Geneva, Mid-Florida Milers 407-695-9181
- 20 8 a.m. City Island, Daytona Beach YRE, Happy Wanderers, 386-788-4026
- 26 9 a.m. Gemini Springs Park, DeBary, Happy Wanderers, 386-788-4026
- 26 9 a.m. Little Talbot Island, First Coast Trail Forgers, 904-230-1260
- 27 8 a.m. YMCA, Port Orange, Happy Wanderers, 386-788-4026

**June**

- 2 Hillsborough River State Park, Suncoast Sandpipers, 727-595-2173
- 2 Orlando Lakes YRE, Mid-Florida Milers, 407-695-9181
- 3 9 a.m. Blake City Park, Lake Helen, Happy Wanderers, 386-788-4026
- 9 Kissimmee Civic Center, Mid-Florida Milers 407-695-9181
- 10 8 a.m. Shrine Gift Shop, St. Augustine YRE, Happy Wanderers, 386-788-4026
- 13 6 p.m. Daytona Beach Shores, Happy Wanderers, 386-788-4026
- 16 Wekiva Springs SP, Mid-Florida Milers 407-695-9181
- 23 Killarney Station WOT, Winter Garden, Mid-Florida Milers, 407-695-9181
- 30 Celebration, Mid-Florida Milers, 407-695-9181