

# Mid-Florida Walking News

November/December 2007 Issue

All truly great thoughts are conceived by walking.  
- Friedrich Nietzsche

Mid-Florida Milers  
Walking Club.  
midfloridamilers@hotmail.com



## Mid-Florida Milers Holiday Dinner

Join us for a stompin' good time at the Mid-Florida Milers' 2007 Holiday Dinner!



**When:** Saturday,  
December 8, 6 p.m.

**Where:** Roadhouse Grill, 1870 St. Rd. 436, Winter Park  
Need a map?

**Cost:** \$20, includes soft drink, tax and tip, check payable to the Mid-Florida Milers when you arrive at the restaurant. Alcoholic drinks will be available on a per person, separate check basis. (Menu choices on page 5.)

**RSVP:** Please RSVP by Saturday December 1 to Jackie (jwalkchuck@cfl.rr.com/407-366-1360).

**Please note!** The Roadhouse Grill features buckets of peanuts on tables throughout, so if you have a peanut allergy, please beware.

## Trailmaster Topics

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

### Events.

#### Summer Walks:

The Summer walks between 19 May and 15 Sep had 450 walkers attend. Our nice final walk at Panera's in Heathrow with a

great 11 km route from Ladd and Donna Duncan – loved the alligators (the picture gives you a hint). Ladd and Donna also prepared the Altamonte Springs walk where we had 45 walkers which was followed by a very nice lunch at Straubs. A thanks to Jan and Bob and



the other volunteers who made the walks happen this year from helping with printing, web site, Yera Round Events, walk layout, luncheons, and the variety of other tasks that help make thje events go smoothly. Please add your support to these tasks or at a specific event like the Cady Way Trail or the Windermere walk – need 15 folks there.

### Peaking ahead

You can find more information about all the below mentioned events on the web site and you will find brochures there.

*More Trailmaster Topics on page 3.*

# President's Message

## How Can I Help?

-Jan Varnon

Think about how good it makes you feel to have someone ask you "How can I help?" when you are doing something? Most often our response is "Thanks but I have it under control." We are human, it is often easier to do it ourselves than it is to ask someone for help, or even show someone what to do so they can help. Mid-Florida Milers is no different. We are all volunteers. We are all trying to get done what we can so that the walks we put on are enjoyable for everyone. Some of the work is done long before the walk, some of the work is done just before the walk, some of the work is done on walk day, and naturally there is some work to do after the walk. I would hope that every one of us looks around and thinks to themselves what could I do to help?

We need people to create walk routes. We need people to walk the route ahead of time and make sure the directions are good and there are no problems on the "trail." We need people to work the start/finish table on walk day and to staff check points when we do events. We



help we can continue to do the great job that we have been doing as a club to offer enjoyable walks while spreading the work and responsibility around. How can you help?

*Volunteers come in all ages and abilities. Jacob shows how picking up signs can be child's play.*

need someone to pick up the tables, chairs, and other stuff we use on walk day from the storage shed and get it to the walk start and then return it to the storage shed afterwards. Mike Lanpher normally does this, but there will be some times this next year when Mike will be out of

town for several weeks. We need brochures created, again Mike usually does this, but he can always use some help.

Most of the people that you see working at walks are people who think what we offer is great and they want to make sure that these walks

continue into the future. Ask how you can help? Right now we are looking for people to help with the Windermere walk, call or email Mike Lanpher and let him know that you are willing to help.

The Board of Directors are very proud of the walks

The Mid-Florida Milers Walking Club puts on. We are so excited that we keep getting new people discovering Volkssporting almost every month. We think we have a great fun and fitness activity to offer people. Letty Zook does a terrific job getting the word out about all our walks. With your help we can continue to do the great job that we have been doing as a club to offer enjoyable walks while spreading the work and responsibility around. How can you help?

Contact one of the following people if you want to offer your help to The Mid-Florida Milers Walking Club (The sooner the better.)  
Mike Lanpher (mlanpher@cflr.com/407-695-9181)  
Gail Brooks (gbrooks@canin.com/407-895-3586)  
Rosemary Barna (barnarfb@yahoo.com/407-894-3069)

2008 Year Round Walks

Celebration (Old Towne)

Celebration

Lake Buena Vista

Lake Worth

Maitland

Orlando Downown

Orlando Lakes

Palm Beach

Sanlando

West Palm Beach

Winter Park



*Fred Sheets and others register for the Heathrow walk near Panera's.*

## More Trailmaster Topics

November 17th walk on the **Cady Way** trail. Meet at the Fashion Square Mall area trailhead where Milers will drive you to Goldenrod. You will walk back to the start using the new pedestrian/bike bridge across Semoran. **December 1st** we host an event using the Brooksville YRE (which will be discontinued after 2007) and San Antonio walk (a Suncoast Sandpipers Year Round Event) with a great lunch in San Antonio. **Two night walks**, one in Windermere on the December 15th and the second in Maitland on the 22nd round out the month. **New Years Day** is another walk in the Disney area from the Crab House on Palm Parkway. We will enjoy the walk and then lunch at the Crab House for \$13. Check out the menu

and start times on the web site or pick one up at the next walk. There are plenty of opportunities for walking, fun, and friendship.

**Walk Around Florida XVIII, the Ocala Walk Derby**, was a great success with 361 walkers at the 4 events and about 60 at Felix's for dinner. There were about 85-103 people at each walk and all the award "mint Julip" glasses were obtained at the walk or during the Death by Chocolate extravaganza hosted by Alice and Jim Lawrence and the Sandpipers.

On a cool and rainy start from the Veteran's park hardy walkers braved the rain, and were treated to a double rainbow and some walked after the rain (and lightning) subsided later in the evening.

Saturday broke warm and humid as we headed to the Baseline Trailhead on the Carr Cross Florida Greenway where the previous eve's liquid sunshine shortened the walk by flooding the Marshall Swamp trail. The presence of mosquitos found folks using spray liberally. At 1230 Saturday afternoon we kicked off the Silver River State Park walk. We started next to the interesting Park Museum (\$2 admission) and all finished by 4:30. The view of the Silver River from 2 locations was great. After a shower everyone was off to Felix's for dinner. Alice Lawrence provided a festive and fun party. Following the dinner some adventurous folks gathered at the Days Inn rooms of the Sandpipers and devoured cheese, chocolate and fruits – a great time. The "Death by Chocolate" event capped a superb evening.

Sunday's walk



*Ocala Veterans Park in the rain.*

started at the Land Bridge Trailhead south of Ocala. The 12.5 km route was taken by most walkers where the early ones encountered bugs (spiders of enormous size). After crossing The Land Bridge they walked through Florida wilderness. The shorter route went up to the Land Bridge which crosses I-75. We always wondered what that unusual overpass with greenery was all about. It then circled back to the start through three ecosystems.

The Suncoast Sandpipers, Happy Wanderers, and Mid-Florida Milers hope you participated and enjoyed the walks.

Don't forget our year round walks in Palm Beach County. Create your own mini walking weekend/vacation and drive south to enjoy the four walks: West Palm, Palm Beach, Lake Worth, and Jonathan Dickenson SP.

Walking is also an ambulation of mind.  
- Gertel Ehrlich

## Miler Milestones

### Events

- 10 Donald Bouws
- 11 Joyce Bouws
- 10 Christina Gately
- 10 Jacob Sewell
- 75 Philip Greathouse
- 325 Mary Ellen Milton
- 500 Jan Varnon
- 500 Bob Varnon
- 800 Dave Bundy



*Dinner at Felix's during WAF.*

### Distance

- 500K Roger Poitras
- 9000K John McMahon

*Is the volksmarching motto "Walk, eat, walk" or "Eat, walk, eat?" I can never remember. The table set for the Death by Chocolate gathering at WAF in Ocala.*



## Walking in Florida

### November

- |       |   |                           |
|-------|---|---------------------------|
| 3     | ORMC, Lakes 8 a.m.                        | Mid-Florida Milers        |
| 3     | Clearwater, YMCA 8 a.m.                   | Suncoast Sandpipers       |
| 3     | Jacksonville, Atlantic Beach 9 a.m.       | First Coast Trail Forgers |
| 4     | Indialantic 1 p.m.                        | Happy Wanderers           |
| 10    | Gainesville 10 a.m.                       | First Coast Trail Forgers |
| 10    | Veterans Walk, Port Orange Library 6 p.m. | Happy Wanderers           |
| 11    | YMCA Port Orange 1 p.m.                   | Happy Wanderers           |
| 17    | Cady Way Trail, Herndon Trailhead 9 a.m.  | Mid-Florida Milers        |
| 17    | Jacksonville, Riverwalk 9 a.m.            | First Coast Trail Forgers |
| 18    | Publix, New Smyrna Beach 1 p.m.           | Happy Wanderers           |
| 23-25 | Disney World Orlando 7 a.m.               | Trinity Trekkers          |

### December

- |    |  |                           |
|----|--|---------------------------|
| 1  | Brooksville and San Antonio 9 a.m.               | Mid-Florida Milers        |
| 1  | Fernandina Beach 9 a.m.                          | First Coast Trail Forgers |
| 2  | Publix, Palm Coast 1 p.m.                        | Happy Wanderers           |
| 9  | Mt. Dora (Christmas Lights) 3 p.m.               | Happy Wanderers           |
| 15 | Windermere Night Walk 5:15 p.m.                  | Mid-Florida Milers        |
| 15 | St. Augustine (Christmas Lights) 2:30 p.m.       | First Coast Trail Forgers |
| 22 | Maitland Night Walk (Christmas Lights) 5:30 p.m. | Mid-Florida Milers        |
| 31 | Gator Bowl Parade 1:00 p.m.                      | First Coast Trail Forgers |



*Don't forget the Second Annual Windermere night walk on December 15th. Walkers and volunteers needed. Everyone who worked or walked last year had a great time. Join us in this quaint little town for what may become a holiday tradition.*

### Do you need an incentive to walk?

Maybe you will walk anyway, but the Mid-Florida Milers' Walking Club is offering an incentive to club members who walk events and year rounds in 2008. Rules and details will be available at the Christmas dinner and in the January/February newsletter.

Did you renew your membership? Maybe you might want to check. A striking Mid-Florida Milers wind-breaker might be within your walking grasp.



### Mid-Florida Milers Christmas Party at Roadhouse Grill Menu!

Please choose one of the following entrées

1. Twin 8oz. Pork Chops
2. 8oz. Sirloin Steak
3. 20 Grilled Shrimp served on a bed or rice pilaf
4. Half Rack of Baby Back Ribs
5. Chicken Monterey: 8oz. chicken breast basted with bbq sauce and topped with mixed cheese, tomato, bacon strips, and green onions.

All dinners come with your choice of side and salad.

SALAD DRESSINGS: CEASAR SALAD; LITE RANCH; ITALIAN; BLUE CHEESE; PARMESAN PEPPERCORN; HONEY MUSTARD

All Entrees will come with your choice of a non-alcoholic beverage, homemade yeast rolls, and an unlimited bucket of peanuts.

### 2008 Walk Locations

The club approach to the walks in 2008 is to offer 26 sanctioned walks, generally two per month. This allows you to walk the YREs at your own schedule and we hope that you will walk all of them. Remember MFM offers club members discount YRE tickets you can purchase in groups of 10. The sanctioned walks through July are below with the 2 Feb Celebration walk an exception to show off the added walk in Celebration.

### 2008 Preview

(This schedule is still a work in progress)

#### January

- 1 Lake Buena Vista
- 26 Warren Park

#### February

- 2 Celebration
- 16 UCF

#### March

- 1 West Palm Beach
- 15 Festival Bay

#### April

- 5 Orlando (Thornton Park or Panera)
- 19 Kelly Park

#### May

- 3 Winter Park Mall
- 17 Lake Mary

#### June

- 7 Hunters Creek
- 21 Oviedo

#### July

- 5 Millinea Mall
- 19 Longwood

#### August

- 2 Avalon Park
- 16 Windermere

#### September

- 6 Leu Gardens area
- 20 Winter Springs

#### October

- 18 Winter Garden

#### November

- 8 LBV
- 15 Baldwin Park

#### December

- 13 Windermere
- 20 Winter Garden

**Travelers, there is no path, paths are made by walking.**  
- Antonio Machado

# Favorite Walks from 2007

Provide your input now! Send to: Jan Varnon at [jcvarnon@yahoo.com](mailto:jcvarnon@yahoo.com) or 4952 Bent Pine Drive #341, Orlando, FL 32822.



*Fullers and Bouws walking in the rain in Ocala.*

*The start at the Baseline Trailhead.*



*The Land Bridge with a great view of I-75 below.*



*The Silver River, so clear you can see the fish.*

*Roger Poitras leads the way on the 12.5 Land Bridge Walk. Between sweat and rain sometimes it is hard to keep those directions dry.*

