

Mid-Florida Walking News

September/October 2007 Issue

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

- Abraham Lincoln

Mid-Florida Milers
Walking Club.

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PRESIDENT'S MESSAGE

Jan Varnon, President Mid-Florida Milers

Have you noticed the magazines that fill the racks at the check out lines in the grocery store? An awful lot of them have as an attention getting device on the cover, "Walk Weight Off." Here we are with a program that a person can follow quite easily to walk their way to better health and no one seems to know about it. This past weekend at the Lotus Lake Park walk we had several examples of people who have introduced friends to Volkmarching; Roger Poitras' friend Gene Higgs, Fuller's friends the Bouws. Marsha Greathouse brought Sara Williams to Volkmarching and Sara dragged her husband Fred along. Iris Kaitschuck came with the Peter Fournier and Sharon Predham and bought a new walker packet on Saturday. It is amazing how all we have to do is get our friends to come along on a walk with us and they just might find Volkmarching as much fun as we do. So, let your little walking light shine, don't hide it under a rock, share it with your friends and family.

Trailmaster Topics

By Mike Lanpher

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Events.

Summer walks since 1 July have been well attended and nice walks. The Clermont walk was not too crowded 21 walkers enjoyed the walk between the two large lakes there. The day was hot but there was enough shade to make the walk doable. The walk in Altamonte Springs was very pleasant as the Duncans found ways to navigate between neighborhoods. Walking the neat Cranes Roost area at Uptown Altamonte and the quiet residential areas made for a pleasant walk. The Year Round Event at Maitland was very well attended and its quiet streets and lake vistas make it a popular walk.

Ratings.

This year's sanctioned and Year Round walk events have been attended by 800 walkers. New walkers attend almost each week. As part of the luncheon



Now, I don't say all this because we are looking to just grow our club and have more walkers at our events. That would be a wonderful result of sharing the good news that is Volkmarching. The reason I say this is that walking is the new health craze. Because of the lack of expensive equipment and because most everyone does it, walking is something that almost anyone can imagine themselves doing. Now that we offer a 5K option at most of our walks there is really no reason why most anyone couldn't enjoy one of our walks. When I try to interest someone in coming on a walk with us I don't mention the distance, unless they ask. I usually put it into the context of walking for an hour or two hours. Most people will agree to walk for an hour, they have no clue that for most people that is three miles.

I know that I have been repetitive about this, but it is

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on 11 August we voted for the best walk of the year and the winner was the Bok Sanctuary.

Best Walk
Most surprising
Hardest
Best laid out
Best New Walk

Bok Sanctuary
Chuluota Wilderness
Lake Proctor
College Park
5Ks at Orlando Lakes
and Winter Park (tie)
West Palm Beach
Bok Tower

Least Walked
Most Attendance
*Trailmaster cont'd
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Walk Around
Florida*

*Marsha
Greathouse,
Bob Varnon,
Sarah
Williams,
Joan Lanpher,
Donna
Duncan, Jan
Varnon, Ladd
Duncan -
Bok Tower*



Year Round Walks

Brooksville

Celebration

Lake Buena Vista

Lake Worth

Maitland

Orlando Downown

Orlando Lakes

Palm Beach

Sanlando

West Palm Beach

Winter Park

almost like the phrase, "Friends don't let friends drive drunk." If you aren't going to offer to take your friends for a walk with you, who will? You enjoy it. You get some benefit out of it. It may not be walking off weight, but I suspect that you are healthier if you are an active walker than you are or were when you weren't. So, I decided to google, "Why Walk?" and I got many interesting responses. Kellogg's has a walking program where the goal is to add 2000 steps each week. They say that is about a mile. But my question is if you are doing this walking around a track or around the block or in place in your living room, how do you keep it up? That is where we come in, we offer the program that can take you further, out of your neighborhood, off your treadmill, away from the track. It is almost a "see the world" sort of thing. Imagine all the new places you have been, all the new things you have seen. Bob asked last year, "Where would volksmarching take you?" Well, if volksmarching has taken you to some interesting places why not ask a friend or family member to join you and take them there too.

Here are two of the responses I got from

googling "Why walk?" It might give you some ideas or some discussion openers.

The first one: It's been proven time and time again: Walking is good for you! Walking is a low-intensity cardiovascular workout that is good for your overall health. Not only is it convenient, but there is no need for confusing or expensive equipment -- All you need is a pair of good walking shoes and your own two feet! (<http://www.commuterpage.com/walk/health>)

The second one: Here are 10 compelling reasons why walking is a great way to keep yourself healthy, happy, and looking great, both today and in the long run. By Alexandra Cann (<http://www.seesattle.com/whywalk.htm>)

1. Walking Keeps Your Heart Strong. Some heart-felt statistics: Each year, 1.5 million Americans suffer heart attacks, 45% before age 65. Luckily, there are steps you can take to keep your heart strong: Regular, moderate exercise like walking, along with eating a healthy diet.

2. Walking Reduces Stress. In our fast-paced, constantly on-the-move society, you cannot avoid stress. Our daily moods, energy, and strength seem dictated by it. And it's not

just our mental outlook: Heart disease and hypertension, among other illnesses, are exacerbated by stress. There are ways to manage the stresses of everyday life, however, and walking is - not surprisingly - one of our favorite choices.

3. Walking Improves Your Self-image. Walking also improves your self-image. "Exercise gives you a sense of strength and self-esteem that can't help but make you feel proud," says Mary Anne

work for long-term weight control: exercise must be a part of any effective weight-loss program. Research shows that people who combine healthful eating with regular exercise, like walking, are more likely to keep off lost weight than those who only diet.

5. Walking Boosts the Immune System. Walking is one of the best ways to protect yourself from both the common cold and more serious illnesses, like cancer.

6. Walking Tones Your



Marsha Greathouse, Jan Varnon, Sarah Williams, Fred Williams, Phil Greathouse, Donna Duncan, Ladd Duncan, Bob Varnon - Sanlando Walk

Benton, author of *30 Days to Body Esteem* (Body Class, 1991). By setting short-term, reachable goals for your walking program, you prove to yourself that you are capable of success, and this often spills over into achieving goals in other areas of your life.

4. Walking Helps You Lose Weight. Last year 44 million Americans went on a diet. Despite these astounding numbers, one in three is still overweight. Why are so many diets not working? Simply modifying your eating pattern doesn't

Muscles. Walking tones your muscles, and toned muscles devour calories—lots of them. Unlike stored fat, muscles need extra fuel throughout the day to maintain themselves. This means that even when you are not exercising, you may need to consume more food because your muscles use up more calories.

7. Walking Cures Back Pain. Research and anecdotal experience also proves that a moderate walking program is one of the most effective prescriptions for curing back pain. "Walk-

ing builds a strong foundation for a back. It is simple, inexpensive, and almost excuse-proof. It's a way for people to self-manage their backs and their pain," says Mark Doyne, M.D., an orthopedic surgeon at Texas Back Institute in Plano.

8. Walking Prevents Osteoporosis. In

America, one out of every four women over age 50 suffers from osteoporosis. Osteoporosis is linked to an amazing 1.5 billion bone fractures per year. However, recent studies have shown that by taking precautionary measures early in life women can possibly prevent - or even reverse - osteoporosis. Miriam Nelson, Ph.D., a physiologist at Tufts University, agrees. "You're never too sedentary or old to get started," she says. "You can become more youthful. You can turn back the clock."

9. Walking Increases Your Energy Level. While many people count on the effects of caffeine for short-term energy boosts, a walking program lifts your mood and energizes you for the entire day. And getting regular exercise helps you sleep better at night, making you more alert the following day.

10. Walking Improves Your Sex Life. Many people have found walking to be the spark they were looking for to recharge their sex lives.

Happy Trails, Jan

Important Announcement from the Meandering Manatees.

Due to much downtown reconstruction and some street closures, here are new directions to get to the Fort Myers downtown start place:

From I-75, either north or south bound, take Exit 138 west. That's left from the south, and right from the north. This is Dr. Martin Luther King Blvd. Go about four miles traveling in the left lane (You'll see why). Turn RIGHT on Monroe, turn RIGHT on Edwards at the river. The Ambassador Hotel will be on the right near the end. Turn RIGHT to park under the hotel and then go into the lobby and ask for the Volkssport box at the desk.

Bev MacNeill
Meandering Manatees

Roger Poitras was asked how he got involved in volksmarching and this was his response.

My son-in-law, Kevin Muhs, introduced me to Volksmarching in May of 2005. How he found out about it I don't know. At that time I was walking around my development every morning (3.5 miles) and I still do everyday that I don't have to work. Kevin thought we would both enjoy joining the walking club, and we have both gotten hooked on it! I am trying to walk all 50 states and at this time have walked 17 states, over 60 events and over 600 KM. To pick out a favorite walk would be very hard but I guess if I had to it would be walking the Naval Academy at Annapolis MD. Guess you could tell I am a retired sailor. At the present time I am planning on walking in a total of 10 more states by May of next year.

Roger, Kevin and Tammy Muhs, and Gene Higgs (a friend that Roger introduced to volksmarching) can often be seen walking and talking together. They were spotted on Morse Ave in Winter Park recently by this editor who unfortunately did not whip out her camera.

Thank you's +

Thank you to Jim and Ginny Plummer for agreeing to take care of Specialties. Thank them yourselves when you see them behind the Tee Shirts and stuff at a walk.

Wishes for healing to Ron Barna, recovering from an infection in his leg, and to Rena and John McMahon after surgery (both of them) hope you are all back walking soon.

Roger and friends at Chuluota Wilderness walk.



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

Where will Volksmarching take YOU this year?

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

Mid-Florida Walking
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Walk Around Florida XVIII Ocala Walk Derby

Place on your calendar the WAF XVIII agenda on the 1st weekend in October. This will be a four walk weekend October 5-7, Columbus Day weekend. Registration is at the Comfort Suites hotel at exit 354 on I-75. The data on the hotel and start points is on our web site or you can call me. A description of the walks will help you appreciate the Ocala area and the expansive hiking opportunities close to there.

On the 5th we are offering an early evening walk in historic Ocala starting at the Veterans Park which is a superb tribute to the Ocala area veterans. We will walk into town from the Ft King area and then back on the north side of the SR 40 and pass a cemetery and RR Station.

Saturday there are two walks offered and a dinner planned. The 1st walk on the Cross Florida Greenway is mostly on a wide paved trail, past the elaborate disc golf course, and onto the Marshall Swamp trail for a kilometer before heading back to the start. After lunch on your own the second walk will visit the Silver River State park just 4 miles north of the Greenway for a walk on the park's trails. We start next to the interesting Museum (\$2 admission) and should finish by 4:30 at the latest. From there a shower and /or dunk in a pool and off to Felix's for dinner – a very popular family owned restaurant (don't forget to make your reservations because seating is limited, but you will pay at the restaurant). Alice Lawrence is going to provide for a fun evening. We are hearing rumors of a "Death by Chocolate" cap to the evening – check with us later.

Sunday is a great walk starting at the Land Bridge Trailhead south of Ocala. The 12.5 km route takes



you along the (now overgrown) area where the Cross Florida barge canal was being carved out 40 years ago. The walk out and back is a nice wilderness walk. The shorter route goes up to the Land Bridge (an I-75 overpass with greenery you have wondered about) and circles back to the start.

The Suncoast Sandpipers, Happy Wanderers, and our club hope you can participate in these tremendous walk events. Preregistration for the whiskey glass award is needed and the cost is \$6.50 for award and credit. The walk cost is \$3.00 per event for all at this special event. The Worker Walks will be on 22 Sept. and 23 Sept. for those that volunteer to help meet at the Comfort Suites at 9 a.m. but let Jan and Bob know if you are coming so they have directions for you. Call or email me to volunteer to help there are opportunities to work at the start points and at the hotel where we will run the main registration.

Palm Beach County Walks

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

Peaking ahead

A walk in the Lake Nona area follows the Ocala walk in late October. We again walk the popular Orlando Lakes walk in early November. On 20 November we will experiment with a "one way" walk or a half marathon for those interested (out and back). The Cady Way trail will host this event from Fashion Square Mall area and walk to Goldenrod using the new bridge across Semoran. Finally we have a busy and fun December before the New Year Day's walk and luncheon. 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). Two night walks one in Windermere and one in Maitland should provide fun holiday events. There is plenty of opportunity for walking fun and friendship. Come join us for one or all and bring along a friend.

2008 Walk Locations

We would love
your sugges-
tions.

Contact Mike
@ 407-695-
9181 or email

US:
midfloridamiles@hotmail.com

Other Walks in Florida this fall.

September

8th 9AM Jacksonville, Riverside, Group Walk, First Coast Trail Forgers, 904-230-1260

8th Lopez Park, Tampa, Group Walk, Suncoast Sandpipers, 727-595-2173

9th 9AM Courtyard by Marriott, Cocoa Beach, Happy Wanderers, 386-788-4026

16th 8AM Volusia Mall, Daytona Beach, Happy Wanderers, 386-788-4026

22nd 9AM Little Talbot Island, Group Walk, First Coast Trail Forgers, 904-230-1260

23rd 8AM Winter Haven Park, Ponce Inlet YRE, Happy Wanderers, 386-788-4026

30th Wickham Park, Melbourne, Walk, Happy Wanderers, 386-788-4026

October

5th, 6th, 7th Ocala, WAF XVIII, Comfort Suites, Mid-Florida Milers, Suncoast Sandpipers, Happy Wanderers

6th 9AM Jacksonville, San Marco, group walk, First Coast Trail Forgers, 904-230-1260

20th 9AM Ft. Clinch, group walk, First Coast Trail Forgers, 904-230-1260

Make a Date for 2008!

"The Savannah Bakers Dozen"

January 17-21, 2008

Nine walks, One bike, Three swims

Hotel reservations are going fast. Bus seats to Beaufort are filling up. There is only so much room at the table for dinner. Get our reservations in early.
The brochure is available on the Happy Wanderers website: www.happywanderersfl.org.
Print the brochure, fill out the forms, and mail them postmarked by January 5, 2008.

If you have any questions call or email Marvin at 386-788-4026 marvst717@cfl.rr.com.

Miler Milestones

Events

| | |
|-----|----------------------------------|
| 50 | Sarah Williams |
| 175 | Peter Fournier |
| 600 | Kathy Rapacki Michael Lanpher |
| 850 | John McMahan |
| 900 | Rena McMahan |

Distance

| | |
|-------|--------------------------|
| 500K | Sarah Williams |
| 5500K | Bob Varnon Jan Varnon |
| 7000K | Kathy Rapacki |
| 7500K | Sharon Predham |



Why AVA?

MISSION STATEMENT: The AVA is the advocate for the promotion and organization of walking and other noncompetitive sporting events that encourage physical fitness, fun, and fellowship for people of all ages and abilities.

VISION STATEMENT: To be recognized as the premier noncompetitive sports organization in the United States with sustained growth and a sound financial base.

VALUES STATEMENT: The AVA values fellowship, fun, and fitness through quality family oriented noncompetitive events, in America's spirit of teamwork where all can achieve their personal best.

Walking: the most ancient exercise and still
the best modern exercise. ~Carrie Latet

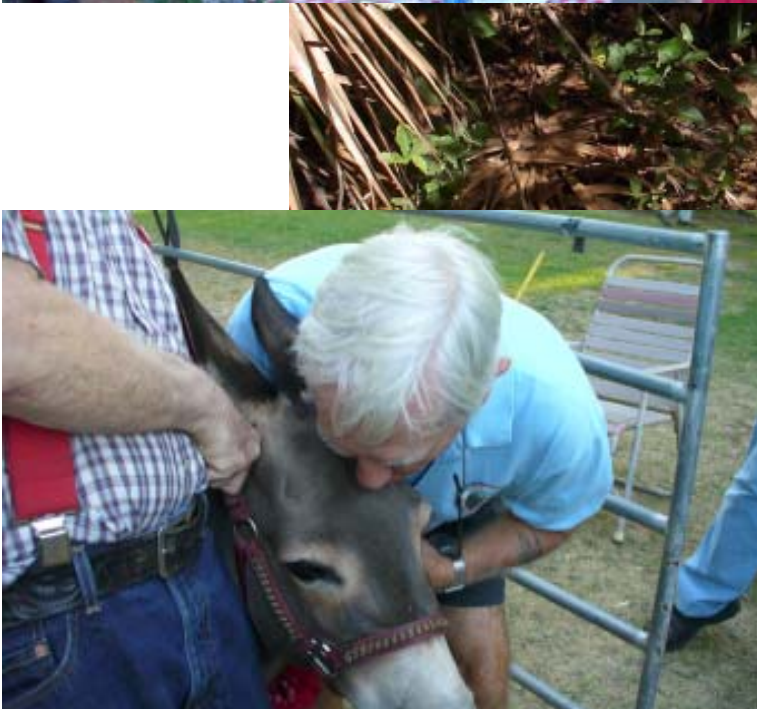


Top photo: We had a good crowd at our annual luncheon. The Dolney's and Pesek's fill the picture with their yellow shirts.

Second photo: Bill Woolgar is "arrested" at the convention.

Third photo: We take volunteer help whenever we can get it. Jacob Sewell helps pick up signs from the 5K walk in Lotus Lake Park.

Fourth photo: Bill Woolgar uses his "get out of jail card" and kisses the burro at the convention in California.



2008 Walk Locations
Provide your input now! Send to: mlanpther@cfl.rr.com/407.695.9181