



Rena McMahon Memorial Walk

On September 18, over 55 walkers participated in a very special event hosted by the Mid-Florida Milers. The Rena McMahon Memorial Walk at Wekiwa Springs State Park in Apopka was held in memory of our beloved club member Rena McMahon, who lost her fight to leukemia in September 2009. This location was chosen because it was the first Mid-Florida Milers volksmarch that she and husband John participated in years ago, and it remained one of her favorite walks. To honor the memory of "Chef Rena," Gail Brooks and Rosemary Barna prepared a tasty barbeque lunch to feed the hungry walkers after they finished the 10k or 6k route. John set up a wonderful display of Rena's volksmarch memorabilia, and even had a slide show playing on his laptop computer, displaying pictures of Rena and her many friends doing what they most enjoyed, taking in the sights along many walking routes around the country. The walkers participating in the event generously donated \$62 to the Leukemia

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Lakeland Walk

Mid-Florida Milers teamed up with the Suncoast Sandpipers Walking Club from the St Pete area to host a walk in Lakeland on Saturday, October 2. The weather was perfect and 77 walkers turned out to spend a beautiful morning seeing the sights around Lakeland. The walk started at the Lakeland Public Library and meandered through neighborhoods to the well-travelled pedestrian path along Lake Hollingsworth. From there walkers strolled through the Florida Southern College marveling at the timeless quality of Frank Lloyd Wright's architectural style. The campus contains the largest on-site collection of Frank Lloyd Wright architecture in the world. Wright referred to his work as "organic architecture." He believed a building should flow harmoniously with

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Mid-Florida Milers Walking Club

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Trailmaster's Report

By Mike Lanpher
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Thanks to Rosemary, Gail, Ladd, and Peter for filling in while Joan and I cruised to her Mom's by land vehicle. After 46 days and 9600 miles it was good to be back. The articles on the nice walks at Wekiwa Springs SP and Lakeland are included in the Newsletter.

The November and December walks are varied and interesting. We will visit the YRE in Mt Dora, the Sand Sculpture festivities at WAF XXI in Treasure Island, walk in St. Pete Beach, and walk with breakfast in Indian Rocks Beach. The Sandpipers have developed a great program for this year's events including beach party and dinner on 20 November. In December a walk in Tibet Butler Preserve (4th) on Lake Butler and a night guided walk starting at Red Bug Lake Park (18th) in Casselberry. Do not forget the Annual Holiday Party on 11 December.

For 2011 there are a full range of walking opportunities again planned with 24+ sanctioned events. I again encourage you to enjoy

our permanent year round events here in Orlando (3), Winter Park, Maitland, Celebration (2), and Lake Buena Vista. The three in Palm Beach County are registered remotely (see our web site) and the Palm Beach walk gets great comments.

Lastly we really need an event volunteer coordinator so our club Secretary who "volunteered" may be freed up for other volunteering. Please contact any Board member or call me if you will help.

Volunteer Positions at Events

We ask you to volunteer at least once each year for one or all three types of positions. These are very helpful for the set up and conduct of the walks. A description of the "opportunities" follows.

Set up and Registration: normally is 2.5 hours, 8:00-10:30. Help set up the start location (8-8:30), take funds for walks and books if needed, ensure registration sheet is signed (and marked free or credit), and provide a number slip that tracks who returns.

Finish: normally is 2.5 hours, 10:30-1:00. Check walkers back in by their number card and on sign in sheet, stamp event and distance books if applicable, receive payment for books, help tear down as necessary.

Checkpoints: normally 2-3 hours, times vary with event. Checkpoints are used to assist walkers and provide water if needed. These are not always used and are set up about at the 5 km distance, as a place is available. There are chairs, table, water, and candy provided.

Year Round Walks Awards for Club Members

A YRE Incentive award is being offered in 2011 to club members who complete 15 MFM YREs (max possible is 22). Awards will be made at the Anniversary luncheon and December dinner. The rules are:

1. Award will be MFM t-shirt with MFM logo on back surrounded by list of MFM YRE cities. T-shirts will be white, unisex, and ordered to the participants size.

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2010 EVENTS:

DATE	EVENT	START TIME
6 November	Mt. Dora, Lakeside Inn	9:00 - 10:00
13 November	Maitland Walgreens	8:30 - 9:00
19-21 November	Walk Around Florida Treasure Island, St. Pete Beach & Indian Rocks Beach	Times vary, check the website
20 November	WAF Beach Party & Dinner (\$15) Pre-registration by Nov.	4:30 and 6:30 PM
21 November	WAF Pancake Breakfast	After Walk
4 December	Tibet Butler Preserve	9:00 - 10:30
11 December	Holiday Party	6:30 PM
18 December	Red Bug Lake Park	5:30 - 6:00 PM

Details are on the club's website (www.midfloridamilers.org) or call 407.695.9181

Walking Other Club Year Rounds



by Mike Lanpher

Joan and I participated in 12 YREs and three sanctioned events during our trip to the west coast. Most of the walks are interesting and well laid out; some are informative with local information in the instructions (a goal for MFM in our walks); there were only two YREs that had more than 50 walkers in nine months; the businesses supporting the walk start were very helpful. There are many opportunities in some cities (Albuquerque had 8) but most have just 2 or 3. The walks we liked were the Bell Rock Trail (7, 10, or 12k) in Sedona, AZ, the Manzanita, OR 10k (on the NW Oregon coast), the Amana Colony 10k for its history,



and the Albuquerque Los Poblanos Explora 10k. After walking a nice part of the 109-mile McKenzie Trail in Custer SD, we visited Mt. Rushmore and the Crazy Horse Memorial – both worth the time.

If you have a favorite YRE or 3, send a short write up to our editor, Kathy Bargar.



Who is Dave Bundy . .

I started volksmarching back in Nov 1993. I didn't get serious until 1996 when I met Rena and John McMahon during the Leukemia Society's Walkforce. Since then I have been hooked. Technically I have been Vice President of the Mid Florida Milers. I was quickly replaced when they realized my travel schedule kept me from doing any of my responsibilities. I retired from Federal service on 1 Oct and I look forward to being the treasurer.

MFM and AVA Milestones

Event Awards:

Ladd Duncan	800
Donna Duncan	850

Distance Awards:

Donna Duncan	9000k
Letty Zook	13000k
Bob Zook	13000k

*Oct-Nov 2010 TAW

We'll Be Home for Year-Rounds

By Letty Zook

The first volksmarch Bob & I ever walked was also the first event of the brand-new Penn Dutch Pacers in Lancaster County, Pennsylvania in April, 1989. Notice that is the same year the Mid-Florida Milers Walking Club was formed! Back then, we had no idea what to expect, weren't sure how far 10 kilometers really was, and wondered if we could do the walk in the time allotted. But from that first walk we caught the volksmarch addiction, bought our first books, and were ecstatic when year-round events were added to the schedule. Now we could "do walks" every weekend, whether the club had a regular event or not.

In January 2000, Bob retired and we moved to Florida as year-round residents and joined the Mid-Florida Milers Walking Club. To this day, though, we remain Penn Dutch Pacer members for sentimental reasons and to give back a small token to the folks who got us started in our favorite activity. Year-round Events continue to be a favorite way to volksmarch for us, whether we do them here in Florida or back "home" in Pennsylvania when we return there to visit family and friends.

After living 11 years in Florida, we have become acclimated to feel-



ing anything below 70 degrees is "chilly"; and we only travel to Lancaster County, Pennsylvania in the summer. We never seem to be in PA for regular events, but we love the Penn Dutch Pacer year-round events and do as many as we are able in between the required family and friend visits. Year-round events in Lancaster County, PA are a pilgrimage for history buffs. The area that became Lancaster County was part of William Penn's 1681 charter and Lancaster City, where 2 volkswalks are available, is the oldest inland city in the US. In a town called Millersville, walkers travel past the historic buildings of Millersville University, founded as a Pennsylvania Normal School in 1859. New Holland, where 2 walks are available was founded in 1728 and is heavily populated with Amish and other Plain Sect farms. Two volkswalks in Lititz, PA, founded by the Moravian Church in 1756, teems with historic sites such as Linden Hall, America's oldest girls' boarding school, which still receives enrollments in our day.

We were especially excited when a year-round event was started in the town of Ephrata, PA. Many of my family members live in Ephrata and that is the town we stay in while visiting. This year when we decided to take the walk, some of our family decided to accompany us—Dad, two brothers, a sister-in-law, and niece. Since sister-in-law, Steph, was born and raised in Ephrata she served as tour guide along the route telling us tidbits of history, both family and cultural. Walkers can visit the Ephrata Cloisters, a pietistic religious community founded in 1732. As another proof that Lancaster County traditions endure way past their initial founding, the last living

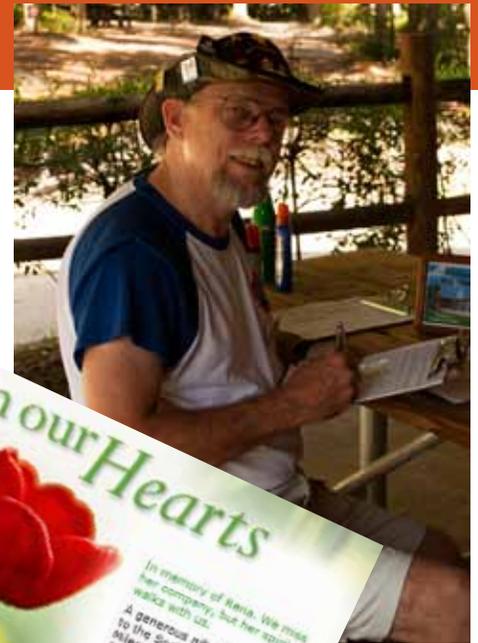


Linden Hall, Girls' Boarding School, Lititz PA

resident of the Ephrata Cloisters just died in 2008.

Our walk through Ephrata PA was a trail of family memories. We reminisced as we passed the Eicher building, part of a homestead built in 1734, where brother, Matt, and Steph had their wedding reception. Ephrata pool, Ephrata Playhouse, Ephrata High School brought forth one interesting story after another. Then, for a modern treat, Steph said to us, *If you don't mind walking a little further, we can go down this hill "a ways" and there's a Turkey Hill where you get Slushies.* I'm proud to say the whole crew eagerly added those steps to the trail and enjoyed sipping their frozen treats for the remainder of the walk.

Since as confirmed sun-lovers we'll never deliberately be "home (in PA) for Christmas" and Central Florida has become our true home. But we want to recommend Lancaster County to all our fellow-volksmarchers in Florida as a place to warm your heart any time of the year.



and Lymphoma Society in Rena's memory (www.leukemia-lymphoma.org).

Rena's spirit was evident in a lovely blue-skied day, the companionship amongst veteran and new walkers, and most notably in the many butterflies flitting through the open field during the final third of the walk. We all know that Rena was glad to see them and probably noted that they were seen after the 6k mark!



Rosemary and Gail put on a delicious meal



Walkers starting out on a very hot day at Wekiva!



Welcome New Members:

Thank you for joining our walking club and supporting our efforts to provide the best walks possible for fun and fitness.

Juan & Megan Rivera
Jon Carr
Diane Pobst
Beth Videon
Monica Drouillard
Marlow Marion
Carolyn Lee

Our Membership Year runs from July 1 to June 30, but we welcome members at any time. Want to join or renew? Contact Letty Zook at Letz@earthlink.net for information. Or, complete membership application and mail to the club or bring it to our next walk.

WALKS BY OTHER CLUBS

Date	Event Location	Club
November 2010		
Nov 6	JAX Riverwalk Guided Walk	First Coast Trail Forgers
Nov 7	City Island Daytona Beach	Happy Wanderers
Nov 13,14	Jekyll Island Guided Walks	First Coast Trail Forgers
Nov 14	Central Park Ormond Beach	Happy Wanderers
Nov 21	Courtyard Marriott Cocoa Beach	Happy Wanderers
Nov 28	Marina Resort Sanford	Happy Wanderers

December 2010

Dec 4	Fernandina Beach	First Coast Trail Forgers
Dec 5	County Library Ormond Beach	Happy Wanderers
Dec 11	Brooksville YRE	Suncoast Sandpipers
Dec 12	Volusia Mall Daytona Beach	Happy Wanderers
Dec 18	St. Augustine Guided Walk	First Coast Trail Forgers
Dec 19	Shrine Gift Shop St. Augustine	Happy Wanderers
Dec 31	Annual New Years Eve Walk	Happy Wanderers

For the specifics and directions on these walks visit their websites:

www.happywanderersfl.org
www.firstcoasttrailforgerswalkingclub.org
www.suncoastsandpipers.org

CHANGE TO FT DESOTO WALK

Due to massive cutbacks in manning, Fort De Soto park headquarters, which has housed the YRE walk box, is now open only on weekdays. We have moved the box to the Campground Office which is open daily 8 a.m.-6 p.m. Please pass the word.

Start Point for the Tierra Verde-Fort De Soto Park 5/10/15K Walk is now:

Campground Office, 3500 Pinellas Bayway. 33715/(727) 582-2267. From I-275, take exit 17; head west on Pinellas Bayway S/CR 682 (50 cent toll) to Pinellas Bayway S/CR 679. Turn left and go 5 miles (35 cent bridge toll) to campground entrance on right. Right to campground office on right. After registration, participants will drive 1 mile to the main park. Driving instructions to walk starts will be on walk directions

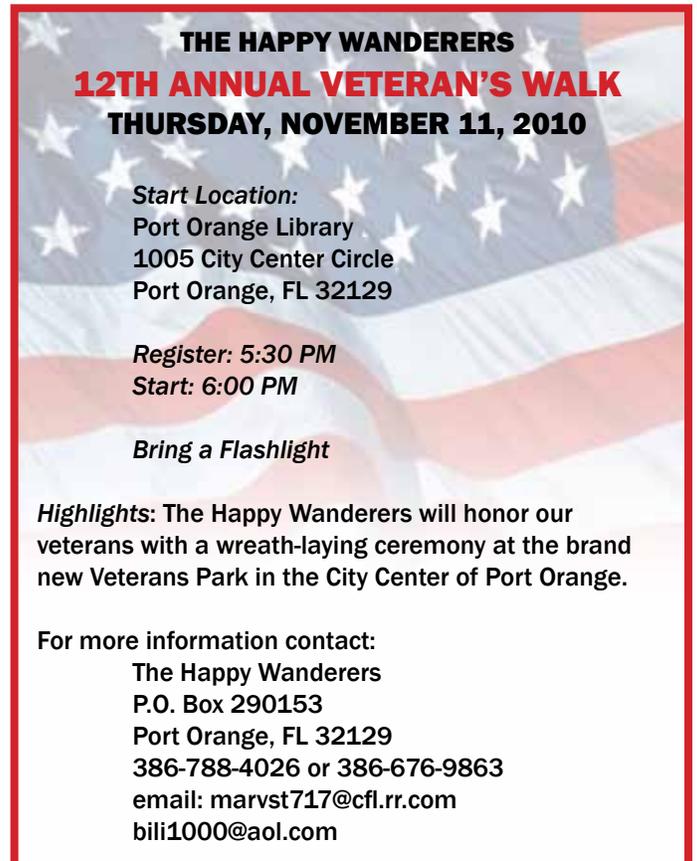


SAVE THE DATE

December 11th

Annual MFM Holiday Party

Details coming soon



THE HAPPY WANDERERS
12TH ANNUAL VETERAN'S WALK
THURSDAY, NOVEMBER 11, 2010

Start Location:
 Port Orange Library
 1005 City Center Circle
 Port Orange, FL 32129

Register: 5:30 PM
Start: 6:00 PM

Bring a Flashlight

Highlights: The Happy Wanderers will honor our veterans with a wreath-laying ceremony at the brand new Veterans Park in the City Center of Port Orange.

For more information contact:
 The Happy Wanderers
 P.O. Box 290153
 Port Orange, FL 32129
 386-788-4026 or 386-676-9863
 email: marvst717@cfl.rr.com
bili1000@aol.com



its natural surroundings. The walk continued around scenic, swan-filled lakes that give the city its name. The restored downtown area offered quaint shops, galleries, restaurants and cafes (which several members checked out after the walk). The route also went around the beautiful Mirror Lake and through Hollis Garden, whose design and plant life depict the history of Florida. Finally, it was back to the library to enjoy a delicious Octoberfest lunch prepared by the Sandpiper crew.



2011 Convention Photo Contest Reminder

People, Places and Things that you have found while on the trail or at an event.

Color and / or black and white. Photographs must be 8"x10".

Description of photograph (who, what, where and when) must be



placed on a label and affixed to the bottom right of photograph.

The entry must have the official entry form attached that can be found on the MFM web site. Entries are submitted by March 2011.

Mail completed form to:
 AVA Publicity Contest
 Attn: Joan M. Lampart
 2124 Barley Drive
 Quakertown, PA 18951

FVA T-Shirts Are Back



They're Baaaack! No, not the people in the TV – FVA T-Shirts! The Florida Volkssport Association started distributing our latest batch of colorful T-shirts to the clubs on a consignment basis last month. These shirts have the official FVA state seal on the front and the official FVA color logo on the back. Clubs with scheduled events received 3 each Medium, Large and X-Large shirts to sell to walkers. The shirts are \$12 each and the club gets a commission on each sale. There are a limited number of XX-Large T-shirts that may only be ordered directly from the FVA.

FVA TEE-SHIRT ORDER BLANK

NAME _____
 ADDRESS _____

PHONE _____ EMAIL _____

How many of each size? ___ MEDIUM ___ LARGE ___
 X-LARGE ___ XX-LARGE

I am enclosing \$ _____ plus \$3.00 each for S&H for _____ shirt(s) in the above sizes

(M, L, X-L are \$12.00 each. XX-L are \$13.00.

All are \$3.00 each for S&H)

Make check payable to FVA and send this form to:

FVA, 324 Elmwood Ave, Lehigh Acres, FL 33936



NEWS

Continued from Page 2

2. The Incentive Program begins on January 1, 2011 and continues through November 30, 2011.
3. To earn an award the members must be in good standing with Mid-Florida Milers Walking club and maintain membership throughout 2011.
4. To earn an Award a member must walk any or all of the 11 MFM YRE walks 15 times.
5. Records are maintained by the Treasure from walk records.

AVA Selects a New Executive Director

The latest issue of the AVA news, The American Wanderer, provides a glimpse at at what the direction of AVA will be in the coming years. Nicole Rogers background is in not for profit organizations. Her plan is to improve the AVA infrastructure to include clubs and operations at AVA, building and

implementing a five year strategic plan, and secure support of national volunteers. Additionally, in the article she wrote, she spoke of a national media campaign, increases in “new and diverse” clubs to increase revenue, and securing national partnerships. (The American Wanderer, page 1)

MID-FLORIDA MILERS MEMBERSHIP APPLICATION

Send application & check to:

Mid-Florida Milers, P.O. Box 4575, Winter Park, FL 32793-4575

SINGLE MEMBER: \$8.00 _____

FAMILY MEMBERSHIP: \$13.00 _____

NAME: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIPCODE _____

HOME PHONE _____ WORK PHONE _____

EMAIL (for E-News) _____

BIRTHDATE(Year not necessary) _____

SPOUSE'S NAME _____ CHILDREN _____

I WANT TO:

_____ Help out on walks _____ Help with trails _____ Help with food

_____ Help make phone calls _____ Help, just give me a call

Membership is annual from July 1 through June 30.

Email Letty Zook with membership questions. letz@earthlink.net

DATE _____ SIGNATURE _____