



Mid-Florida Milers Walking News

September/October 2010

21st Anniversary Walk & Lunch

Mid-Florida Milers celebrated its 21st Anniversary on August 18, 2010. Forty-one walkers braved the heat and humidity to wander through downtown Winter Park and its tree-lined neighborhoods. After the walk, they met at Giovanni's Italian Restaurant for a "cool" luncheon and annual meeting.

Gail Brooks, Club President, welcomed everyone and went over the MFM financial report. Rosemary Barna, MFM Secretary, present the minutes from the 2009 Annual Membership meeting. They were



Juan and Megan walk Winter Park 10k

approved as presented. Letty Zook gave an update on the membership drive and gave out reusable shopping bags to those members who renewed their membership. Trailmaster, Mike Lanpher, updated members on our remaining walks. Pete Fournier presided over the election of new officers. Gail Brooks was unanimously re-elected as President and Dave Bundy was unanimously elected Treasurer.

Rosemary also asked for volunteers to work at upcoming events. All volunteers from an event during the first half of the year were eligible for a drawing for a Starbucks gift card. The gift card was won by Larry Middleton. We will have another volunteer drawing at our annual holiday dinner in December. Attendees who signed up to volunteer at the luncheon received a MFM frequent walker coupon.

Mid-Florida Milers Walking Club

midfloridamilers@hotmail.com

P.O. Box 4575
Winter Park, FL 32793-4575

CLUB CONTACTS:

President
Gail Brooks
407.895.3586
gbrooks@canin.com

Vice President
Peter Fournier

Secretary
Rosemary Barna

Treasurer:
Dave Bundy

Trailmaster
Mike Lanpher
407.695.9181
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Webmaven
Jackie Walchuck

Specialties (vacant)

Publicity
Letty Zook

FVA Representative
John McMahon

Newsletter
Kathy Bargar
kbargar@bellsouth.net

Trailmaster's Report

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

"ReMember to ReNew". You members and Letty have done a great job and renewals are at 30% higher earlier than I can recall. Thanks, and come to a walk and pick up your MFM Logo grocery bag as we would have to charge you to mail them due to cost.

Rosemary has done great things getting volunteers but needs help. At the Anniversary lunch we discussed obtaining a new volunteer coordinator and asked for members to sign up for a walk to be at the start, finish or checkpoint. Walks were fun but the heat appears to reduce walking enthusiasm so most June and July walks were attended by 30 or so.



Jacob, Age 7, 50th Walk on 7 August at Altamonte Springs

If you would like to help with walk layout or just "proof" a walk normally 2 or 3 weeks ahead of the event, send me an email and you can help making sure what is written is what is on the ground. Everyone reads the map and instructions a bit differently.

September and October Walks
As the club rolls into the fall a couple key events are being held. The 18 September Walk in Wekiwa Springs State Park at the Live Oak Pavilion is dedicated to Rena McMahon who passed away last year. Her enthusiastic support for the club, engaging personality, and superb recruiting skills all had significant impacts on the club. Please join us at Wekiwa as we fondly remember Rena.

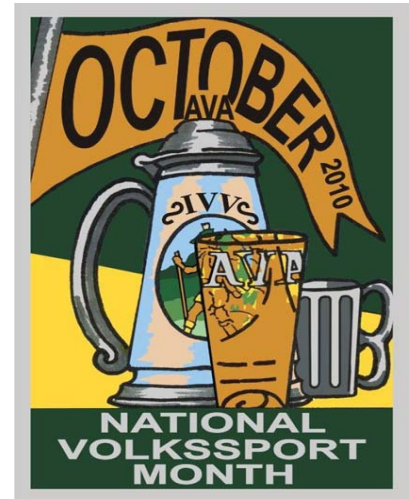
On 2 October enjoy a walk in Lakeland as we join with the Suncoast Sandpipers for a two-club event. There will be an Oktoberfest theme lunch available for \$5, patches celebrating October as Volkssport month for \$2, and an interesting walk through Florida Southern University and its unique Frank Lloyd Wright designed buildings, the nicely laid out downtown streets and the beautiful

Hollis Gardens at Mirror Lake Promenade. Plan an hour drive or less to Lakeland and join us there at the Library on Lake Morton (there are swans everywhere) at 100 Lake Morton Drive.

For 16 October our Lake Mary walk honors the AVA Treasurer and you can obtain a stamp for your "SNOB" book (see AVA.org, Special Programs for the description).

October is Volkssport Month - Patch Available

Each year we celebrate Volkssports in the Month of October. We will have a limited number of this Munich inspired Oktoberfest patch for \$2 at the 2 October event in Lakeland.



2010 EVENTS:

DATE	EVENT	START TIME
4 September	Maitland Community Park	9:00 - 10:30
11 September	Lake Buena Vista, Pirates Cove	8:30 - 9:00
18 September	Wekiwa Springs SP, Live Oak Pav.	9:00 - 10:30
2 October	Lakeland Public Library	9:30 - 11:00
16 October	Lake Mary Pannera Bread	9:00 - 10:30
30 October	Orlando ORMC Lakes Walk	8:30 -9:00

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

Volunteer Positions at Events

We ask for volunteers for three types of positions and these are very helpful for the set up and conduct of the walks. Here is a description of the "opportunities".

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.



2011 Convention Photo Contest Photographs

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 or email mlanpher@gmail.com. Mail completed form to:
AVA Publicity Contest
Attn: Joan M. Lampart
2124 Barley Drive
Quakertown, PA 18951



Recycle Your Old Patches . . .

Do you have any old patches that are taking up valuable storage space and collecting dust that you really don't know what to do with.

There really is an answer to your dilemma. The AVA Youth Committee is seeking Volksmarch clubs/members that are willing to donate their old volksmarch patches to this committee. The AVA Youth Committee will use these old patches as "grabbers" at different conventions.

You can bring your patches to Gail at a walk and she will mail them in all at one time or you can mail your patches to AVA Youth Committee, c/o Nancy Wittenberg, 12626 129th St. East, Puyallup, WA 98374.



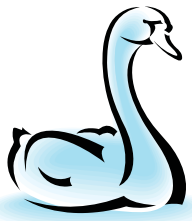
MFM and AVA Milestones

Event Awards:

Jenny Iacovazzi	100
Christina Gately	100
Don Bouws	125
Joyce Bouws	125
Kathy Bargar	225
Pete Fournier	300
Bill Milton	300
	(and 50 states)
Mike Lanpher	750

Distance Awards:

Jenny Iacovazzi	1000k
Don Bouws	1500k
Joyce Bouws	1500k
Joan Lanpher	6000k
Mike Lanpher	7500k
Mark Merwarth	7500k
Sharon Predham	9000k



CITY OF LAKELAND

5/10K WALK

October 2, 2010



General Information and Sponsors: The Mid-Florida Milers and the Suncoast Sandpipers Walking Clubs will host a noncompetitive, go-at-your own pace city walk in Lakeland, Florida. Event distances are 5K (3.1 miles) and 10K (6.2 miles). Everybody is welcome! The clubs would like to recognize the Lakeland Public Library for providing the meeting room and kitchen facilities free of charge. Sponsors will make every effort to hold safe and memorable events but are not liable for accidents, thefts, and/or material damage. Event will be held rain or shine.

Location/Times: The start/finish point is inside the Lakeland Public Library, 100 Lake Morton Drive. The library does not open until 9:00. You may begin any time between 9:30 –11:00 a.m.; finish by 2:00 p.m. Lunch will be served until 1:30 p.m. Parking is available in the library parking lot. While leashed pets are permitted on the walk, they are not allowed in the library building.

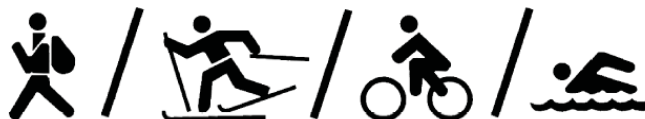
Event Description: The two clubs meet in the middle between Orlando and St. Pete to combine forces and showcase a truly nice city, its swans, Florida Southern University, and a very nicely laid out downtown area. A great Oktoberfest lunch featuring bratwurst, German style salads, and chocolate cherry bars will finish the event. Many AVA Special Programs include: Museum, Gardens, Artistic Heritage, Law Enforcement, Firehouses.



Trail Description: Choose either the 10K or the 5K route. Walk is rated 1+, not suitable for wheel chairs but ok for sturdy strollers. Water and candy will be available at the start, checkpoints and finish but carrying water is highly recommended. Using written walk instructions, you stroll through Florida Southern College, which 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 its natural surroundings. You'll have a chance to see

up close the "Child of the Sun" structures designed by this influential architect. View scenic, swan-filled lakes that give the city its name. The restored downtown area offers quaint shops, galleries, restaurants and cafes. The route also goes around the beautiful Mirror Lake and through Hollis Garden, whose design and plant life depict the history of Florida.

Volkssports: The Mid-Florida Milers and Suncoast Sandpipers are volkssport clubs belonging to the American Volkssport Association (AVA), a member of the International Volkssportverband (IVV). Volkssporters track their achievements in sanctioned events by earning and documenting volkssport credit. The AVA has sanctioned today's walk as event #87498. If you would like to learn more about volkssporting, visit the information table.

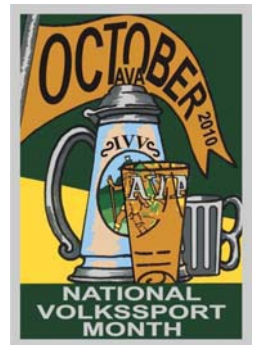


Directions: From Orlando, take I-4 west to exit 33. Take exit 33 toward FL-33/Lakeland for a short distance. Turn LEFT at CR 582, N Socrum Loop Rd. One half mile later, make a slight right at FL SR 33/S Lakeland Hills Blvd. Continue to follow FL 33 south for 3 mi. Continue onto N Massachusetts Ave and, after a short distance, turn LEFT at Bartow Rd (US 98). Turn RIGHT after .8 mi on S Ingraham Ave. Turn RIGHT on Palmetto to library on right. From Tampa, take I-4 east to exit 32. Take exit 32 on to US 98, Florida Ave, for 2.8 miles. Turn left on US 98/Bartow Rd. for 1 mile to Ingraham. Go 0.4 miles to Palmetto. Turn right on Palmetto to the Library and Museum on the right just before the lake. From south Florida, take US 98 N into Lakeland. After passing Bonnie Park, turn LEFT at Hollingsworth Rd. Turn RIGHT on Palmetto; and, before lake, turn right into library parking lot. Lost? Call 727-542-9742.



Points of Contact: For more information, directions, or additional brochures, contact: Rosemary Barna, PO Box 4875, Winter Park, FL 32793/(407) 920-3174/barnar@bellsouth.net (Orlando area) or Alice Lawrence, PO Box 2514, Largo, FL 33785/(727) 595-2173/pipers@tampabay.rr.com (Tampa area). Check out future club events at Midfloridamilers.org and Suncoastsandpipers.org. Don't miss Walk Around Florida 21: a salute to Florida's Suncoast with 4 walks to be held Nov 19-21

Fees: The walk can be done for free; volkssport credit is \$3; the award, the National Volkssport Month patch, is \$2; Oktoberfest lunch is \$5. Lunch will be reserved only with payment. Because of library policy, we cannot collect money in the facility. We'll let you know at the start what you owe for payment at the checkpoint. Preregistration is recommended.



Preregistration: Please fill out form, checking applicable columns, and send with check to: Suncoast Sandpipers, PO Box 2514 Largo FL 33779 by Sep 25. Preregistration is not necessary but there are only 10 patches. We cannot take reservations for lunch without advanced payment.

Name	Walk	Volkss. Credit	Patch	Lunch
\$ Total :				_____
Address				
Phone #				
E-Mail				



WALKS BY OTHER CLUBS

Date	Event Location	Club
September 2010		
Sept 05	Reed Canal Lake South, South Daytona	Happy Wanderers
Sept 12	County Library, Deland	Happy Wanderers
Sept 18	Atlantic Beach	First Coast Trail Forgers
Sept 19	Palm Coast Publix	Happy Wanderers
Sept 26	YMCA, Port Orange (Walk / Bike)	Happy Wanderers
October 2010		
Oct 02	Old Ortega	First Coast Trail Forgers
Oct 03	Lakeside Inn, Mt. Dora	Happy Wanderers
Oct 10	Flagler Pier	Happy Wanderers
Oct 17	Publix Beachside, New Smyrna Beach	Happy Wanderers
Oct 23	Gainesville	First Coast Trail Forgers
Oct 24	YMCA, Port Orange (Walk / Bike)	Happy Wanderers
Oct 30	Regular Event, Cassadaga Spooktacular	Happy Wanderers

**HAPPY WANDERERS
HAUNTING ADVENTURE!**

October 30, 2010
Lake Macy Park
 190 E Kicklighter Ave., Lake Helen, FL

SE #86838 Start: 9:00 a.m. ☐ noon
 Finish: 3:00 p.m.

Fee: \$3.00 all walkers, children 12 and under free unless for credit.
 Trail is rated 2 due to soft sand on the wooded paths and several hills.

Highlights: Experience the wonders of the Cassadaga Spiritualist Camp, the historic cemetery; and the haunted forest!

Directions: From I-4 take Exit 116 onto Orange Camp Rd/Main St; Travel East for approx. 1.2 miles and turn Right onto High St.; Drive about ½ mile to Ohio Ave; Turn Left onto Ohio and almost immediately turn Right onto Macy Ave.; Continue on Macy for ½ mile to E. Kicklighter Ave.; Turn Left onto Kicklighter and drive 1/2 mile to Lake Macy Park on your Left.

Food: Ghosts and Goblins will be preparing their Halloween specialties which will be available for consumption at only \$5.

For more information contact:
 The Happy Wanderers, PO Box 290153, Port Orange, FL 32129
 (386) 788-4026 or (386) 676-9863 website: www.happywanderersfl.org
 E-mail: marvst717@cfl.rr.com bili1000@aol.com

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

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

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

MORE INFORMATION ON **WAF 21** DON'T MISS THIS ONE!



WAF 21

Join three Central Florida clubs as they celebrate the 21st Walk Around Florida (WAF) with four walks, a Green Flash party, and a dinner at a beach favorite. Walk headquarters is The Sands Motel in Treasure Island. On Fri night, Nov 19, you may sign up for all walks at the motel. On Sat and Sun, Nov 20-21, unregistered participants sign up at walk start locations. Walks are rated 1 (easy); pets are not allowed. You can reach all events on the Suncoast Beach Trolley, a charming and inexpensive way to see the area. Pick up a schedule at the start.



Volkssports: the host clubs are volkssport clubs. Many members earn credit towards distance and event awards. If you'd like to learn more about volkssports, ask at the information table at the start points. However, it's not necessary to walk for credit. All are welcome!

WAF 21 Events

Nov 19

Treasure Island 5 & 10K Walk. On Fri evening, the walk start for everyone is The Sands Motel. Start times are 1-3 p.m. (10K); 1-4 p.m. (5K). Finish by 6 p.m. Highlights are the Sanding Ovations Sand Sculpture competition and John's Pass Village, a shopping and eatery favorite.

Nov 20

Treasure Island 5 & 10K Walk. This is a repeat of the Nov 19 walk. The start is the Paradise Lutheran Church or the motel (guests only). Start time is 8-9 a.m.; finish by noon. If you'd like to meet some of the congregation members (who will be setting out bagels!), a guided 5K walk heads out at 8:15 a.m. from the church with a 2K option (not eligible for volkssport credit).

To thank our host, the Paradise Lutheran Church, we are collecting toiletry and dry food items to support its program to aid the homeless. Please bring donations to either start point (motel or church).

St. Pete Beach/Sunset Beach 6 & 11K Walk & St. Pete Beach/Pass-A-Grille 6 & 10K Walk. Registration for both St. Pete Beach walks on event day is Horan Park at the St. Pete Beach Community Center. You may do one or both walks. Start walks any time between 7:30–12:30 p.m. (long routes)/7:30-1:30 p.m. (short routes). Finish walks by 3:30 p.m. to be back in time for the Green Flash Party! The **Sunset Beach** walk route heads out from the community center (6K walkers will need to drive or take trolley to checkpoint. From there, they will walk to Sunset Beach and back). Stroll through a local party beach favorite, with a diversion to a quaint shopping center. Don't miss the Pirate's Treasure Hunt! For the **Pass-A-Grille** walk, participants drive or take trolley to walk route start after registration. This beautiful walk is through another vintage and artistic beach community with a visit to the Don Cesar Hotel.



Green Flash Party & Dinner. Join us at 4:45 p.m. for a sunset beach party and fill a shot glass with a Green Flash cocktail. As the sun descends into the Gulf at 5:36 pm, look for a green flash. See it and you'll never be fooled in matters of

the heart! The glass is a commemorative gift for those going on to the Bamboo Beach Bar and Grill. This fun restaurant will feature a specially prepared buffet just for WAF. Dinner is 6:30 p.m.

Nov 21

Indian Shores 6 & 10K Walk. Walk start will be from Indian Shores Town Hall from 8-9 a.m. Finish by noon. The community is proud to show off its newly buried utilities, paved bike and pedestrian paths, and freshly landscaped medians. Mermaids are known to frequent the area.



Indian Shores Pancake Breakfast. Top off the weekend with a pancake and sausage breakfast, Mermaid mousse, gourmet coffee, and Florida orange juice.

MFM 2010-2011 Membership Drive – Great Response!

2010-2011 (as of 8/14/10)
129 members during membership drive June 1 – August 14
5 lifetime 1 indiv 2 fam
10 new 4 indiv 3 fam
7 return 5 indiv 1 fam
107 renewals 36 indiv 28 fam

Welcome New Members:

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

Mike O'Hagan
Diana Huntress
Wray & Ann Hall

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.

A hearty “thank you” to all the folks who renewed, returned, or joined during our Membership Drive months. The MFM Membership year runs from July 1 to June 30 each year; and by August 14, 2010 the Mid-Florida Milers could boast of 129 members. This total included 119 renewals and 10 new members. This year the club offered to renewing and new members an attractive reusable “green bag” with the MFM Logo on it, printed with an invitation for others to “Ask Me About Walking”. The bags are very popular and are for members only. Though there’s no way to measure whether the gift brought in new members, I feel that is not what’s important. I speak for all the MFM leadership when I say our main goal was to reward our members this year with something that was “just for members.” (So if you didn’t get your bag, be sure to see me—Letty Zook.)

The number of members we recruit or the turnover of membership we experience is not always the best gauge of a club’s success or failure. A better measure is: how many of our members continue renewing year after year? How many members regularly participate in walks and other activities? As has been stated before, it isn’t the IVV or the AVA itself which maps out a walk and sits behind a table greeting walkers. It is the individual members of the 300+ volkssport clubs in the USA and thousands throughout

the world. We are happy to report that the Mid-Florida Milers has been a front runner of clubs, with many members doing many different tasks. We extend a special thanks to you who have “stuck to it” year after year, serving as leaders or doing important tasks that are often hidden from the public eye.

And, of course, we are always ready to welcome more assistants!

No club expects all of its members to have the same talents or the same amount of time to volunteer. Members who do not wish to serve in a leadership position are welcome to assist with task-oriented activities such as registering walkers or stamping AVA books at an event. Every helping hand is deeply appreciated. Even if members do not have the time or desire to volunteer in an official capacity, they can support Volkssporting and the Mid-Florida Milers by inviting, and even bringing to walks, their friends, neighbors and family.

There are four major components of Volkssporting, (1) walking at an event, (2) joining a club, (3) keeping IVV record books, and (4) becoming an AVA Associate Member. These are all distinct and separate parts of one organization. This was our opportunity to thank again all of you who chose to make the Mid-Florida Milers YOUR club! Nobody will blame us for being totally bias and saying “YEA TEAM!” You are the best!



What you can do to Support Walking

- Bring a friend or a brother or sister: pick them up (increases their motivation)
- Walk with a first time walker (you can wait at registration for one)
- Become an AVA Volkspart Associate (\$30 per family)
- Take brochures to your other organizations' meetings or work
- Have your company provide support (money, printing help, news, ads, etc.)
- Take pictures (we have them on the web site from 2002)
- Write an article on what you like or a favorite event for the newsletter.



Walk registration at Mineola



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 _____