



Mid-Florida Milers Walking News

January / February 2008

Our Volunteer Treasures New and Old

By Letty Zook

When the Mid-Florida Milers said goodbye to the old year and welcomed the new, they were like the proverbial householder who goes into his storehouse and brings out treasures both new and old. For Volkssport clubs there is no greater treasure than their volunteers and, in particular, those volunteers who agree to be club officers!

As 2007 came to a close, the Mid-Florida Milers, who have always been blessed with dedicated and experienced volunteers, were delighted to welcome a whole new slate

of MFM officers! The club is happy to welcome Gail Brooks as President, Roger Poitras as Vice-President, Jim Plummer as Treasurer, and Rosemary Barna as Secretary. In addition, Kathy Bargar agreed to take on the position of Newsletter Editor

and Ginny Plummer agreed to take over the Specialties. The wonderful thing about these new "treasures" is that they are also relatively new members in comparison to some AVA veterans who have been volksmarching for decades.

Such a sweeping change was partially set in motion when two of the club's "old-timers" (not in age, but in experience), Jan & Bob Varnon, announced they were leaving Orlando due to a change of employment. Jan and Bob have given much time and talents to the Milers over the years in various offices. Their latest roles were President (Jan) and Treasurer (Bob). Bob was also the Newsletter editor. Though the club is sorry to see such active

members leave, they are also grateful for a legacy they leave behind. The Mid-Florida Milers, instead of stagnating and growing overly dependent on just a few workers, has always recruited new members and encouraged them to take leadership roles. This has enabled the Milers to lose veteran volunteers, yet continue without faltering.

At their annual Holiday dinner in December, the club honored the Varnons by giving the couple special Mid-Florida Milers jackets. Other volksmarching veterans honored at the annual dinner and general meeting were Mike Lanpher, who received a jacket for his years of tireless work and dedication as Trail Master, and Bob Lazzell, who was given the Volkssporter of the Year Award because of his over-the-top support as a year-round event monitor.

There are many other "treasures" unnamed in this tribute who work behind the scenes and serve as needed. Not everyone desires or is suited for leadership roles, and the club appreciates all its volunteers. Bringing a friend or relative to a walk is one of the best things our members do regularly. For those who have served in the past, who are serving now, and who may serve some day in the future, the Mid-Florida Milers say thank you—you are indeed our treasure!

2008 Walk Incentive

While you are thinking about your New Year's resolutions, consider the 2008 Walk Incentive program.

Club members who walk at least 15 Mid-Florida Miler Events and/or Year Rounds (once only) during 2008 and you will earn a handsome windbreaker jacket with your name and the MFM logo on it.

The jackets will be awarded at either the August Anniversary lunch or the December Holiday dinner.



Mid-Florida Milers
Walking Club.

midfloridamilers@
hotmail.com

P.O. Box 4574
Winter Park, FL
32793-4575

Trailmaster Topics

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

Events

2008 Walks: The club's approach to the walks in 2008 is to offer 26 sanctioned walks, generally two per month. This allows you to walk the YRES on your own schedule and we hope that you will walk all of them. The sanctioned walks through June are listed on this page. The only exception is the February 2nd walk which introduces a new walk in Celebration and will also feature lunch afterwards at the renowned Columbia Restaurant. Try your "feet" at walking 15 events by the August Anniversary lunch or the Christmas dinner and win an anorak jacket with your name and the Club logo on it.

Remember MFM offers club members discount YRE tickets you can purchase in groups of 10.

Walk Around Florida XVIII, the Ocala Walk Derby, was a great success with 361 walkers at the 4 events and about 60 attending the dinner. There have been no discussions yet on what we will do for 2008 but we would like your opinions on the Walk Around Florida concept—where a location is selected and we have 3-4 walks in that immediate area. Are you willing to drive? Willing to spend the night? One night? Two nights? Attend all the events? What would you like to see? Where? Send me some input at the email above.

Palm Beach County Walks

The March 1st weekend will be highlighted by a walk at the Grassy Waters' Apoxee Park. Apoxee (pronounced 'Ah-po-ee') is the first of the City of West Palm Beach's urban wilderness parks. Apoxee, which means "Beyond Tomorrow" in the Miccosukee language, represents one of a series of planned parks within the region's urban wilderness parks system, set aside for preservation and public enjoyment. Particularly unique to Apoxee are the plans to use its wetlands to provide a new water supply (maximum 10 million gallons per day) in order to achieve both urban and environmental water sustainability! We will combine this walk with the available 4 YREs and a couple of eateries to have a fun trip.

2008 Walk Locations

| | |
|------------|--------------------------------|
| 1-January | LBV |
| 26-January | Orlando Warren Park |
| 2-Feb | Celebration, lunch |
| 16-Feb | UCF |
| 1-March | West Palm Beach |
| 15-March | I- Drive, Festival Bay + Lunch |
| 5-April | Orlando, Thorton Pk |
| 19-April | Apopka, Kelly Park |
| 3-May | Maitland/WP |
| 17-May | Lake Mary |
| 7-June | Orlando, Hunters Creek |
| 21-June | Oviedo |

Super Deal

for Mid-Florida Miler Members

Save 33 % on Year Round walks by purchasing Frequent Walker Coupons! Just \$20 for 10 walk coupons, good for any of the MFM Year Round walks.

Avaiable for purchase at the next walk.



Our thanks to Winderemere volunteers: Dave Bundy, the Williams, the McMahons, the Plummers, the Hodges, the Greathouses, the Barnas, the Aycocks, the Zooks, Joan, Alice, Lois, Marvin, and the Elliotts. Without this assistance we would be unable to run the event. THANKS.

2008 Year Round Walks

Celebration (Old Town)

Celebration

Lake Buena Vista

Lake Worth

Maitland

Orlando Downown

Orlando Lakes

Palm Beach

Sanlando

West Palm Beach

Winter Park

Year Round Events

The club has been diligent in changing the route for our 11 permanent events every 2-3 years. We are reviewing changes to the Orlando, Maitland, and Winter Park walks for 2008. Again your comments are solicited on where you would want to see walks. What route changes would you suggest?

We would like to have you walk half the walks (6) each 6 months to help you fill your credit books, maintain activity, and enjoy the friends in the club. This supports the club financially.

Cady Way (18 Nov), Brooksville (1 Dec), Windermere (15 Dec). With only a few walkers on the Cady Way (25) we did not get a sense of the popularity of the one way routing and no one walked the 20K walk (out and back). If you have a comment, please email Mike Lanpher.

2007 Volkssporter of the Year

The Brooksville 11K POC Bob Lazzell will not be renewing the walk and his significant support for the club has made that a profitable walk. Joan and I had the honor of walking with Bob and enjoyed his company and tales of the support he had from the Hernando County government. Our thanks to Bob for his outstanding service to the Mid-Florida Milers. He was voted "2007 Volkssporter of the Year" by the MFM Board.



2nd Annual Windermere Night Walk

Windermere's 2nd annual night walk was very pleasant with a bit of rain just at the start time. Almost 200 walkers registered and received long sleeve Tees for the walk. Twenty Milers and Happy Wanderers volunteered to support the walks from 3:00 to 8:30 PM in some cases. We sorted tees, set out water, manned information tables, registered the mass of people, sat at checkpoints, and generally had fun. Our thanks to Dave Bundy, the Williams, the McMahons, the Plummers, the Hodges, the Greathouses, the Barnas, the Aycocks, the Zooks, Joan, Alice, Lois, Marvin, and the Elliots. Without this assistance we would be unable to run the event. THANKS.



Presidents Message:

Happy New Year from your new President. We have an exciting year of walking events ahead, not to mention the great Year Round Walks. So get out there and walk and start earning your handsome Mid-Florida Milers Jacket.

*See you on the trail.
Gail Brooks*



Mid-Florida Milers New Board of Directors: Gail Brooks - President, Rosemary Barna - Secretary, Jim Plummer - Treasurer, and Roger Poitras - Vice President.

News from the AVA:

Excerpts from the President's [Curt Myron] Message of the American Wanderer_Dec 2007/Jan 2008

The AVA is one of 49 countries that belong to IVV, the organization that founded Volkssporting many years ago. As a member, AVA pays annual dues and must follow IVV rules that govern our events. And, with IVV's roots in Germany, it's also where the "volks" comes from. Even though you might "just want to walk" please take time to know the issue, as how we resolve it will have an impact upon our sport.

At the 2007 Congress of Delegates a group of nine central European countries caused the firing of all IVV officers and a new election of officers with five of six from central Europe. Lynn Clark, an AVA Hall of Famer, past AVA President and an IVV Officer for the past 10 years was one of those officers. She has ably represented the interests of Volkssporting and has been a prime force for good and for growth at the international level. That she was one of those fired in the meeting is disgraceful.

AVA and other countries protested this meeting in writing. The issues has been

discussed with the presidents of several other countries and they seem to have the same viewpoint. The "new officers" continue to hold meetings without giving meeting notices, without sending minutes of any meetings and by continuing to change the rules as they go.

In August your AVA officers created a blue-ribbon panel, or Advisory Commission, to review this situation in detail and make recommendations. The central question is whether we remain a member of IVV or strike off on our own and/or create a new international organization. This issue is not easy to decide, but what is best for AVA will be done. On the brighter side, if the AVA leaves the IVV, we can determine our own event requirements and create an international organization that is run democratically with fair treatment of all member countries.

The AVA clubs will ultimately decide the direction of AVA. In the meantime, if you want more details, check with your regional director of any AVA officer.

Walking Opportunities in Florida

January 2008

- Jan. 1 Lake Buena Vista Crab House
Mid-Florida Milers
- Jan 5 JAX. Riverside YRE group
walk - First Coast Trail Forgers
- Jan. 17-21 Savannah Bakers Dozen
Happy Wanderers
- Jan 19 JAX Neptune/Jacksonville
Beach
- Jan. 26 Orlando Warren Park
Mid-Florida Milers

February 2008

- Feb.2 9 AM Timucuan Preserve at
Ft. Caroline
- Feb. 16 10 AM Gainesville YRE group
walk

Miler Milestones

Event Awards:

| | |
|------|--------------|
| 30 | Donald Bouws |
| 30 | Joyce Bouws |
| 75 | Anna Fuller |
| 75 | Carl Fuller |
| 150 | Kathy Bargar |
| 175 | Gail Brooks |
| 525 | Bob Varnon |
| 575 | Ladd Duncan |
| 600 | Donna Duncan |
| 900 | John McMahon |
| 1100 | Letty Zook |
| 1100 | Bob Zook |

Distance Awards:

| | |
|-------|--------------|
| 500K | Anna Fuller |
| 500K | Carl Fuller |
| 2000K | Gail Brooks |
| 6000K | Ladd Duncan |
| 6500K | Donna Duncan |



WARREN PARK

January 26, 2008

Registration: 9 - 10 AM

A pleasant walk through the Belle Isle and southern Orlando neighborhoods.

CELEBRATION / OLD TOWN

February 2, 2008

Registration: 9 - 10 AM

A new walk through quaint Celebration and Old Town with lunch afterwards at the historic Columbia Restaurant



GOING SOUTH FOR THE WINTER - SAVANNAH

THE HAPPY WANDERERS cordially invite you to join in our 5th biennial Savannah, Georgia mega-weekend. "A Bakers Dozen"

Thirteen wonderful events will be available for your Walking, Swimming, and Biking pleasure.

Registration for all events will be at the headquarters hotel - - The Doubletree Hotel. The Beaufort event will only be offered on Saturday, January 19, 2008. All other events will be offered every day.

Get more info in the Savannah 2008 brochure!!

Mid-Florida Milers Encore at Windermere

By Letty Zook

Hosting a walk for a whole town, especially a town not familiar with Volkssporting, is quite a challenge. That was the situation over a year ago when the town of Windermere asked the Mid-Florida Milers to hold a Christmas walk for their community. Windermere is an upscale Orlando community completely surrounded by lakes and having an outstanding and unique feature. The roads through the town, with just a few exceptions, are composed of unpaved, one-lane streets. When the town was founded in the mid 20th century, the citizens, in a rare and early insight into environmental hazards, decided they would retain unpaved streets to prevent runoff into their lakes and to force traffic to move slowly.

Since the event was a community festivity that overshadowed the Volkssporting element, it is to be admitted that many club members wondered if we got our message across to the town and if they really knew we were there! So it came as a bit of a surprise when this past holiday season they asked for a return performance.

Under the direction of our dedicated Trail Master, Mike Lanpher, the club went into action once again to set up a Christmas walk for the close-knit community. Participants of the walk event, co-sponsored by the Mid-Florida Milers and Windermere's Parks and Recreation Department, once again enjoyed the town's holiday lights, music and yummy cookies baked by the residents of the town. The first 200 walkers received a bargain-priced long sleeve T-shirt depicting a scene of the Windermere Union Church, painted by local artist Mariola

Nowicki. Record-keeping volksmarchers received the added benefit of their IVV/AVA fee being included in the price.

Whether such an event brings tangible results for Volkssporting may still be debated. It is true that many Windermere walkers bought their t-shirts, ate some cookies and walked back to their houses. But as Bob and I worked a checkpoint for the walk, we had the opportunity to chat with many of the town folks who made the effort to at least walk the 5K trail. Some asked questions about our walking club but all profusely thanked us for hosting the event. The public's good will and recognition are tangible and essential results for any non-profit organization.

I personally found out encores come in all sizes. At the checkpoint lit only with a lantern, a voice came out of the dark, "Letty, is that you?"

The voice belonged to an acquaintance we hadn't seen for a long time and who had accompanied us on one Volksmarch years ago. Apparently she read about the walk in Windermere and came with her husband and two friends expecting to find me there. Now that's a tangible result! I'm glad I was there.



Mid-Florida Milers volunteer, Joan Lanpher, and the Mayor of Windermere, Gary Bruhn, pose with the original painting depicted on the long-sleeve shirt offered as the walk event's award.



Change, the only thing we can count on

By Jan Varnon

I don't know how many of you know that Bob has been looking for a job, sort of, for four years. He started looking in earnest in July and finally has been rewarded with some success. He began working for a large road contractor in Jacksonville, FL on December 3rd. Since he was being seriously considered for a job in Waterloo, Nebraska (a suburb of Omaha) and was quite interested in jobs in Billings, Montana and Cincinnati, Ohio, I have to admit I am glad that we are only moving slightly north. After 21 years of living in Florida I am not sure I am quite ready to brave real honest to goodness northern winters, but I would have (whining all the way.)

We bought a Carriage Home in a Del Webb 55+ community only five miles from his new office. We weren't sure if we were going to buy or rent, but I fell in love with the home, so we bought. Isn't it funny how things just seem to fall into place sometimes.

Let me share just a little history with you all about our involvement in Mid-Florida Milers. I look around and there are not too many folks involved in the club who were there before us and we were not early birds. Bob and I discovered Mid-Florida Milers and Volksmarching in 1990 when we saw an article about a walk in the UCF area. Our oldest son was a senior at Lake Mary High School and was considering UCF as one of his college choices. I thought a walk through the campus would be a good way to take a look at the school. We have always been walkers, but we had never found organized walks that we could regularly enjoy. We really enjoyed the walk and everyone seemed very friendly. We didn't find the directions too confusing and were quite pleased that we had no trouble completing a 10K. I think that was in the fall. We did not do another walk until the spring of 1991 when we did a walk in Sanford. We decided to join at that time and bought books to get us started. In the beginning we didn't walk very often because we had three teenage boys and there was a lot going on in our lives. I guess if I went back and looked at our books I could tell

better when we started setting goals and walking first one walk a month and then one walk a week, but now we feel quite guilty if we don't average a 10K a week.

When you join a club and like what the club offers it is inevitable to "get involved." I started by volunteering to do something that I could do at home. I made phone calls to get people to work at walks. Bob and I had helped work the start/finish table and manning check points at walks and knew that this was important to the success of walks. Then Gloria Merwarth moved away from Orlando and the board was looking for a newsletter editor. I had been doing my church newsletter for awhile and doing a newsletter was no big deal for me so I started doing the newsletter. At some point the membership person quit and it seemed logical for the newsletter person to also maintain the membership information since I needed labels for the newsletter. I got tired of listening to Bill Woolgar whine about no one replacing him as president (after eight years) and said I would do that. I conned Bob into doing the membership and newsletter thing and then treasurer.

Someone asked what was going to happen to the club once we left, but people have already stepped up to fill our shoes. I am pleased and excited for what changes will do for the Mid-Florida Milers. We always need new people with new ideas to keep things new and different. I also think that new people don't get hung up on "we have always done it this way" or "we already tried that." Sometimes something that didn't work once may work perfectly well the next time it is tried.

Both Bob and I have enjoyed our years of involvement in the Mid-Florida Milers and will miss seeing everyone on a regular basis. We are excited that there is a club in the Jacksonville area and look forward to walking with and getting to know the First Coast Trail Forgers. Since our goal each year has been to average one walk a week, we will need to venture out and do walks from other clubs so you are not done with us yet. We will meet again on the trail. I look forward to it.

CLUB CONTACTS:

President
Gail Brooks
407.895.3586
gbrooks@canin.com

Vice President
Roger Poitras

Secretary
Rosemary Barna

Treasurer
Jim Plummer

Trailmaster
Mike Lanpher
407.695.9181
mlanpher@cfl.rr.com

Webmaven
Jackie Walchuck

Membership
Sarah Williams

Specialties
Ginny Plummer

Publicity
Letty Zook

Hospitality
Rena McMahon

FVA Treasurer &
MFM Operations Asst.
Ladd Duncan

FVA Representative
John McMahon

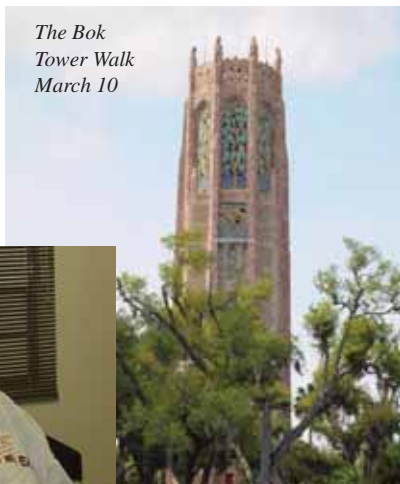
Newsletter
Kathy Bargar
kbargar@bellsouth.net

Past President
Jan Varnon

The Year in Review.....



New Years Day 2007 Walk at Sanlando Park



The Bok Tower Walk March 10

Jacob Sewell selecting Specialty Award won at Lake Proctor



Chef Rena preparing the "Souper" Soup lunch at the Chuluota Walk



Annual Lunch and Meeting at Straubs Restaurant



Outgoing President, Jan Varnon and Incoming President, Gail Brooks



Lake Buena Vista Walk



Maitland Christmas Night Walk

MFM 2007 Holiday Dinner at Roadhouse Grill ▶

