



# Mid-Florida Milers Walking News

July/August 2008

## Walking in Oveido

- by Jim Plummer

The day dawned warm and humid, but we had 47 walkers participate in our Oviedo walk on June 21. Our luck held through the morning, and it didn't rain until after everyone completed their walks. Both the 10K and 6K routes included a walk around Lake Charm – many participants returned to the finish line to tell us that the lake was “charming” (as advertised). The 10K walkers also visited “downtown Oviedo” to see the chickens, as well as a short one-mile stroll on the Cross-Seminole Trail and then past some attractive older homes. Even long-time residents of Oviedo discovered the boardwalk in Sweetwater Park for the first time.

I volunteered at the finish line for a portion of the morning to stamp books and record the return of walkers. This particular day was more eventful than usual, as a comedy of errors took place with one group of our walkers. After all was done, the members of this group walked more than their expected 6K distance but made it back happily and successfully. However, their adventure can provide the rest of us with some “lessons learned.”

***“I am a slow walker, but I never walk backwards.” — Abraham Lincoln***



Donna and Gail walking on the Cross-Seminole Trail

Halfway through the walk, this group gave away their trail map and directions to some Oviedo residents who were inquiring about the route (error #1). Naturally, they then had some problem

remembering how to return to the finish line. They pressed on by asking more local residents the way back to the Aquatic Center and received conflicting opinions (error #2). After this did not work, they discovered that they did not have the phone number to call back to the start/finish point to ask directions (error #3), as the number was printed on the trail map they gave away earlier. We, at the finish line, had attempted to telephone the group, but they had turned off their cell phones (error #4). Luckily, Oviedo is a small town, and one member of the group found the way back to the Aquatic Center, so we could round up all the others where they were waiting.

We are not recounting this story to make light of anyone's trials – it could have happened to any of us. Does this sound like something you have done or could have done on a walk? If so, try to remember that “common sense is not that common” – especially in a stressful situation. Plan ahead for the unexpected every time you set off on one of these fun events.

*Mid-Florida Milers  
Walking Club*

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# TRAILMASTER'S topics:

By Mike Lanpher  
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## Events:

The events of the last two months have been attended by an average of 43 walkers with the woods walk at Kelly Park and tree lined walk in Lake Mary. A nice Hawaiian themed walk at Hunters Creek with 33 eating at the start, the Kahuna Grill. A special thanks to the volunteers: Carl Cordes who prepared the walk route, arranged the lunch, and manned the finish; Anna and Gary Fuller who brought leis, Hawaiian music, and manned the start. Our



*Luau walkers at the Kahuna Grill*

other permanent Year Round Events have not been as well "attended." Jim Plummer has provided some information in this newsletter showing only half our members have walked any YREs. The most walked YREs are Celebration and Lake Buena Vista mainly from out of town walkers and a club event at Celebration in February. I hope in the 2nd half of the year you have the chance to walk at least 4 YRE walks. If you have any route suggestions, please let me know.

This next two months have walks at Millenium Mall area, Longwood where the new bridge across US 17-92 to Big Tree Park is completed, Avalon in SE Orange County, and our 19th

Anniversary luncheon and walk in Windermere. I hope you can join us for these walks.

The rest of the year we will have many fine walks in the Orlando area. On Halloween we will join the Suncoast Sandpipers and Happy Wanderers in Sebring for four Walk Around Florida events on the weekend. We will be staying at the Kenilworth Lodge at 1610 Lakeview Dr., Sebring, FL 33870, (863) 385-0111. The room cost is about \$68. Join the three clubs for the walks, fun and friendship in Sebring for WAF XIX.

## Volunteers Needed!

The club would like your assistance to volunteer at the start or finish of the walks. This helps the club as we manage the walks. The starts and finish "jobs" generally take 2-2.5 hours. Give Mike Lanpher or any club officer a call. We even sometimes volunteer people and appreciate the support if you can help.



*Carl Cordes (the walk coordinator) and Fred Sheets*



*Enjoying lunch at Kahuna's after the walk*

THE Spirit OF WALKING

# Greetings from the President:

Just a note to keep you informed of upcoming events. On August 16th we will be having our annual meeting and election of officers. This year the office of President and Treasurer are up for election. If anyone would like to run for one of these offices, or knows someone who would, please contact one of the present officers as soon as possible.

We are also starting to plan for our annual Christmas dinner / party. We would like this year's party to be the best ever. A few places are being researched but if you have any suggestions or wish to help with the planning, please call me at 407-895-3586.

We have also started the ball rolling on the

planning for our 20th anniversary next year. It could be some exciting walks, a party, or both. Or it could be something entirely different. If you would like to get in on the ground floor in the planning process to give us some great ideas that you may have, please call Ron Barna at 407-894-3069 as he has agreed to head this committee.

Lastly, we could always use volunteers to help at walks, prepare food for special events, or a multitude of other things. If you are willing to help please contact me at 407-895-3586 or let any of the board members or the trail master know at any of our walking event.



## ***Super Target/ Mall at Millenia - July 5, 2008***

Start between 8:00 and 9:00 AM  
5 and 10K routes

Walk in the area of Millenia Mall and some of the residences and commercial areas nearby. Finish in the Mall where some AC and shopping will complete the walking adventure. Wheelchairs and strollers are easy. Pets are not allowed. Cost is free. Event record books are stamped for a \$3.00 fee. For information call Ladd Duncan 407.963.8295 or [duncan1@cfl.rr.com](mailto:duncan1@cfl.rr.com)

Directions: From Orlando or Tampa on I-4 use exit 76, Conway Road and turn south to the 1st traffic light (after the freeway). Turn left and left again into the Target parking lot.

## ***Longwood Softball Complex, SR 419 - July 19, 2008***

Start between 8:00 and 9:30 AM  
5 and 10K routes

Walk from the softball complex to Big Tree park (providing the pedestrian bridge is complete) and in the Soldiers Creek Park. Wheelchairs and strollers are medium difficulty. Pets are allowed. Cost is free. Event record books are stamped for a \$3.00 fee. For information call 407.275.5748.

Directions: The complex is at 2400 SR 419 between US 17-92 and SR 434. From Daytona take I-4 and use exit 98, Lake Mary Blvd. and turn left to US 17-92 (4.6 miles.) Turn right for 2.3 miles and just past Seminole Community College turn left for 0.6 miles to the softball complex. From West or Central Orlando drive east on I-4 to Longwood, Exit 94, and turn right for 6.1 miles to SR 419. Turn left on SR 419 for 1.8 miles. From the east use SR 417 to exit 44, SR 434, or Alafaya TRail (which is SR 434) to the SR 419 turn (4.2) miles from SR 417). Go right 1.8 miles to the complex. Call 407.468.7353 on the day of the event with questions.

## Avalon Park Publix - August 2, 2008

Start between 8:00 and 9:30.  
5 and 10K routes

Walk in Avalon development among new homes and commercial areas. See how this up-scale east Orlando neighborhood has grown. Wheel-chairs and strollers are medium to hard difficulty and pets are allowed. Cost is free. Event record books are stamped for a \$3.00 fee.



**Directions:** Start at Publix, 3400 Avalon Park Blvd. Take SR-408 East (toward Titusville) to exit 21, Alafaya Trail. Turn right (south) onto Alafaya Trail (SR-434). Stay on Alafaya Trail for about 5 miles. Turn left onto Avalon Park Blvd. (entrance to Avalon Park at the water fountain and drive for approx. 1 mile. Turn left on Tanya King and then into the Publix parking lot. Note: You could also take US-50 (from east or west) to Alafaya Trail. Call 321.663.2721 on day of event with questions.

## Windermere Walk & 19th Anniversary Luncheon - Aug. 16

Please RSVP to Rosemary Barna at rbarna@bellsouth.net or 407.894.3069 for the luncheon.

Start between 9:00 and 10:00.  
5 and 10K routes

Walk the charming lake town of Windermere in daylight! After two years of night walks, you can "see" the town and lakes. Shaded dirt lanes offer a pleasant summer walk. The start will be at the Anniversary Lunch location at Perkins Restaurant. Wheelchair and strollers are medium to hard difficulty. Pets are allowed on the walk only. Cost is free. Event Record Books are stamped for a \$3.00 fee.



**Directions:** From Orlando or Tampa on I-4 exit at #76, Conroy Road and turn right (from Orlando, left from Tampa) for 4.6 miles to Perkins Restaurant, 8965 Conroy Windermere Road on the NE corner of Conroy Windermere Rd. and S. Apopka Vineland Rd. Call 407.247.4548 on the day of walk with questions.

## Mark your Calendar

### July 2008

July 5	Target, Mall at Millenia	Mid-Florida Milers
July 13(Sun.)	Holland Park, Palm Coast	Happy Wanderers
July 19	Longwood Softball Complex	Mid-Florida Milers
July 20(Sun.)	Courtyard by Marriott, Cocoa Beach	Happy Wanderers
July 26	Happy Wanderers Annual Breakfast Walk	Happy Wanderers

### August 2008

Aug. 2	Avalon Park Publix	Mid-Florida Milers
Aug. 3(Sun.)	Volusia Mall, Daytona Beach	Happy Wanderers
Aug. 10(Sun.)	Winter Haven Park, Ponce Inlet	Happy Wanderers
Aug. 16	Windermere Perkins	Mid-Florida Milers
Aug. 17(Sun.)	Ormond Beach Library	Happy Wanderers

### Looking Ahead....

Sept. 6	Winter Springs	Mid-Florida Milers
Sept. 20	Loch Haven Neighborhood Center	Mid-Florida Milers

"Of all exercises walking is the best."  
 - Thomas Jefferson.

# What is Membership?



We have received questions recently on what “membership” means in our walking community. Here is a brief summary:

## 1. Mid-Florida Milers (MFM)

- MFM membership means you belong to our local club and can participate in our activities as much or as little as you desire. Members serve on committees and conduct the business of the club – for example, planning or conducting walks, social events, or publicity. Yearly meetings are held at which time members vote on election of officers of the club, as well as changes or updates to the club by-laws.
- Our local MFM club is a member of the American Volkssport Association (AVA). We are chartered by the AVA, and we sanction our walking events through AVA.
- Members of the club pay yearly dues on a fiscal basis (July through June). MFM is a non-profit organization, and these dues allow the local club to sustain operations and cover expenses. Your payment of MFM dues does not include membership in the AVA.

## 2. American Volkssport Association (AVA)

- The AVA promotes physical fitness by sponsoring, through member clubs, non-competitive sporting events. These are mostly walk-oriented, although some clubs sponsor swimming, biking, or skiing events.
- AVA is a national member of an international organization – IVV – and administers IVV activities within the United States. This includes administering the IVV achievement awards program and sanctioning of events within the U.S. The AVA national headquarters is located near San Antonio, Texas. All local clubs (including MFM) who hold sanctioned events in the U.S. are “members” of the AVA and contribute monetarily to its operations.
- Individuals become “Volkssport Associates” by joining AVA. Dues are collected once per year by AVA, on the anniversary date of your individual membership.
- As an AVA Associate, you receive “credit” for completing sanctioned IVV/AVA events (i.e., stamps in your IVV record book) and then receive awards (patches, pins, and certificates) upon completion of a set number of events or walking distance and mailing the books to AVA headquarters. You will also receive a periodic AVA publication, The American Wanderer. Your payment of AVA dues does not include membership in MFM.

## 3. AVA New Member Packet

- These packets are available for sale (only once) to first-time walkers as a reduced-cost introduction to AVA. The packet contains explanatory pamphlets, IVV record books, and coupons to include one free issue of The American Wanderer, as well as coupons for free credit at three AVA-sanctioned events.
- Purchase of the New Member Packet does not include membership to the MFM club or to the national AVA organization.

## CLUB CONTACTS:

President  
Gail Brooks  
407.895.3586  
[gbrooks@canin.com](mailto:gbrooks@canin.com)

Vice President  
Roger Poitras

Secretary  
Rosemary Barna

Treasurer  
Jim Plummer

Trailmaster  
Mike Lanpher  
407.695.9181  
[mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com)

Webmaven  
Jackie Walchuck

Membership  
Sarah Williams

Specialties  
Ginny Plummer

Publicity  
Letty Zook

Hospitality  
Rena McMahan

FVA Representative  
John McMahan

Newsletter  
Kathy Bargar  
[kbargar@bellsouth.net](mailto:kbargar@bellsouth.net)

Past President  
Jan Varnon

**Remember to walk the 8 fine Year Round Events in the Orlando area, many shaded for a cooler walking experience: Altamonte Springs, Celebration (2), Lake Buena Vista, Maitland, Orlando (2), Winter Park.**

# 2008 Walking for Jacket Program

We announced an incentive award program earlier this year for Mid-Florida Milers (MFM) members who complete a minimum of 15 walking events during the course of calendar year 2008. Those completing this goal will be given a free MFM anorak jacket at one of two MFM social events – either the annual membership meeting in August or at the holiday party in December. In order to qualify, the participant must be



a MFM member in good standing (paid dues) and complete 15 MFM walking events for AVA credit – any combination of our regularly scheduled sanctioned events or our year-round events during the year.

We are pleased to report that ten of our club members have already completed their 15 events, and nine more members are within range to possibly complete requirements before the August membership meeting.

A sample of the anorak jacket is available for viewing at most of our weekend events. Each winner of the jacket will have their first name embroidered on the jacket's front, along with the MFM logo. On the back in large letters are the words, "MID-FLORIDA MILERS".

We encourage all of you to strive to win this incentive award. It is the perfect jacket to wear proudly to all events and show off your walking experience. If you have any questions, talk to Jim Plummer (407-249-2299) or any other club officer.

DON'T FORGET  
TO RENEW YOUR  
MEMBERSHIP

## 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\_\_\_\_\_

BIRTHDATE(Year not necessary)\_\_\_\_\_

SPOUSE'S NAME\_\_\_\_\_ BIRTHDATE\_\_\_\_\_

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.

Call Sarah Williams (407.349-1356, [swilliams29@cfl.rr.com](mailto:swilliams29@cfl.rr.com)) with membership questions.

DATE\_\_\_\_\_ SIGNATURE\_\_\_\_\_



***Mid-Florida Milers***  
***19<sup>th</sup> Anniversary Luncheon***  
***Perkins Restaurant & Bakery***

8965 Conroy Rd  
Orlando, FL 32835

Link to map for restaurant (ctrl + click to follow link)

<http://www.mapquest.com/mq/9-5MEt87dF6XHl>

Walk the charming lake town of Windermere in daylight. After two years of night walks “see” the town and lakes. Shaded dirt lanes offer a pleasant summer walk. Wheelchairs and strollers are medium to hard difficulty and pets are allowed. The start is from 9:00 to 10:00 (finish by 12:30) and will be at the Anniversary Lunch location at Perkins Restaurant.

After the walk, join the Mid Florida Milers for their 19th Anniversary Luncheon. We look forward to awarding the gold anoraks to those who have walked 15 events as a club member. For information on day of event call 407.920.3174.

**RSVP by phone or email to**

**Rosemary Barna**

**407-894-3069 or [barnar@bellsouth.net](mailto:barnar@bellsouth.net)**

