



Mid-Florida Milers Walking News

March / April 2008

2008 got off to a great start with our annual New Years Day walk at Lake Buena Vista. Earlier in the year, votes were cast to see if we should do a different walk and lunch spot but in the end the Crab House and walk in the Disney Village won out. There was a great turnout at the walk and the lunch. Thanks go to the volunteers who worked the walk and put the lunch together.



TRAILMASTER'S topics:

By Mike Lanpher
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Events:

Walks at Lake Buena Vista, Warren Park, Celebration, and UCF. The four dates so far have provided over 200 walkers and the three lunches were supported by 120 participants. There was a great response to these walks with participants on February 16th from Texas, Maine, and Georgia. The growth of the UCF campus was commented on by many of the walkers.

The lunch at the Crab House was fun, although slow due to the lack of one server, but the help was very supportive.

At Warren Park a chilly start and some sprinkles greeted us but it was a nice walk laid out by Jan and Bob Varnon.

The Celebration Walk Kick Off of the new Kissimmee Old Town Walk found many walkers enjoying Celebration, the Columbia Restaurant, and the Kissimmee walk. Our UCF walk on 16 February was a great weather day — shorts and tees for all. Applebee's hosted the walk and 35 ate lunch following the stroll through an expanded UCF campus.



Martha and Sally registering at Warren Park.

THE Spirit OF WALKING

Mid-Florida Milers
Walking Club

midfloridamilers@
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P.O. Box 4574
Winter Park, FL
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Trailmaster Topics, con't.

Palm Beach County Walks

Call Mike at 407.304.6394 if you can participate.

On the 29 Feb to 2 March weekend starting Friday evening at 1730 are 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 four YREs and a couple eateries to have a fun trip.

Year Round Events

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 at your own schedule and we hope that you will walk all of them. Remember MFM offers club members discount YRE tickets you can purchase in groups of 10.

2008 Walk Incentive Program

Walk just 15 Year Round and/or weekend events by August 1st or December 1st to earn your anorak jacket with your name and Club logo on it to be presented at the Anniversary lunch or Christmas dinner. Club membership is a requirement at the time you walk. Pictured below is Treasurer, Jim Plummer displaying the back of the anorak.



Enjoying lunch after the Celebration walk at the famous Columbia Restaurant.

Cooling off on the Celebration walk ↓



Where is walking taking you this year?

Is anyone planning a walking vacation this year? Please drop me an email with a paragraph about your adventures. A few photos would also be appreciated so we can fill the next newsletter with interesting accounts of places the rest of us will want to visit.

Next newsletter deadline: April 18, 08
Email your stories and photos to:
kbargar@bellsouth.net

Strolling in Savannah

By Rosemary Barna

Mid-Florida Milers club members were well represented in the 500+ walkers who made the trek to Savannah over Martin Luther King Jr. week-end. The Happy Wanderers sponsored event contained 13 different 5K/10K walks, swims and bike rides. Neither rain, nor fog, nor cold kept us from our appointed walks. We crisscrossed historic Savannah passing restored homes, beautiful squares, pubs and restaurants, and at every turn, confused walkers. We sloshed through Beaufort, South Carolina on a rainy Saturday morning, taking in the U.S. Military Cemetery, antebellum homes along the riverfront, and stopping for a warm lunch and shopping in the quaint downtown area. Several of us also walked or bicycled around Tybee Island and visited its picturesque lighthouse and Fort Screven Museum. Through it all we managed to uphold the MFM motto of walk, walk, eat!



Festival Bay and International Drive - March 15, 2008

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

Start at **Cricketers Arms Pub** and have lunch after returning from the walk(er, shop)ing route. A unique area with some large stores, outlets, and other ways to enjoy your event. Eat at the most famous English pub in Orlando. Wheelchairs and strollers are easy but pets are not allowed. Cost is free. Event record books are stamped for a \$3.00 fee.

Directions: From Orlando on I-4 use LEFT exit 75 to Kirkman (SR 435) and go to the left lane. Turn left at the 1st light (International Drive) and go 1.5 miles to Festival Bay's 2nd entrance on the right. The **Cricketers Arms** is in the center of the complex at the pond next to Bergamo's (big sign). From Tampa on I-4 use exit 74 and turn right to left lane. Turn left on International drive for 1.8 miles to Festival Bay on the right. The **Cricketers Arms** is in the center of the complex at the pond next to Bergamo's (big sign). Call 407.304.6394 on the event day with questions.



Thornton Park, Langford Park - April 5, 2008

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

Walk through Langford Park, revitalized Thornton Park, historic Orlando neighborhoods and Lake Eola on mostly shaded streets. The walk will also pass by the artists booths at the **Fiesta in the Park** at Lake Eola. Wheelchairs and strollers are medium difficulty and pets are allowed. Cost is free. Event records are stamped for a \$3.00 fee.



Directions: 1808 E Central Boulevard, Orlando. From Daytona or Tampa use I-4, Exit 82 to east SR 408 (toll) to Mills Exit 11; then North (left) to Central; turn right to park. Restrooms open at 8 am. From East SR 50 (Colonial) turn left on Bumby and then right on Central to Park. From East Orlando/Cocoa on SR 528 go north on SR 417 and west to Orlando on SR 408 to Mills exit 11 and right on Mills to Central and then right on Central to Langford Park. Call 407.304.6394 on the day of the event with questions.

Winter Park Village/Albertsons - April 19, 2008

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

Walk in shaded Winter Park and enjoy the town and residential areas. Wheelchairs and strollers are medium difficulty and pets are allowed. Cost is free. Event record books are stamped for a \$3.00 fee. Call 407.304.6394 on the day of the event with questions.



Directions: From Orlando or Daytona on I-4 exit at Lee Road, exit 88, and turn east (left from Daytona). At US 17-92 (light w/Northrup Grumman sign on building) turn right to Winter Park Village. Turn left on Canton, just past the village to Albertsons on the left. From Cocoa use SR 417 from the SR 528 to Orlando. Go west to Orlando on SR 408 and then east on I-4 to Lee Road as above.

Myakka River State Park March 8, 2008

Join the Suncoast Sandpipers for a 5 or 10 kilometer (3.1 or 6.2 mile) walk in their first visit to the grand, "old Florida" Myakka River State Park.

Start Point & Times: Registration will be held at the South Picnic Area from 8:30 to 11a.m. From there, participants will drive to the walk trail. Please finish the walk by 2 p.m.

The Trail: Along the route, participants will see shady live oak, palm hammocks, wetlands, sandy pine flatwoods, sunny dry prairies, and marshes teeming with life. The challenging trails (rated 2+) promise to be replete with Florida wildlife, from alligators to sandhill cranes, with plenty of tiny creatures scrambling under foot and hanging from mossy branches.

Refreshments: Water and candy will be at registration and checkpoints. After the walk, visit the Myakka Outpost for Gator Stew, or for the less daring, ice cream.

Registration & Walk Fees: There is no formal preregistration. However, there will be only 15 walk awards, a photograph album designed by Sandpiper, Dawn

Dayringer. The album will be perfect for mounting the wonderful pictures you will be taking on your walk in Myakka River State Park. To reserve one, please send a \$10- check to the Suncoast Sandpipers, PO Box 2514, Largo FL 33779. The fee includes volkspport credit. Volkspport credit only is \$3; walk fee (no award or credit) is \$2; kids 12 and under are free (no award/ credit)

Directions: The park is located at 13208 SR 72, Sarasota, FL 34241. From I-75, take exit 205 and go east 9 miles on SR 72 (starts out as Clark Rd.) Park is on left just past one-lane construction area. Enter park and pay entrance fee of \$5 per vehicle up to 8 people. After paying fee, turn right to the South Picnic Area parking lot. Look for the AVA banner.

Miler Milestones

Event Awards:

Fred Williams	30
Roger Poitras	75
Jan Varnon	525
Fredrick Sheets	950

Distance Awards:

Bob Varnon	6000
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Me thinks that the moment my legs begin to move, my thoughts begin to flow. ~Henry David Thoreau

Top Ten Walks in 2007



Making travel plans and wondering where to travel this year and what walks might be available? Check out Wendy Bumgardner's 2007 List of Top Ten Volkspport Walks in the USA. Top Ten lists for previous years can be found at walking/About.com

1. Grand Canyon, Arizona

The grandest walk in the continental United States takes you along the south rim of the Grand Canyon, through Grand Canyon Village. There is an alternate trail to Yavapai Point for more breathtaking views. Lowlanders should take it easy -- the elevation is 7,000 feet, although the route itself is fairly level. Event Number Y1376. Registration for volkssport credit is in Flagstaff.

2. Honolulu, Oahu - Waterfront, Hawaii

For the best walk outside of the lower 48, our reviewers cited the tropical views of the bay, mountains, Waikiki, Diamond Head and other beaches as the reason this deserves top status.

3. West Point, New York

This is one of the oldest year-round walks in the United States, and our reviewers say it has stood the test of time. Walking through the campus, seeing all of the history, and enjoying the views of the Hudson River Valley make it worth the trip.

4. World Forestry Center, Portland, Oregon

This is known as the "Crown Jewel Walk," and it is a great immersion in the Northwest. The start is at a forest museum next to the zoo, and you walk through the arboretum to the International Rose Test Garden and the Japanese Garden for spectacular views of the city of Portland. This is mostly on natural trails, so wear hiking shoes and plan for mud.

5. Garden of the Gods - Colorado Springs, Colorado

The Garden of the Gods walk near Colorado Springs, Colorado takes you into a stunning natural area of fantasy rock formations. The start is at the Garden of the Gods Trading Post, 324 Beckers Lane. The 11 kilometer (7 mile) trail is rated moderate on trails and roads and is at an altitude of 6412 ft.

6. Virginia City, Montana

Near Yellowstone National Park, this town vividly recalls the Gold Rush days. Guides and re-enactors will even stage a gunfight for you, and you can pan for gold. The walk goes through the fabled Boot Hill cemetery.

7. Mackinaw City, Michigan

You could enjoy the walk or bike around picturesque Mackinac Island. This event was voted into the top 10 numerous times.

8. Truckee River Trail, Reno, Nevada

I added my vote to this list, as I enjoyed the Truckee River Trail a few times in the past year. It is a wonderful walk along a pleasant river, with all of the thrills of downtown Reno at the National Automobile Museum start/finish. If I ever move to Reno, this would be why.

9. Spring Mill State Park, Mitchell, Indiana

This is a lovely hike in southern Indiana. Our reviewers say the walk goes through a virgin forest, along a stream, by sinkholes and caves, a restored pioneer village and grist mill. The walks starts at a charming inn worth a stay.

10. Indianapolis, Indiana

Many walkers try to collect walks in all of the state capitals. Indianapolis offers many historic landmarks and late Victorian homes.

My father considered a walk among the mountains as the equivalent of churchgoing. ~ Aldous Huxley

Earth Day Walk at Washington Oaks State Gardens

Join the Happy Wanderers for a day of historical re-enactors, interpretive Programs, Plant sales, refreshments, BBQ, entertainment and more. Beautiful gardens are the centerpiece of this park and walkers will enjoy a lovely walk along picturesque oak hammocks as well as the unique shoreline of coquina rock formations that line the Atlantic beach.



Sunday, April 20, 2008
START: 9AM to NOON
FINISH BY: 3PM

For more information contact: Happy Wanderers
www.happywanderersfl.org
Marvin: 386-788-4026 (marvst717@cfl.rr.com)
or Larry: 386-409-3793 (mrlarry@bellsouth.net)

Directions: I-95, Exit 284. Go East on Highway 100 for 3.4 miles to A1A (Flagler Beach). Turn North on A1A, go 12.2 miles to Park Entrance on West side of road.

CLUB CONTACTS:

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Walking Events in Florida

March 2008

March 8	Myakka State Park	Suncoast Sandpipers
March 15	Festival Bay Mall, Orlando	Mid-Florida Milers
March 22	Cracker Creek/ Gamble Place Port Orange	Happy Wanderers
March 30	Ponce Inlet/Winter Haven Park	Happy Wanderers

April 2008

April 5	Langford Park/ Thornton Park Orlando	Mid-Florida Milers
April 12	Lido Beach, St. Armand's Circle	Suncoast Sandpipers
April 20	Earth Day at Washington Oaks	Happy Wanderers
April 26	University of N. Florida	First Coast Trail Forgers

May 2008

May 3	Kelly Park, Apopka	Mid-Florida Milers
May 10	Ft. Clinch State Park	First Coast Trail Forgers

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.

Mark your Calendar



Roger Poitras and Bob Zook greeting walkers at Warren Park

May 3, 2008
Kelly Park, Apopka

May 17, 2008
Liberty Park, Lake Mary

June 7, 2008
Hunters Creek Publix, Orlando

June 21, 2008
Oveido Aquatic Center

July 5, 2008
Mall at Millenia, Orlando

July 19, 2008
Longwood



May 8th is World Walking Day
Get out and do one of our
great Year Round Walks!



MID-FLORIDA MILERS MEMBERSHIP APPLICATION

Send application & check to:

Mid-Florida Milers, P.O. Box 4574, 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) with membership questions.

DATE _____ SIGNATURE _____