



Mid-Florida Milers Walking News

May/June 2008

Palm Beach Weekend

- by Rosemary Barna



The Mid-Florida Milers Palm Beach week-end was filled with one great walk after another. And of course between each walk, club members managed to find a convenient eating establishment in which to relax and converse. We met at Good Samaritan Hospital on Friday night for a stroll along the waterfront and through the renovated downtown fine arts district to CityPlace, a rousing entertainment complex in West Palm Beach. We had dinner at Legal Sea Foods. From seaweed salad to a ceviche trio, we enjoyed the dining adventure. Ginny Plummer's vegetarian dish was the surprise of the evening as it was served in a Chinese take-out container. Saturday morning we met in Lake Worth and walked along the beach and through neighborhoods filled with quaint bungalows and amazing tropical landscaping. We then drove along the beach to ooh and aah at the many seaside mansions. After lunch at TooJay's in Palm Beach, we walked

down Worth Ave., ogling the Ferrari's, Bentley's and Porsche Cayenne's (my favorite). The walk continued along the intercoastal waterway and then out to view the castle-like mansions along the ocean, with Allan Stollberg letting us in on behind-the-scenes tidbits (like wine rooms with computerized systems to keep track of thousands of bottles) for the mansions at which he had worked. We finished the evening again at CityPlace with dinner at Saito's Japanese Steak House, entertainment by a Spanish guitarist, and, of course, shopping and an ice cream cone. Sunday morning took us to an urban wetland park, Grassy Waters, where we walked the boardwalks, checked out the small museum, and walked along the wetlands Owahee Trail. After a drive to Hobe Sound and lunch at a local pub, we attacked the final trail at Jonathan Dickenson State Park. Well fed, well exercised, and tired but happy, we turned our sights toward home.



Walking at Grassy Waters

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Events:

Walks were held in the West Palm Beach area (5), Orlando Outlet Malls, Orlando's Old Town, and Winter Park in March and April. 150 walkers participated in the 4 event dates and there were 25 lunch participants at Cricketer's Arms on 15 March. Good response to these walks. Some details of these events are below. If you have a nice walk you have accomplished and would like to tell us about it, please send a paragraph and photos to the Editor, Kathy, before the 18th of any even numbered month.

The five West Palm area walks were fun as usual and the one sanctioned walk set up was an adventure by itself. With eleven walkers, we all had great group walks and two super dinners at Legal Seafood and Saito's Japanese Restaurant. The four of us who walked Jonathan Dickinson SP enjoyed that on the way back north.

The 15 March walk at Festival Bay Mall (e.g. Bass Pro Shop) had 42 walkers and started at the Cricketer's Arms Pub where, at 11:00 AM, a large group of soccer lovers arrived as we finished the walk to see one of the 3 English Soccer matches shown. After a good English lunch all were free to continue shopping at the new Prime One outlet (old Belz) or the Festival Bay stores (try Harry and David's I was told).

Gail Brooks, Club President, prepared a great



Walk registration at the Langford Park gazebo.

route in Orlando's historic district for the 44 walkers on 4 April. An additional plus was the Fiesta in the Park at Lake Eola where one could shop while walking. Many noted, though living here for awhile, they had not seen this area. Some walkers then went to Thornton Park's Wildfire BBQ.



The 19 April Winter Park route prepared by Rosemary Barna, MFM Secretary, was on a great weather day, cool and warming by noon. The route through Mead Garden, the



Winter Park Farmers' Market, Central Park, and finishing in Winter Park Village was a great walk for the 56 participants.



Jim, Gail, Joan, Donna and Kathy finishing the Thornton Park Walk.

THE Spirit OF WALKING

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 at any event.

MFM Walking Award

Walk just 15 YRE or weekend events by 1 August or 1 December and at the Anniversary lunch or Christmas dinner be presented an anorak with your name and Club name on it. Club membership is a requirement at the time you walk.



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

20 Years of Walking

MFM's 20th Anniversary is in 2009 and we would like you to serve on the 20 Years of Walking events committee. Since we are in the formative stages, you can help to develop innovative and fun events during the year. The Anniversary event will be in August.

Call Gail at 407.895.3586 to volunteer.

Liberty Park, Lake Mary - May 17, 2008

Start between 8:00 and 9:30.

5 and 10K routes

Directions are provided for both 5 and 10K routes. Walk through mostly shaded streets. Wheelchairs and strollers are easy 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 use exit 98. Turn east (right from Orlando, left from Daytona) for 2.5 miles. Turn left on Country Club Rd for 0.8 miles to Liberty Park on the right. Proceed to the Pavilion near the restrooms. Call 407.304.6394 on the day of the event with questions.

Hunters Creek - June 7, 2008

Start between 9:00 and 10:30 AM

5 and 10K routes

Walk in the large residential areas of Hunter's Creek. Hawaiian lunch at the Kahuna Grill after the walk (<http://www.kahunagrill.net>). Directions are provided for both 5 and 10K routes. Wheelchairs and strollers are easy difficulty and pets are allowed (though not in the restaurant). The walk is free but Event Record Books are stamped for a \$3.00 fee. Call 407.304.6394 on the day of the event with questions.



Directions: Start at the Kahuna Grill at 13701 S John Young Pkwy, Orlando FL 32837. From I-4, SR 528 (Beachline) and SR 417, go south on John Young Parkway to a left turn lane at Teal (no light, .25 mi). Restaurant is corner of Teal and JYP. If traffic does not allow go to Town Center Blvd (light, 0.6 miles south of SR 417). A U turn to Teal is allowed. Turn left on Town Center Blvd and left into the shopping center on Town Place (0.1 mi); go to the Walk Start at the Kahuna Grill on the left before Teal.

Oveido Aquatic Center - June 21, 2008

Start between 8:00 and 9:30 AM

5 and 10K routes

Walk in the older Oviedo areas and in some newer residential areas. Part of the walk is on the RTT Cross Seminole Trail. 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: Oviedo is easily reached from I-4, exit 94, SR 434, and drive east crossing Ronald Reagan, US 17-92, and curving right to head south. At the 2d light, Broadway, turn left to Oviedo Blvd. and turn right to the center. By toll road SR 417 drive to exit 41 on SR 417 (toll). Red Bug Lake Road. Drive 1.9 miles east (right from the south), cross Aloma, cross SR 434 (Alafaya Trail) to Oviedo Blvd.(no light). Turn left to the Center that is on the right.

Walking takes longer... than any other known form of locomotion except crawling. Thus it stretches time and prolongs life. Life is already too short to waste on speed. ~ Edward Abbey, "Walking"



Above - Barbara and Jack Barati registering for the Winter Park Village walk. Below - Part of the walk route through Lake Island Park in Winter Park.



Miler Milestones

Event Awards:

Martha Strickland	150
Sally Hammond	150
Joan Lanpher	475
Arlene Aycock	525
Joe Aycock	525
Ladd Duncan	600
Donna Duncan	650

Distance Awards:

Rosemary Barna	500K
Ron Barna	500K
Anna Fuller	1,000K
Carl Fuller	1,000K
Sally Hammond	1,500K
Martha Strickland	1,500K
Mike Lanpher	6,000K
Rena McMahon	10,000K

Florida State Park Walks



Are you looking for a new place to walk , or just want to enjoy the great outdoors? Don't forget about the Walk Florida State Parks program.

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|---|--|
| Big Lagoon State Park Panama City Beach Pensacola | Little Talbot Island State Park - Jacksonville |
| Paynes Creek State Park - Bowling Green | Lake Kissimmee State Park - Lake Wales |
| Dade Battlefield State Park - Bushnell | Sebastian Inlet State Park - Melbourne Beach |
| Honeymoon Island State Park - Dunedin | Krul Lake State Park - Milton |
| Hontoon Island State Park - DeLand | Blue Spring State Park - Orange City |
| Crystal River Preserve State Park Visitor Center | Oscar Scherer State Park - Osprey |
| Pine Log State Forest - Ebro | St. Andrews State Park - Panama City |
| Fort Clinch State Park - Fernandina Beach | Highlands Hammock State Park - Sebring |
| O'Leno State Park - High Springs | Maclay State Gardens - Tallahassee |
| Jonathan Dickinson State Park - Hobe Sound | Hillsborough River State Park Thonotosassa |
| Fort Cooper State Park - Inverness | Wekiwa Springs State Park - Apopka |

CLUB CONTACTS:

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Mark your Calendar

May 2008

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|--------|----------------------------------|---------------------------|
| May 3 | Kelly Park, Apopka | Mid-Florida Milers |
| May 10 | Ft. Clinch State Park | First Coast Trail Forgers |
| May 10 | Belleair YRE Group Walk | Suncoast Sandpipers |
| May 17 | Liberty Park, Lake Mary | Mid-Florida Milers |
| May 18 | Sunshine Bakery, Mt. Dora | Happy Wanderers |
| May 24 | Peters Point Park, Ameila Island | First Coast Trail Forgers |
| May 24 | Palms Resort & Marina, Sanford | Happy Wanderers |

June 2008

- | | | |
|---------|-------------------------|--------------------|
| June 3 | New Smyrna Beach | Happy Wanderers |
| June 7 | Hunters Creek Kahuna's | Mid-Florida Milers |
| June 15 | Winn-Dixie, Port Orange | Happy Wanderers |
| June 21 | Oviedo Aquatic Center | Mid-Florida Milers |

July 2008

- | | | |
|---------|-------------------------------------|--------------------|
| July 5 | Mall at Millenia, Orlando | Mid-Florida Milers |
| July 19 | Longwood Albertsons, Wekiva Springs | Mid-Florida Milers |
| July 26 | Ormond Beach | Happy Wanderers |



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.

Walking around the States

Donna & Ladd's Excellent Adventure



March 8, 2008 – Chattanooga – cold, wet and windy. Note the frozen dog to my right.

Over Spring Break, Donna and Ladd Duncan took a road trip to the frozen north to add some State and State Capital walks. Next time you see them ask them about their travels.



March 10, 2008 – Tennessee Capitol Building. Andrew Jackson on a horse.



March 11, 2008 - Kentucky Capitol Building. Note snow on steps.



March 11, 2008 – Columbus, Ohio – the instructions said to follow the paved path (????) through the park.

March 12, 2008 Indiana State Capitol building. ▶



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) with membership questions.

DATE _____ SIGNATURE _____