



Mid-Florida Milers Walking News

January/February 2009

The Year in Review:



CLUB CONTACTS:

- President
Gail Brooks
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- Vice President
Roger Poitras
- Secretary
Rosemary Barna
- Treasurer
Jim Plummer
- Trailmaster
Mike Lanpher
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- Webmaven
Jackie Walchuck
- Membership
Sarah Williams
- Specialties
Ginny Plummer
- Publicity
Letty Zook
- Hospitality
Rena McMahon
- FVA Representative
John McMahon
- Newsletter
Kathy Bargar
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- Past President
Jan Varnon

- 11: 2008 MFM Year Round Sanctioned Events
- 703: Registered Participants in MFM Year Round Walks
- 24: MFM Scheduled/Sanctioned Events (non-YRE)
- 1154: Registered Participants in MFM Scheduled/Sanctioned Events
- 116: MFM Club Members
- 34: MFM Club Members Earning Jacket Award
- 33: States that walkers came from to do YRE



Sharon Predham - Rookie of the Year (New Member with most walks)



Jim Plummer - Most MFM Scheduled/sanctioned walks



Ladd & Donna Duncan - Most MFM Year Round Walks - 10 Each!



Gary and Anna, Joyce and Don Completed their PHD's which were awarded at the Annual Holiday Party. Congratulation!

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Walking Club*

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Mid-Florida Milers History

There have been 20 Years of Walking as far west as Brooksville, south to West Palm Beach, east to Christmas, and north to Sanford and Lake Helen. The Mid-Florida Milers have sanctioned some 200 events and annually from four YREs in 1995 to eleven for the last three years. Many walks from weekend walks, Thursday evening walks (1998-2001), and Saturday Summer walks each week (2002-2007) have been provided for the club, local citizens, and volkssporters worldwide. We have hosted the AVA Executive

Council (2006), the FVA semi-annual meetings (mutiple), and planned and conducted the Prevention Magazine walk in 1993, the Retired AF Nurses Association in 2001, the Military Comptrollers Convention walk, and the Windermere Christmas walks.

Thanks to Les (L), Gloria, & Mark, and for their efforts years ago starting us on the Walking path.



MFM Fast Facts

1 Walk Across Florida (three clubs waling in their area) started in 1990 at University of Central Florida

2 The longest continuous member is Bill Woolgar (also past President) The longest serving President is also Bill Woolgar (8 years).

3 Year Round Events are unique to the USA, Canada, & UK (UK call them permanent walks).

20th Anniversary Events

The Kickoff January events will be the annual New Years' Day Lake Buena Vista walk and lunch at the Crab House and 17 January at Wekiva Springs State Park where the club's 1st walk was held in 1990. Rena will be preparing a fabulous brunch at that walk, not to be missed. The events for the 1st 6 months are below. We encourage you to support the club in 2009 at all or as many walks as possible. Use this list as a place holder on your calendar. The shaded are "memory walks". Make this year of walking part of your New Years resolution!

Date	Location
1-January	LBV(95 on)
17-January	Wekiva Springs (1st event) (90)
7-February	Orlando
21-February	Lake Mary (92)
7-March	Christmas (95)
21-March	Maitland
4-April	TBD
18- April	College Park(92)
2- May	St Cloud (98)
16- May	Orlando(93)
6 -June	Orlando
20-June	Sanford (91)

THE spirit OF WALKING

Interview with Bob Nicholson

Q. When was your term of office?

I was president off and on during 91,92,93. I got out of the job when I brought Bill Woolgar into the club. Bill would only serve as president if I would serve as his treasurer. If I had not given out he might still be serving. He was and is a wonderful friend.

Q. Who were some of your board members?

First in 91, I was the vice president and Frank Kunn was president. Mark Merwarth was the treasurer, my wife Barbara was the secretary, Tom Doran headed up membership, and the Baratis took care of specialties.

Just when Frank passed the gavel to me I do not know, but it was during the early start of the preparation for the Prevention Magazine Convention. Frank did an outstanding job in the early planning. Our club was awarded the Presidents Award for our efforts. Frank Demoli out did himself on this one. First you walked, then you sailed across the lake on a Disney boat. Then you walked some more. The return to the starting point at the convention hotel required a ride on the monorail.

In 93, Judy had to give up the presidency and somehow I took over again.

Joan Lanpher became the club secretary some time during 92 and was my "girl Friday." She served with me and kept me straight during my term. Joann Cross was my vice president all the time. John and Rena took over specialties and like the Baraties were fabulous. Tom Doran was still serving.

Between Frank Demoli and Mike Lanpher serving as trail masters during my terms we had many outstanding walks.

Q. How did you get interested in the volkssport walking?

My wife read about the milers and we joined the club at the first walk at Weikva. On our first walk, we learned that you should read the instructions. We joined several ex-GI's, who did walks in Germany, and they proceeded to get us lost. We did a few extra K's that day.

Q. Tell us about the first few walks.

Our worst walk was the first walk we did at UCF. Rena is young enough to remember and compare. All of the walks are great and the people you meet are terrific.

Q. What message do you have for our current membership?

My message to the club would be to attend the conventions if at all possible. You will look forward to the next time. If you want to see the USA become a Volkssport member.



*If you want to see the USA, become a Volkssport member.
Bob Nicholson*

TRAILMASTER'S topics:

By Mike Lanpher
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Events

We ended October and started our busy November-December season at Walk Around Florida XIX. See the separate article. We walked at the Festival of the Masters on 8 Nov and in Baldwin Park on 15th. We also had our Sunday YRE walk the 23rd in Maitland with 24 walkers participating.



The 6th of December was a walk thru the McCoy AFB quarters (taken by the Navy and then sold to a developer). An interesting and historical part of Orlando. Following that we again set up and ran the night walk in Windermere. A very nice evening though the club (and Windermere) participants were much less than the last 2 years. My thanks to the 20+ volunteers who helped set up, put out and take up signs, register the 123 walkers, and pass out tees.

Next to last we walked in Winter Park from the Winter Pines Golf Course. It was a very nice evening and about 35 walkers attended. The walk around Golfside included a Cul de sac with some well laid out colored lights as did the Windsong area.

Sebring Events

We ended October and started our busy November-December season at Sebring with a fun weekend at the Kenilworth Lodge and four walks, a Halloween party and a dinner. We had an average of 65 walkers at each event at WAF XIX. The 31st walk in the late PM was interesting



and Alice and Joan's party even more so as you see from the pictures.



The next morning we headed to Lake Placid for a very interesting walk as we passed by some 20+ murals.



That afternoon in the 1st we walked Sebring Historical areas and this birdhouse was quite different.

Then about 70 gathered at the Lakeside Inn for dinner. After a good night's sleep we all headed for Highland Hammock and a walk thru this great park. We set up in the tent used for the CCC celebration the 1st.

WALK SCHEDULE:

<p>January 1, 2009 Lake Buena Vista and Lunch at the Crab House</p>	<p>Description: Start between 9:30 and 10:00 at the Crab House Restaurant at 8496 Palm Parkway, Orlando. Information, call 407.695.9181. All walkers are provided detailed instructions to the route. The event route is in the shopping and hotel areas of Downtown Disney Marketplace. We will register at the Crab House where restrooms are available. After the walk we will eat lunch at the Crab house with multiple delicious entrees available from the menu. Please email mlanpher@cfl.rr.com or call 407.695.9181 to tell us you will be eating. Pets are not allowed. Suitable for strollers and wheelchairs. The event takes place regardless of weather conditions.</p>	<p>Directions: From Tampa, Daytona, Orlando or Seminole County take I-4 to Exit 68, Lake Buena Vista, SR 535, and exit north (left from Tampa; right from Orlando). Turn RIGHT at second light into the on Palm Parkway. Drive 0.3 miles to Crab House and other restaurants (Kobe) on the right. From Cocoa and East Orlando use SR 528 (toll) to I-4 west (Tampa) to Exit 68, SR 535 and exit right (north). Turn RIGHT at second light on Palm Parkway. Drive 0.3 miles to Crab House and other restaurants (Kobe) on the right. From Northwest Orlando use Apopka-Vineland OR SR 535 to Apopka-Vineland. Continue straight on Palm Parkway. Drive 0.3 miles to Crab House and other restaurants (Kobe) on the right.</p>
<p>January 17 Wekiwa Springs State Park, Apopka</p>	<p>Description: Start between 0900 and 1030 at Sink Hole pavilion. Information, call 407.695.9181. Directions are provided for both 5 and 10K routes. Pets are not allowed. There will be a brunch available for a nominal \$5 cost. Please email barnar@bellsouth.net to tell us you will be eating some of Chef Rena's superb creations. This walk is rated 2 with 5K (3 miles) and 10K (6 miles) distances. This is not suitable for small strollers or wheelchairs. The walk is free and Event record books are stamped for a \$3.00 fee. The event takes place regardless of weather conditions.</p>	<p>Directions: 1800 Wekiwa Circle, Apopka, Florida. Phone 407-884-2008. Park Entry is \$5 for 2 or more. From I-4 take exit 94 SR 434 west for 1 mile, turn right on Wekiva Springs Rd. for 4.2 miles, and then right into park. From west of Orlando use SR 429 to SR 441 and go right to and onto SR 436. Turn left on Wekiva Springs Rd. to the park. Call 407.304.6394 on day of event.</p>
<p>January 25 Starbucks at Celebration (Sunday)</p>	<p>Description: Register at 2:30-3:00 and walk at 3:00. Information, call 407.695.9181. Group Walk of the Celebration Old Town Year Round 10 km event. A 5K route is available. Directions are provided for both 5 and 10K routes. The Mid-Florida Milers are offering a group walk of one of their year-round events once each month. This gives an opportunity for those who do not enjoy walking alone, or who want to share fellowship with other walkers, to enjoy these trails. Wheelchairs and strollers are an easy difficulty and pets are allowed. The walk is free and Event record books are stamped for a \$3.00 fee. The event takes place regardless of weather conditions.</p>	<p>Directions: To 715 Bloom St., Celebration, from Tampa go east on I-4, take Exit 64B, US 192, east to Celebration Ave. OR From Daytona/Orlando go west, take Exit 64A, US 192, east to Celebration Ave. Then turn right on Celebration Ave. OR From Kissimmee on US 192 turn left on Celebration Ave. From Cocoa & east Orlando on SR 417 take exit 2, Celebration Ave. and turn left. Enter Celebration and go to 1st stop sign, turn left to Front Street. Turn right to Starbucks ahead at Bloom St. Park in any available place. Call 407.304.6394 on day of event</p>

Year Round Events:

We will have Group walks of our YREs once a month in 2009 on a Sunday at 3:00 pm. Be there at least 15 minutes prior to register. Directions will be on the web site. Head out on your own or enjoy walking as a group.

<p>February 7, 2009 Renaissance Senior Center Orlando</p>	<p>Description: Start between 9:00 and 10:30. Information, call 407.695.9181. This walk is mostly flat on sidewalks and quiet streets in residential neighborhoods and provides the walker the opportunity to stroll thru several southeast Orlando neighborhoods and along wilderness area boundaries. Enjoy beautiful landscaping and bird watching. All walkers should carry water. There are restrooms at start and finish. This walk is rated 1 with a 5K (3 miles) and 10K (6 miles) distances. The walk is free and Event record books are stamped for a \$3.00 fee. The event takes place regardless of weather conditions.</p>	<p>Directions: To Renaissance Senior Center at 3800 S Econlockhatchee Trl. from west Seminole County, Orlando, and Daytona take I-4 to SR 408, Exit 82, (East-West Expwy (toll)) to SR417 (toll), south, to exit 30, Curry Ford Rd. & turn right (west). From Tampa take I-4, exit 62, SR 417 north (toll) to exit 30, Curry Ford Rd & turn left (west). From Cocoa: take SR 528 (toll) west to SR 417 (toll), north to exit 30, Curry Ford Rd. & turn left (west). From above drive 0.3 miles to Econlockhatchee Trl. (light), turn left (south) and drive 1 mile. Turn right into Curry Ford Community Park (Renaissance Senior Center is at the rear of the park). Call 407.304.6394 on the day of the event with questions.</p>
<p>February 15, 2009 *Sunday Afternoon* Crosby YMCA Winter Park</p>	<p>Description: Register at 2:30-3:00 and walk at 3:00. Information, call 407.695.9181. This is a Group Walk of the Winter Park Year Round (permanent) 10 km event. A 5K route is available. Directions are provided for both 5K and 10K routes. The Mid-Florida Milers are offering a group walk of one of their year-round events once each month. This gives an opportunity for those who do not enjoy walking alone, or who want to share fellowship with other walkers, to enjoy these trails. Wheelchairs and strollers are an easy difficulty and pets are allowed. Cost is free. Event record books are stamped for a \$3.00 fee.</p>	<p>Directions: To 2005 Mizell Avenue, Winter Park from Orlando take I-4 east to Exit 87, Fairbanks Ave. and drive right (east) for 3.5 miles thru Winter Park (becomes Aloma). Turn right on Lakemont Ave. Then at the 1st light, turn left on Mizell Ave. Go 2 blocks and turn right on Edinburgh. From SR 417 use Exit 38, Aloma, and turn west, drive 6 miles. Turn left on Lakemont at Walgreens (on left). Then at the 1st light, turn left on Mizell Ave. Go 2 blocks and turn right on Edinburgh. Call 407.304.6394 on day of event.</p>
<p>February 21, 2009 Lake Mary, Sylvan Park</p>	<p>Description: Start between 9:00 and 10:30. Information, call 407.695.9181. There are restrooms at start and finish. This walk is rated 1 with a 5K (3 miles) and 10K (6 miles) distances. . Directions are provided. Wheelchairs and strollers are medium difficulty and pets are allowed. Cost is free. Event record books are stamped for a \$3.00 fee. .</p>	<p>Directions: To 845 Lake Markham Road, Sanford, from east or west I-4 take Exit 101c, SR 46. Turn west (left from Orlando) and drive about 3 miles to Lake Markham Road. Turn left to Park entrance on the left. From the west use SR 46 crossing the Wekiva River and passing Longwood-Markham Road then turning right on Lake Markham Road. From east Orlando and Melbourne, use SR 417 to I-4 and follow directions to exit 101c, SR 46. Call 407.304.6394 on the day of the event with questions.</p>
<p>Looking Ahead: March 7, 2009 Orlando Wetlands Park</p> <p>March 15, 2009 ORMC, Orlando Group Walk</p>		

2008 MFM Volksporster of the Year Award

At the Mid Florida Millers Holiday Party, Rosemary Barna was awarded the Volksporster of the Year Award for support she has provided to the club in volunteering at walks, acting as club secretary and promoting volkssporting.

Dear Mid-Florida Miler Friends,

Thank you so much for the honor of being named our club's Volksporster of the Year. I was so surprised! I had several members' names in mind to bring up as possible candidates at the November Board meeting, but was unable to attend. I was disappointed that I had not been able to highlight my possible candidates, yet never imagined that others had been working behind the scenes to nominate me.

Ron and I found the Mid-Florida Millers through an internet search about 2 ½ years ago. I have fallen in love with volkssporting. I just wish I had discovered it years ago so that I could be completing my 1000th walk instead of getting near my 100th. The walking opportunities that allow us to see unique areas of Florida, the friends we have made, and exercise that we get make this club a perfect fit. We have even enjoyed bringing our 7-month-old grandson, Brayden on three walks in the past month.

Have a great night at Windermere and we will see you all at the Winter Park Pines night walk next week.

Happy walking,

Rosemary Barna



Walks by other clubs

January 2009

Jan 4(Sun)	County Library Ormond Beach	Happy Wanderers
Jan 10	Old Ortega group walk	First Coast Trail Forgers
Jan 11(Sun)	See the Lights St. Augustine	Happy Wanderers
Jan 18(Sun)	Blueberry Muffin Indialantic	Happy Wanderers
Jan 24	Viera Event	Happy Wanderers
Jan 24	Fort George Island Group Event	First Coast Trail Forgers
Jan 25(Sun)	Volusia Mall Daytona Beach	Happy Wanderers
Jan 31	Kumquat Festival - Dade City	Suncoast Sandpipers

February 2009

Feb 1(Sun)	County Library Deland	Happy Wanderers
Feb.7	Ravine Gardens/Palatka group walk	First Coast Trail Forgers
Feb 8(Sun)	Mt. Dora Art Festival	Happy Wanderers
Feb 14	Cortez Village - Brandenton Beach	Suncoast Sandpipers
Feb 15(Sun)	County Library Ormond Beach	Happy Wanderers
Feb. 21	Univ. of North Florida group walk	First Coast Trail Forgers
Feb 22(Sun)	Art Festival New Smyrna Beach....	Happy Wanderers
Feb 28	Gemini Springs Event - Debarry	Happy Wanderers

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

www.happywanderersfl.org

www.firstcoasttrailforgerswalkingclub.org

www.home.tampabay.rr.com/sandpipers/sndpiper.html

New Walking Programs starting in 2009

America's Artistic Heritage Event Program

America's Historic Churches Special Event Program

Celebrate America's Gardens: Public Flower Gardens and Flower Festivals Program

Great Lakes, Great Walks, Great Fun Event Program

Liberty Bell Event Program

Museum Walk America Event Program

Veteran Memorials Event Program

Walking Waterfalls Event Program

* Go to the AVA Website for more information on these new programs as well as the ongoing programs.

JANUARY 17, 2009
WEKIWA STATE PARK WALK

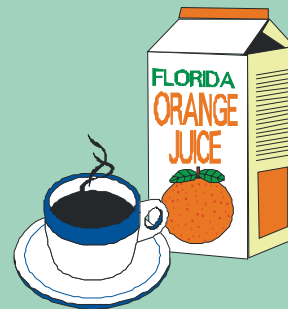
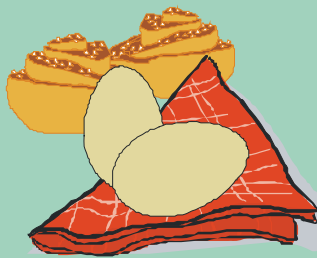
BRUNCH by CHEF RENA!

PLAN TO STAY AFTER YOUR WALK FOR A FABULOUS BRUNCH PREPARED ESPECIALLY FOR YOU BY OUR OWN CHEF RENA.

OMELETS, SAUSAGE, PANCAKES, FRUIT, JUICE AND COFFEE

COST: \$5.00 PER PERSON

PLEASE
RSVP TO ROSEMARY BARNA:
BARNAR@BELLSOUTH.NET
OR CALL: 407-894-3069



2009 AVA Convention

The AVA 2009 Convention will be held in Richardson (next to Dallas), Texas. Dates are June 22 through June 26. This part of Texas is known as the Telecom Corridor. The Renaissance Hotel is the convention headquarters. The hotel is immediately near the DART rail system for traveling throughout the Dallas area and is a short distance from DFW Airport, and Dallas Love Field Aripport. Reservations for rooms are now available. Cost is only \$129/night single or double.

