



Mid-Florida Milers Walking News

November/December 2009

Rena, My Hero

by Jackie Walchuk

CLUB CONTACTS:

President
Gail Brooks
407.895.3586
gbrooks@canin.com

Vice President
Peter Fournier

Secretary
Rosemary Barna

Treasurer
Jim Plummer

Trailmaster
Mike Lanpher
407.695.9181
mlanpher@cfl.rr.com

Webmaven
Jackie Walchuk

Specialties
Ginny Plummer

Publicity
Letty Zook

FVA Representative
John McMahon

Newsletter
Kathy Bargar
kbargar@bellsouth.net

Past President
Jan Varnon

Mid-Florida Milers Walking Club

midfloridamilers@
hotmail.com

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

Hero. That word gets thrown around a lot, and applied to a lot of people...celebrities, sports stars, musicians, actors, even fictional characters. But how many times can we apply that word to someone in our immediate lives? How many times DO we apply it, even when we have the chance? I have been blessed to have a very special hero in my own life, and I don't think she ever even knew it. Sadly, I never thought to tell her. So here goes...

I met Rena in 1996 or so, on one of many Mid-Florida Milers walks I went on before I knew anything about the sport of volksmarching. I saw her from time to time, and was always struck by how friendly and welcoming she was. In fact, I was absolutely shocked when, upon returning to Orlando after living in North Carolina for a little over a year, I saw Rena at the Oviedo walk and was greeted by her as if I were her long lost sister and friend, given a warm welcome that I would later see given to countless other people over the years, each one feeling like he or she was one of Rena's most special friends in the whole world. I wasn't even an "official" club member at that point...and really decided to join up and do the whole "walk for credit" thing because of Rena. If volksmarching has a Hall of Fame,



or a Good Will Ambassador, she would be voted in on the first try!

Over the next several years, I was privileged to get to know

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For any who may not know—Rena McMahon has passed away after a heroic fight with Chronic Lymphoma Leukemia. Most of us did not even know how ill Rena was, since she always exuded a bright personality and spirit.

Her husband, John, writes: Rena's most precious desire was to complete her 50 state walking goal. I cannot tell you how happy she was when she and I returned to the lobby of the Howard Johnson's hotel in Fargo, ND last Friday after doing just that. She had to complete this goal in a wheelchair, but the route was easy and she was so impressed with the sights and all.

We extend our deepest sympathy to John, and we share his deep sorrow. We will miss Rena her friendly smile, and her generous heart more than words can express. Keep John in your thoughts and prayers. Our greatest comfort is to know that Rena, as John wrote, "has passed from this life to a place where there no hills on the trails and the weather is mild to walk her eternal YRE.

Sharing our sorrow on behalf of the Mid-Florida Milers,
Letty Zook

Trailmaster Topics
 By Mike Lanpher
 mlanpher@cfl.rr.com/407.695.9181

Joan and I took off to the northeast for 28 days in October. This is a trip we have "talked" about for a many years but finally did it. As usual, the Milers' walks in October were managed by the club effortlessly as volunteers stepped up to pre-walk the routes, set-up on walk day and break down afterwards. Particular thanks to President Gail, Vice President Peter, and Treasurer Jim for their efforts to pre-walk and set up the walks.

The walks in November for Walk Around Florida need quite a few volunteers. There is a Worker Walk for event volunteers on November 8th. If you have signed up to volunteer or can work at the walks on 14 November, let me know and you can walk it a week early. Please pre-register for the WAF XX events so we can gage participation. There is a nice award of the Florida State pin with the three WAF clubs identified on it.

2009 – 20th Anniversary Events

Details are on the club's website
 (www.midfloridamilers.org)
 or call 407.695.9181

Date	Location (date is original walk)
13 Nov	Town of Celebration at 4:30 (5:30 for 5K)
14 Nov	Kelly Park, Apopka w/ lunch
14 Nov	Winter Garden Station @ 12:00 – 2:00pm
15 Nov	Lake Buena Vista Festival of the Masters
21 Nov	Kissimmee (1996)
29 Nov	Group Walk - Altamonte Springs
5 Dec	Mark St. Senior Center - Orlando
19 Dec	Night Walk, Trotwood Park, Tuskawilla (1992)

The 2010 walks are being formulated and the 1st half of 2010 is ready to be sanctioned. Walks will be in Bay Hill, Harmony, Tibet Butler Spring, Fiesta in Lake Eola, Winter Park Art Show, Leesburg, Minneola, and a weekend in West Palm for the 4 walks in that area. Many new routes and some take-offs of older walks. We hope you find the time to walk all the Year rounds each six months and one sanctioned walk on the 1st or 3rd Saturday of each month. The 2009 attendance has been averaging about 45 per walk.

I look forward to seeing you at one of the next walks.



Welcome New MFM Members

Thank you for joining our walking club and supporting our efforts to provide the best walks possible for fun and fitness.

- Angela, Abraham, and Angel Chavez
- Diane Cobaugh
- Annie, Stephanie, and Tristan Coffin
- Carmen Griffeths
- Jenny Iacovazzi
- Pepper and Patsy Keller
- George Kornegay
- Ana Marta Rodriguez, David and Martamarie Hernandez
- Kelly and Bob Stoll

Our Membership Year runs from July 1 to June 30, but we welcome members at any time.

Want to join or renew? Contact Letty Zook at Letz@earthlink.net for information.

Walk Around Florida XX

20
YEARS

November 13-15, 2009

Walk Around Florida is 20 years old. This year MFM, the Happy Wanderers, and the Suncoast Sandpipers will hold WAF XX in Orlando walking on the west side of town. The weekend of 13-15 November has been chosen and 4 walk events are planned. Though the change may have deterred some walkers who attended WAF events only in their own area, it continues the true spirit of the event. The three clubs join together to explore new areas in Florida, offer walks to residents who never heard of "volkssporting," and enjoy the friendships that have remained strong for twenty years.

In 2009, Walk Around Florida XX moves to Orlando. The event will correspond with National Executive Council and Florida Volkssport Association meetings. The walks provide four very different venues; and the dinner at Black Angus Restaurant Saturday evening, preceded by an auction and mixer, will be the social highlight of the weekend.

Registration will be at the Holiday Inn Express Hotel at Lake Buena Vista. The



hotel offers free breakfast and a room w/microwave, refrigerator, and coffee maker including free high speed Internet. Hotel reservations are made by calling 407-239-8400. Be sure to tell the hotel that you are part of the "Walk Around Florida" group in order to receive the discounted rate of \$72 + tax per room. Call Alicia at 407-584-4002 if there is an issue.

Preregistration is requested to help us plan for the events and to purchase one of the limited number of pin awards.

See the website for registration forms. The four walks during WAF XX are some of the best routes in west Orlando:

- **Nov 13** - Celebration, award-winning YRE. The walk can be followed by dinner at one of the many restaurants in Celebration.
- **Nov 14** - Apopka - Kelly Park, which includes Rock Springs Run, known for its tubing. Lunch will be available for a nominal cost.
- Winter Garden, the rails-to-trails West Orange Trail. Saturday night art auction/reception, then dinner at the Black Angus Restaurant.
- **Nov 15**, Lake Buena Vista, a journey through Downtown Disney and the Festival of the Masters!

The Savannah Bakers Dozen January 14 – 18, 2010



The Happy Wanderers cordially invite you to join in our 6th biennial Savannah, Georgia mega-weekend. "A Bakers Dozen – Thirteen wonderful events will be available for your Walking, Swimming and Biking pleasure.

The "A" Award is a commemorative red yo yo with the words "A Bakers Dozen." Cost is \$7 including IVV credit. You must complete one event to be eligible for the award.



The Marine Corps Reserve collects new, unwrapped toys preferably around the \$10 price range. In Orange, Osceola, and Seminole counties, toys are distributed to children up to 17 years of age only. They will also distribute toys to individuals that are over 17 in special needs cases. The age groups that are most in need of donations are the children from ages 0-2 and ages 15-17.

A Marine Corps reservist, Major Bill Hendricks, started Toys For Tots back in 1947. His wife Diane had crocheted a doll to give to an organization that donated toys to disadvantaged children during Christmas. However, there was not an organization in Los Angeles that distributed toys to disadvantaged children. Major Hendricks decided to gather all the Marines he could to help him collect and distribute toys to disadvantaged children. Toys for Tots was officially established a year later. That first year in Los Angeles, the Marines collected, and distributed about five thousand toys. Since then, they have collected and distributed more than 19 million toys to more than 9 million needy children across the nation.



U.S. MARINE CORPS RESERVE

MFM walkers will have the opportunity to help Central Florida families during the holiday season at our December 6th event. We are asking each walker to bring a new, unwrapped toy to our Marks St. walk on Saturday, December 6. All toys will be donated to the U.S. Marines Corps Reserve Toys for Tots program. Additional opportunities to bring toys will be at the MFM Holiday Party, on Dec.12th.

If you can't join us for the Marks St. walk and still want to help, you can drop off your toy donation at a local collection center. See the Toys for Tots website for drop-off locations.

New Walk Programs for 2010

Hooray for Hollywood

This new special events program started in July 2009 and ends June 30, 2012. Walking through America's cinema history is sponsored by the Footsore Friends of Carlsbad, California. Participate in 20 events that walk by a movie star's home or grave, a motion picture studio, or a site that was used as a location in a film (home-made videos

don't count!)

Cost is \$10. Many existing Year Round walks throughout the U.S. already qualify. POC: Becky Forsythe, PO Box 3071, Battleground, WA 98064, rgforsythe@usa.net

Forts of the United States

The program shall begin January 1, 2010, and end December 31, 2012. This program is not retroactive. All walks must be stamped in the record book using the IVV event stamp. No handwritten entries. Any

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Miler Milestones

Event Awards:

Christian Gately	75
Paul Kramer	275
Lois Shannon	850



Walked all 50 states: John & Rena McMahon



Happy Holidays

from the Mid-Florida Milers

Join us for good fun, friendship
and food!

Saturday, December 12th
at 7:00 p.m.

Vinito Ristorante
at the Prime Outlets

4971 International Drive
Orlando, FL 32819

Order from the menu
(entrees range from 12.99 to 23.99)

RSVP by Saturday Dec. 5th to Gail

gbrooks@canin.com

or call 407.895.3586

Vinito
RISTORANTE

www.vinitousa.com

MFM WALK SCHEDULE:



November 2009

<i>Date</i>	<i>Event Location</i>	<i>Start Time</i>
Nov. 13	Celebration YRE	4:30 p.m.
Nov. 14	Kelly Park, Apopka	9:00–10:00
Nov. 14	Winter Garden Station, Winter Garden	12:30–14:00
Nov. 21	Lakefront Park, Kissimmee	check website
Nov. 29	Group YRE Walk – Altamonte Springs	2:30 – 3:00

December 2009

Dec. 5	Mark Street Senior Center – Orlando	check website
Dec. 19	Night Walk – Trotwood Park, Tusawilla	check website
Dec. 27	Group Walk - Celebration YRE	2:30–3:00

January 2009

Jan. 1	Lake Buena Vista and Lunch at the Crab House	check website
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Walks by other clubs

<i>Date</i>	<i>Event Location</i>	<i>Club</i>
November 2009		
Nov. 1	Resort at Marina, Sanford	Happy Wanderers
Nov. 7	Avondale	First Coast Forgers
Nov. 8	Reed Canal Lake South, S. Daytona	Happy Wanderers
Nov. 11	Veteran's Day Memorial Walk	Happy Wanderers
Nov. 21	Jax/Riverwalk	First Coast Forgers
Nov. 22	Blueberry Muffin Indialantic	Happy Wanderers
Nov. 29	Volusia Library, Ormond Beach	Happy Wanderers
December 2009		
Dec. 5	Fernandina Beach	First Coast Forgers
Dec. 6	Volusia Mall, Daytona Beach	Happy Wanderers
Dec. 12	12K's of Christmas, St. Petersburg	Suncoast Sandpipers
Dec. 13	Mt. Dora Lights Walk	Happy Wanderers
Dec. 19	St. Augustine	First Coast Forgers
Dec. 31	New Years Eve Walk, Sanford	Happy Wanderers
Jan. 14–18	Savannah Bakers Dozen	Happy Wanderers
Jan. 30	Kumquat Festival, Dade City	Suncoast Sandpipers

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

Don't Forget our Year Round Walks!

The Mid-Florida Milers maintain 11 permanent, "Year Round Event" (YRE) sanctioned walks. These routes are available almost every day of the year, and there is something for everyone on this list – whether you prefer downtown, wilderness, or suburban trails.

We suggest you discover the joy of walking the YRE routes that our MFM trailmaster and walk leaders have designed for us. Here's what you do – go to the location of the "start box" for a walk. Inside the start box is a registration log. Please register – you can walk for free but we need to know who is participating in our event. Sign the log and take a start card and trail map. Walk at your own pace, enjoy the local area for as long as you desire (daytime hours only!). If you walk for IVV Credit, stamp your books. Some events have cash boxes or envelopes for payment and some use mail-in envelopes.

Here is a list of our 11 Year Round Events and location of the start boxes. Please reference our Web site (www.midfloridamillers.org) for more specifics on the walks.

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MFM Year-Round Event Walks:

- Altamonte Springs Walk
Sanlando Tennis Complex, Highland Ave.
- Orlando Downtown Memorial Walk
ORMC Hospital
- Orlando Lakes Walk
ORMC Hospital
- Celebration Walk
Starbuck's Coffee (Downtown Celebration)
- Celebration #2/Kissimmee Walk
Starbuck's Coffee (Downtown Celebration)
- Lake Buena Vista Walk
Pirate's Cove Adventure Golf
- Maitland Walk
Walgreens Pharmacy
- Winter Park Walk
Crosby Wellness Center/YMCA

West Palm Beach Area Walks:

- Palm Beach, West Palm Beach, Lake Worth Start Box for all 3 walks is located at Good Samaritan Hospital, on Flagler Dr. in WPB.



Orlando Downtown Memorial YRE Walk

Walking the Northeast

by Mike Lanpher

Joan and I traveled to Vermont via Williamsburg, Annapolis, Philadelphia, New York and Boston. We did 12 walks and some additional walking in these towns. As this was our 1st NE venture, we saw many things we had read and seen via TV or books, but not in person. The many

walking opportunities as in Florida make choice a key factor on what you do and when. Since we were "tourists", most walks took 3 to 4+ hours. The walks in New York described in some detail key places and events (picture on Brooklyn Bridge), Newport RI was a wonderful walk in a very old town, and the Freedom trail in Boston (generally follows the City's trail) was very interesting. The Williamsburg walk inside the Colonial Williamsburg has craftsmen (carpenter pictured) from the 1700s and if you stop and see their work, the walk takes quite some time.



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In Philadelphia there were no walk instructions (for the 3 walks) so in the spirit of helping, I laid out one that was 10 km and Joan and I walked that. A visit that was quite inspiring was the Constitution Hall "Freedom Rising" presentation, a multimedia presentation featuring a live actor, film and video projection. The "We the People" display is also very interesting.

We did join the Liberty Bell Wanderers in Perkasie PA for a Sunday walk, walked in Middlebury VT and through a very nice Middlebury College campus, and of course looked at fall trees and colors as it turned cold and we saw snow.

As we returned we spent 6 hours at Gettysburg walking the Day 3 walk. The

Diorama and the displays at the NPS Visitor Center were well done accenting the renewed late 1800 painting. The walk and monuments (pictured is the Pennsylvania monument) were in some ways overpowering as you can see the fields of action from the 3 July 1863 battle. A great vacation.



Pennsylvania Monument



The article below by Brooksville club member Bob Lazzell was submitted to the National Boy Scout Organization publication and is interesting as he has quite a record of events (2,392) and kilometers (25,590).

"On my way to becoming an Eagle Scout, I chose hiking as one of the merit badges I would earn. The requirement back then was five Ten Mile Hikes and one

Twenty Mile Hike.

I was very fortunate to be able to go on the Indiana Lincoln Trail at Santa Claus, IN, the Illinois Lincoln Trail from New Salem State Park to Springfield, IL, the Chief Blackhawk Trail at Lawden State Park in Oregon, IL, and later, the Daniel Boone Trail near Kingsport, KY.

In January 1959 I joined the US Army and was sent to Fort Knox, KY for Basic Training. Thanks to all my previous hiking

the long 20-mile hikes never presented a problem. In 1973 while on my second assignment to Germany, I was assigned to V Corps in Frankfurt. One day when I took out the trash I noticed a beautiful medal in the garbage can. I took the medal back to the office to ask what it was. "Oh, that's a Volksmarch Medal". They started Volksmarching in Europe in the early 1960's, and they have weekend walks all over Europe. "My first Volksmarch was at Weisbaden AB to celebrate "Operation Vittles", the Berlin Airlift. After that I never slowed down.

It took another 10 years for Volksmarching to make it to the United States. In the 1980's I joined a club at Pope AFB, NC, and was able to get in some nice walks.

In 1991 I retired and moved to Florida, "A Walking Mecca", with outstanding Volksmarching Clubs throughout the State. There were the Suncoast Sandpipers in the Tampa Bay area, the Mid-Florida Millers in the Orlando area, and the Happy Wanderers in the Daytona Beach area."

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Rena and see her often, along with her husband John and friend Dave Bundy. I was always surprised by something new I learned about Rena...the EveryWoman, the Renaissance Woman, the Earth Mother. And every time I thought she couldn't surprise me with some new aspect of her life I didn't know about, she did just that. Like when we were in Sacramento on a walk, and we happened upon a restored Jaguar XKE, and as we were all admiring it, John was asking Rena how close it was to the one SHE RESTORED. Huh? Yes, she restored a Jaguar XKE, like this one.

She also served as a Park Ranger in a National Park, walked back and forth to work over the Golden Gate Bridge from San Francisco to Sausalito when the weather was nice and she wasn't taking the ferry instead, and most recently, offered hope and encouragement and care to patients in a Cardiologist's office, even taking in treats on "Nuclear Day".

We're supposed to learn from our heroes, and I did learn a lot from Rena. I learned that you could be gracious and kind, even when it wasn't easy. I learned that you could find good food in the most unlikely places, and that the things you didn't think you'd like could surprise you. I learned that the simplest and silliest joys were often the greatest, like the sight of a cat tearing through the house with a plastic bag for a cape, or a new really good flavor of ice cream or gelato.

I learned that there was a world outside of a stressful workplace, and that if you wanted to, you could join in! I had that aha moment during a walk through Soldier's Creek Park in Sanford in 2003...my job was practically killing me, and while walking with Rena, John and Dave, I looked up and said "Wow! There's a whole world out here!"...and later in that same walk, they invited me to join them at the Volksmarch Convention in Colorado. Now, had any-

one else issued that invitation, I probably would've passed, thinking, "Oh they're just being nice." But coming from them, it was sincere and I took them up on it.

I learned that you could know a lot about a lot of different things, and not be obnoxious about showing it, a skill I still need a lot more practice to achieve.

Rena knew EVERYTHING! And was always willing to share! She could tell you how to grow potatoes in a black garbage bag, how to preserve produce, how to make jerky, where to get the best goodies.

She loved and appreciated the arts, from the ballet and the opera to Broadway shows, to kiddie fare, to rock and folk music. Oh, I tested her!...and she never ever failed!!! I would throw out a seemingly obscure name, and not only would she show me that she not only knew WHO that was, she knew MORE about them than I did! I'll never forget, during the Outlet Mall Walk in Orlando a few years ago, I threw out the name Leonard Cohen because I had just watched a DVD of his...and she told me about how she and her cabin mates in Colorado would listen to him while snowed in during the depths of winter. All that beauty, all that poetry...all that cabin fever would've made me weep, but Rena looked back on it with a smile. Last year I mentioned that Michael and I had gone to a John Prine concert...and Rena replied "Oh I'm glad to hear he's doing well. He had some health problems a few years ago." I can only imagine that somehow, over the meandering path of her life, she probably MET him, and now counted him as one of her treasured friends.



Rena and Jackie engaged in checkers during MFM's Anniversary Walk and Luncheon

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I did many many walks with Dave, John and Rena over the years. Walkers say that one of the benefits of walking is that you get to see sights that you would otherwise miss. Well to be honest with you, in most of those walks with Rena, I couldn't possibly tell you what we walked past or what we saw. I was always too intrigued by our conversations, which while they were always easy, friendly and captivating, never failed to show me and teach me things. I will miss Rena...she was a combination mother, sister and friend to me... but I will never forget or stop learning from my hero.

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person that participates in and pays the regular AVA event fee is eligible to record the walk in their Forts book. Each event may be included only once. upon completion, a full-color embroidered patch will be issued. Books will go on sale December 1, 2009. Send check in the amount of ten dollars \$10 made payable to TWC-Forts to the POC: Teresa Arnold, 1001 E. Tacoma Street, Broken Arrow, OK 74012. Phone 918-355-5820 Email arnoldtea@hotmail.com

Also starting next year is the Carnegie Libraries and Hillside Letters program.

For more information on these special walk programs and for a complete listing, visit the AVA website and select Special Events Programs.

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 (for E-News) _____

BIRTHDATE(Year not necessary) _____

SPOUSE'S NAME _____ CHILDREN _____

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.

Email Letty Zook with membership questions. letz@earthlink.net

DATE _____ SIGNATURE _____