

Mid-Florida Walking News

September / October, 2006 Issue

THE Spirit OF WALKING

Mid-Florida Milers
Walking Club.
2377 Roanoke
Court,
Lake Mary, FL



Annual MFM Christmas Party

Organized by Gail Brooks



Please come join us in celebrating Christmas

When: Saturday, December 9, 2006 at 6:00 pm

Where: Steak and Ale on 17/92 in Maitland.

Cost: \$20.00 (to be paid in advance or at door. Price includes one of the menu choices below, tax, & gratuity)

Meal: Includes your choice of one of the following, with a non-alcoholic beverage, bread and either a house or Caesar salad:

Signature Herb Roasted Prime Rib

A 10 oz portion of hand-trimmed, seasoned and slow roasted with baked potato

Sirloin Steak

A 7 oz center-cut Certified Black Angus Sirloin with baked potato

Salmon

A 7 oz grilled, baked or Cajun grilled fillet served with rice pilaf.

Hawaiian Chicken

Two chicken breasts marinated in special house blend, topped with pineapple slices and served with rice pilaf. All appetizers, desserts and alcoholic drinks extra.

To make reservation call Jan Varnon 407-330-5944 or email rvarnon@cfl.rr.com by Monday December 4th or mail check to Bob Varnon 2377 Roanoke Ct. Lake Mary, FL 32746



Something Different Thanksgiving Weekend

11/25/2006 - 11/26/2006

Two 10K Walks

Start : Walt Disney World

All Star Sports Hotel

Host Club : Trinity Trekkers

For more info write: David Toth

8463 Romney, San Antonio, TX 782542467

Phone: (210) 521- 8684

E-Mail: trintrek@sbcglobal.net

Trailmaster Topics

By Mike Lanpher

Walk Across Florida: The three Central Florida Volkssport Clubs, Suncoast Sandpipers, Mid-Florida Milers, and Happy Wanderers, sponsored five Volkssport events in or near Inverness 2-4 September. The Nature Coast Volkssport Biking & Hiking Club from Crystal River also participated in the events. The theme in keeping with the Inverness location was Scottish. The Volkssport events and accompanying social events were fun with well laid out routes and varied social settings. There were over 300 registrations for the events and 50-60 at the social events. I was very pleased with the attendance and cooperation to make this a fun-filled event.

My personal thanks to the many volunteers



Chef Rena preparing the Scottish Brunch at WAF

Cont. - page 3 Trailmaster

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PRESIDENT'S MESSAGE

Jan Varnon, President Mid-Florida Milers

Now that school has started and Labor Day Weekend is behind us can Christmas be far away? I want you to get out your calendars and put some important dates on them. #1. **Our Second Annual Palm Beach Weekend** will be November 17th to the 20th. Head south with us and do our three year rounds, a new sanctioned event near the Jupiter Lighthouse, and walk Jonathon Dickenson State Park; #2. **Our Christmas Dinner** will be on December 9th (details elsewhere in this newsletter); #3. **Our Fourth Annual Christmas Night Walk** will be December 16th in Windermere. This should be our best one yet because the town is working with us to make sure there are lights and holiday festivities; and #4. **Our Annual New Years Day Walk** will be a kick off for our new year round walk that will start at Sanlando Park. Lunch will follow at a restaurant near there on either 434 or 436. We know that the holidays are busy times for us all, but make room for Mid-Florida Miler's events by getting them on your calendar's early.

It is also not too late to get your name into the hat for the Year Round Walk Lottery. Remember that we will draw for three prizes: a \$35 coupon for Volks-Ware, \$20 gift certificate to The Sports Authority, and a \$10 pack of Frequent Walker coupons. To be eligible to win you need to be a member of The Mid-Florida Milers and you need to have walked at least 6 year round events to get one ticket in the drawing. You will get an additional ticket for each additional 6 year rounds you do up to 24 or 4 tickets. An additional bonus ticket will be added if you walked 8 different year rounds within the year. So, the most tickets any one person could get will be 5. The drawing will be held at the lunch on January 1st (you do not have to be present to win). Right now we have 13 different names in the hat and one person does have 4 tickets and 2 others have 2, so get out there and walk and either get your name in that hat, or get yourself some additional chances to win. We are all winners when we walk more.

If you renewed your membership by 7/31/06 and have not gotten your shirt yet for renewing your membership, please ask for it at a walk or if you won't be making it to a walk before the end of the year then let us know and we will send it to you, please make sure

we have your correct address.

We are wrapping up a very busy year. We have welcomed lots of new walkers, lots of new club members, and have tried some different things. Please let me know what you think. We welcome a new membership Chairman in Sarah Williamson and beginning in January we will have new POC's (Point of Contact) for the Maitland walk, Rosemary and Ron Barna. We are always looking for volunteers to help at events, to create new trails, help with "jobs," but we want most are walkers. Don't keep Volksmarching your little secret! Share this different way of walking with a friend or family member. This year we did the Walk Across Florida differently by going to one area of the state and offering three walks, a bike, and a swim. We also had three dinners, a boat ride, and a golf outing. We are heading south to the Palm Beach area for a walking weekend in November. We did that once before in December and the few who went had a great time. We added an additional walk on one Sunday a month during the months that we don't consider part of our summer walking program. All this to try and make more walking opportunities for people. I think that our starts are more social and people seem to be having a good time walking with us. Let me know what you think about all these things. I am all ears for good ideas and suggestions, but am also willing to learn where we can make improvements. There are lots of opportunities to walk in Florida, take advantage of them.



Joe Aycock, Jan Varnon, Bob Varnon, Kathy Barger, Gail Brooks, and Arlene Aycock enjoying lunch at the Suncoast Sandpipers walk in Ft. Cooper State Park on Sunday of WAF.

Year Round Walks

Brooksville

Celebration

Lake Buena Vista

Lake Worth

Maitland

Orlando Downown

Orlando Lakes

Palm Beach

West Orange Trail

West Palm Beach

Winter Park

who made the walk possible: Bob and Mary Anne Lazzell, Wayne Woodin, Ladd Duncan, Bob Varnon, Joan Lanpher, and Rena and John McMahon.

For those that missed the Scottish Lunch prepared by Rena, you missed an extraordinary, quality, menu and treat.

The downside was that only 18 of over 100 Mid Florida Milers attended.

Summer walks are completed with the walks in Oviedo (9th) and Celebration (16th). We have done fairly well at 30-40 participants each walk. The alternate week Year Round Events seem to have fewer attendees.

Upcoming Events.

16 Sep Saturday 0800-0845 Celebration at PJ's Coffee in the shopping area near the water tower.

8 Oct Sunday 0800-0845 ORMC Lakes Walk
21 Oct Saturday 0800-1000 Montverde

5 Nov 0800-0845 Wekiva Springs State Park
17-19 Nov Fri-Sun West Palm Beach and points slightly north (for more details check out the website or get a flyer at a walk)

9 Dec Saturday 6:00 Christams Dinner Steak and Ale 17-92 in Maitland

16 Dec Saturday 5:00 – 6:15 night walk Windermere Annual evening Walk to see Christmas Lights

1 Jan Monday New Years Day at Sanlando Tennis Complex 1000-1030 with lunch afterwards.

Walk 5 walks in one weekend in Palm Beach.

17 November, Friday: Palm Beach YRE walk at night starting 6:00 pm (arrive a bit early to sign the register). Eat before or after - walkers choice. Start at the West Palm Beach Good Sams Hospital on Flagler.

18 November, Saturday: start at Lake Worth YRE and eat in one of their downtown pubs. Start about 9:00 to 9:30, lunch 11-1130 or so depending on the pace and place selected.

At 2:00 pm. Start at the West Palm Beach Good Sams Hospital on Flagler and walk this Cemetery Stroll and College Walk. Meet in a restaurant (TBD) on the waterway for dinner. (RSVP to Mike at 407.695.9181)

19 November, Sunday: Carlin's Park (Start at 0900-1030 and complete by 1230). The Park is off US 1 just



*Joan and Mike Lanpher
with prize from golf
outing at WAF.*

North of Jupiter Inlet. At 1:00 pm. Join up at Jonathan Dickenson State Park for a nature walk. The park is located north of Jupiter at Hobe Sound off US 1.

December 16th, Christmas in Windermere

Enjoy the town lit up for the season and the fellowship of neighbors, near and far, as you see the Town of Windermere at 3 miles per hour. Start and Finish at the Town Hall Register between 5:00 and 6:15 PM. Start walking between 5:30 and 6:15 PM Cost: \$6.00 per person and the 1st 200 persons receive a long sleeve Tee; after 200 tees are taken, the cost is \$3.00

Web Site upgrades: I wrote in May and July issues: "The recent upgrade of the web site by Jackie Walchuck moves it to one of the best in AVA. In April Jackie launched a site for comments from those who have computers. On the web site (midfloridamilers.org) select "MFM Forum" on the left menu. Give it a try and provide your inputs on a subject desired. Not exactly "my space" but a useful way to communicate comments and issues." Still not many inputs so take some time and look at the page.

2007 is a coming: We will be developing walking locations for 2007 in the coming 2 months. Right now we are looking at repeating 2006 approach which is 2 walks a month and weekly walks in the summer (after mid May). If you have walk locations to suggest, please email or call me.

Walking is the best possible exercise. Habituate yourself to walk very far.
- Thomas Jefferson

My Introduction to Volksmarching

Last September Marsha Greathouse asked me to join her for a walk in Chuluota. Since it wasn't too far away from my home I agreed. Little did I know how much I would enjoy walking not only for fitness but for fun and fellowship.

In December my husband joined us for the Christmas walk and even though his feet hurt he finished the 10K. Of course the promise of food at the end of the walk really helped to motivate him!

I have walked 39 events and Fred has walked 16 since we joined the club. We have walked in Florida, South Carolina, Texas and Michigan so far. We have seen more of Florida since joining Mid-Florida Milers than we did living here for 18 years.

We are looking forward to many more walking adventures!

New Membership Chairman
Sarah Williams

Miler Milestones

(as per The American Wanderer June/July and August/September)

Events

- 10 Gregory Allen
- Barry Anderson
- 30 Sarah Williams
- 50 Phil Greathouse
- 100 Gail Brooks
- 425 Ladd Duncan
- 450 Donna Duncan
- 575 Lois Shannon
- 800 Tom Doran

Distance

- 500K Phil Greathouse
- 1500K Gail Brooks
- 4500 Ladd Duncan
- 6000 Tom Doran
- 8000 John McMahon



Sarah and Frank rest by Ben Franklin on the Winter Park year round walk.

Other Walks in Florida

September

23rd Sawgrass Lake Park St. Petersburg
Alice Lawrence pipers@tampabay.rr.com 727-595-2173

October

1st Wickham Park Melbourne Marvin Stokes
marvst717@cfl.rr.com
386-788-4026

14th Emerson Point Pres. Palmetto
Alice Lawrence pipers@tampabay.rr.com 727-595-2173

28th Chipper JOnes Field Pierson
Larry Middleton mrlarry@bellsouth.net 386-409-3793

28th Jacksonville
gslindblom@aol.com 904-230-1260

Walking in Utah

Last issue Joan and I discussed our walk in Bryce Canyon, which was spectacular. Before we visited Bryce we spent three days in the Moab area and visited Arches National Park and the Canyonlands National Park Overlook.

We were truly amazed at the diversity, range of beauty, and expanse of the state. In Arches National Park a truly neat walk is walking in a ranger led walk into the "Fiery Furnace", an area with "fins" closely packed together. It was clearly an area needing a guide due to the twists and turns. The walk itself was fun as we (25 folks) went through narrow gaps, turtled around boulders, and wandered through dry washes. The ranger was interesting and the three-hour tour would have been a good level 5 "volkssport" event.

The Devils Garden walk includes 8 arches that are each different and spectacular in their own right. We will write about the Garden in November.

The 1st 2 pictures are of spectacular geology before getting to the Fiery Furnace. Mike and Joan Lanpher



Arches National Park

Balanced Rock



Delicate Arch

Fiery Furnace



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407-330-5944

Gail Brooks
Vice President

Marsha Greathouse
Secretary

Bob Varnon
Treasurer

Sarah Williams
Membership

Bob and Jan Varnon
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Letty Zook
Publicity

Jackie Walchuck
Web Maven

**Rena McMahon,
& Crew**
Hospitality

Ladd Duncan
FVA Treasurer
MFM Operations Asst.

Where will Volksmarching take YOU this year?

Mid-Florida Milers Walking Club.
2377 Roanoke Court,
Lake Mary, FL 32746
midfloridamilers@hotmail.com



Start point with
Scottish Host waiting
for all comers.



The Pavilion at Inverness



Mary Kelsh finishes 30 Walks at
Waterford Lakes



The boatride at Crystal
River State Park



Start Point in Floral City
downtown along
Withlacoochee Trail



Interesting house on
Floral City Walk