



Mid-Florida Milers Walking News

March-April 2009

Walking at Wekiwa

Saturday, January 17th, on a day that started out at 36 degrees, the Milers had 48 walkers for the Wekiwa Springs State Park walk and a superb brunch. It was a great day and as the temperature climbed into the low 60s as walkers rolled back to the Pavilion for their brunch. The Pavilion smelled of sausage, pancakes, and eggs. The condiments were plentiful from jam to salsa, the coffee flowed, and there was fruit galore. Many thanks to Rena and John McMahon for the extensive brunch spread and efforts. Assistant Chefs were Jackie (pancakes) Walchuck and Georgie (sausage) Pesek. Working with the poor electricity system, the Chefs alternated griddles and microwaves while John kept



Rena makes smoothies for hungry walkers

calling the Park office and fed all comers. Additional thanks to Gail Brooks for setting up, Ginny Plummer and Rosemary Barna for handling the registration and helping out with pick ups and clean ups, and to the 48 walkers for attending.

At this time we are looking for members to fill the following volunteer positions:

Vice President (for a 2 year term starting on 8/1/09)

The Vice President shall:

- a. Assume the office of President during an absence and perform the duties of that office;
- b. Succeed to the office of President when that office becomes vacant through resignation, recall or death; and
- c. Assist the President in performing club business at the discretion of the President.

Secretary (for a 2 year term starting on 8/1/09)

The Secretary shall:

- a. Record and maintain minutes of general membership and Board of Director's meetings; and
- b. Prepare and maintain a file of

CLUB CONTACTS:

President
Gail Brooks
407.895.3586
gbrooks@canin.com

Vice President
Roger Poitras

Secretary
Rosemary Barna

Treasurer
Jim Plummer

Trailmaster
Mike Lanpher
407.695.9181
mlanpher@cfl.rr.com

Webmaven
Jackie Walchuck

Specialties
Ginny Plummer

Publicity
Letty Zook

Hospitality
Rena McMahon

FVA Representative
John McMahon

Newsletter
Kathy Bargar
kbargar@bellsouth.net

Past President
Jan Varnon

Volunteer to Make a Successful Club

Do you want to become more active in the Mid-Florida Milers?

*Do you want a say in how the club is run?
Do you just want to help out occasionally?*

We have plenty of volunteer positions available.

Even our youngest members help out occasionally.



*Mid-Florida Milers
Walking Club*

midfloridamilers@
hotmail.com

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



THE spirit OF WALKING

Special Edition 20th Anniversary Shirt

At a Special price for club members

Now is the time to order your 20th Anniversary commemorative shirt, and we have a special price for club members

– only \$5.00 per shirt. Although our official shirt is the beautiful “yellow haze” color shown, we can also order a white color if you prefer – either will have our limited-time, special 20th Anniversary logo.



See Jim or Ginny Plummer at any of our upcoming weekend walks to see this beautiful shirt and make your color decision. You can't beat this price for such a special reminder of our 20th anniversary festivities – wear it proudly!

MFM Fast Facts

1 There have been 200+ sanctioned walks since 1990

2 There have been six club presidents: Gloria Merwarth, Frank Kuhn, Bob Nicholson, Judy Magdiaz, Bob Nicholson, Bill Woolgar and Jan Varnon.

3 The longest serving Presidents was Bill Woolgar (8 years).

Miler Milestones

Event Awards:

Ladd Duncan	700
John McMahon	950
Rena McMahon	1000
Carl Cordes	1250

Distance Awards:

Peter Founier	2300 km
Arlene Aycock	9000 km
Joe Aycock	9000 km
Carl Cordes	14000 km

Date	Location
7-March	Christmas (95)
15-March	Orlando (ORMC)
21-March	Maitland
4-April	Oveido (98)
18- April	College Park(92)
26-April	Celebration
2- May	St Cloud (98)
16- May	Orlando(93)
23 May	Altamonte Springs
6 -June	Orlando
20-June	Sanford (91)
27-June	Maitland

New Year Round Walk in Downtown Orlando

Both the Orlando Lakes Year Round Walk and the Orlando Downtown Arnett Memorial Year

Round Walk have undergone a facelift for 2009. Many of the new special walk programs have been included and the walks are worth trying them out.



Coming up in March we have scheduled a Sunday afternoon Group Walk of the updated Downtown walk so it is a perfect

opportunity to walk it with other MFM members and friends. (see the calendar section of the newsletter.) The new Lakes walk includes many of the lakes from the older routes but also includes a few new

ones including Lake Eola and passes many new eateries making it perfect for an outing. The downtown walk has several new historical features and also passes

lakes, historic neighborhoods, historic churches and eateries for those working up an appetite.

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correspondence for the Club. Point of Contact for walk boxes in Celebration, Lake Buena Vista, Sanlando and West Palm Beach

- a. Supply and maintain all materials for YRE start boxes;
- b. Collect all monies from YRE start boxes on a monthly basis; and
- c. Coordinate with the Trailmaster and report discrepancies concerning routes.

Membership Committee Chairperson

- a. Process application forms for new members;
- b. Maintain a membership list; and
- c. Conduct activities to attract new members at Club sponsored walks and other appropriate events

Volunteer Coordinator

- a. Obtain volunteers to assist in running Club events.

Volunteers are always needed to map out new walk routes, set up / breakdown at

walks, staff the start / finish tables, and help Chef Rena prepare and serve her delicious meals.

Kudos to all of you who do volunteer. You are what makes this club work.

If you would like to volunteer for any of the above positions or have questions, please call Roger Poitras at (407)277-8012 or email to rpoitras@cfl.rr.com.

Welcome New Members:

Rosalind Clark -- Sanford, FL
Georgeann Clemons -- Oviedo, FL
Arlene Cowan -- Orlando, FL
Linda Dunn -- Fern Park, FL
Carmen Griffiths -- Orlando, FL
Mary Leigh -- Melbourne, FL
Darlene Newman -- Orlando
Glenn & Janet Johnston

TRAILMASTER'S topics:

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

Events

We started 2009 with a great walk at Downtown Disney and a fun re-creation of the MFM's 1st event at Wekiwa Springs. The 36 degree start did not keep the 48 walkers away. The trail approximated the 1990 10K (though there was no blue blaze trail then). Our thanks for the great brunch to Rena McMahon.



Jackie and Georgie serve up brunch

The end of January we held our monthly group walk at Celebration walking to Kissimmee Old Town.

February 7th we walked the east side of Orlando at the new and beautiful Curry Ford Park. A nice walk and cool start which we thank Vice President Roger Poitras for setting up and laying out the walk route. The 15 Feb walk of the Winter Park route was greatly appreciated as President Gail did a great job tuning the walk to the new AVA special programs. Lastly we walked the 1992 Sylvan Park walk using the original map route as directions – though some 2004 hurricane damage modified it a bit.

Volunteers

President Gail discusses the Club's need for volunteers to manage small parts of setting up and conducting walk events, handling membership, or assisting at walks. I will send a request to members a couple of weeks ahead to ask for your help at a specific walk event. Please try to help and let me know quickly if you can or cannot be there.

Year Round Events

We continue having Group walks of our YREs once a month in 2009 on a Sunday in March and April at 3:00 pm. In the summer months we will change to Saturday mornings at 9:00. Be there at least 15 minutes prior to register. Directions will be on the web site. Enjoy walking with us.

Mid-Florida Milers – History

The beginnings of a MFM History location are linked from our web site at www.mid-floridamilers.org. Review the Newsletters from the 1990s, see who has walked all 50 states, look at the former presidents and officers, and see some additional pictures dating back to 2002.

If you have items from our history, email them to Mike Lanpher at mlanpher@cfl.rr.com.

Walk Around Florida XX

Walk Around Florida is also 20 years old. This year the MFMs, Happy Wanderers, and Suncoast Sandpipers will hold WAF XX in Orlando walking on the west side of town. The weekend of 6-8 November has been chosen and 4 events are planned with an optional dinner Friday after the walk, 2 walks and a dinner Saturday, and a walk Sunday through the Festival of the Masters from the hotel. Look for more detail in the June newsletter and a flyer by July. These 3 club events are always fun.



Jacob Sewell, who is a couple months shy of his 6th birthday and the club's youngest member, completed his 30th walk at Sylvan Lake Park and Ladd stamps the entry. He has been walking 5 kilometer events with his mom, dad, brother, and grandparents since his first event in Montverde in October 2006.

MARCH WALK SCHEDULE

March 7 Orlando Wetlands Park, Christmas



Description: Start between 9 and 11:00. Information, call 407.695.9181. A great lunch will be available for a nominal fee of \$5. Please email barnar@bellsouth.net to tell us you will be eating some of Chef Rena's superb creations. All walkers are provided detailed instructions to the route. This walk is rated 1+ with a 5K (3 miles) and 10K (6 miles) distances. The routes are in the Park acreage and are a medium difficulty for strollers and wheelchairs. Pets are not permitted. You may finish at your leisure by 2:00 pm. The event takes place regardless of weather conditions. Event is free. If event record books are used, they are stamped for a \$3.00 fee.

Directions: To 25155 Wheeler Road, Christmas, drive 40 minutes east of downtown Orlando on SR 408 (exit 82 off I-4) or SR 50 (Colonial Dr.). Drive west on SR 50 from I-95/Titusville to Christmas. Go north (left from Orlando, right from I-95) 2.3 miles on Ft. Christmas Rd (CR 420) and 1.5 miles east (right) on Wheeler Rd. Parking (limited) is on the left. Additional parking may be available on the right, depending on the weather. Call 407.304.6394 on the day of the event with questions.

•••••
• Chef Rena and her Soup'er Chefs will
• cook up a feast of Soups, Breads and
• Dessert at the Orlando Wetlands Park
• walk on March 7th. \$5.00
•••••

March 15 ORMC, Orlando on Orange Ave



Description: Register at 2:30-3:00 and walk at 3:00. Information, call 407.695.9181. Group Walk of the Orlando's Downtown Arnett Memorial Year Round 10 km event. A 5K route is available. Directions are provided for both 5 and 10K routes. Wheelchairs and strollers are an easy difficulty and pets are allowed. Cost is free. Event record books are stamped for a \$3.00 fee.

Directions: Drive to 1414 Kuhl Avenue, Orlando, from I-4 and take Exit 82A, SR 408, east (to Titusville) to the first exit, 10B, Orange Ave. Circle to right and turn left onto Orange Ave. and at the 3d light, turn right on Columbia. See ## below. From Tampa on eastbound I-4 take Exit 81B, Kaley, turn to right (east) and at Orange Ave. turn left to Columbia; then turn left. See ## below. OR From westbound SR 408 exit at Rosalind, turn left to Orange Ave. Turn left and go 5 lights to Columbia and turn right. ## After turn go one block and turn left on Kuhl Ave. Go right on Copeland again and turn left into 2nd entrance of parking building. Parking is \$4.00. Street parking is free on Sundays. Walk 1/2 block to ORMC hospital main entrance. Call 407.304.6394 on day of event.

March 21 Winter Park, Howell Branch Park



Description: Start between 9:00 and 10:00. Information, call 407.695.9181. There are restrooms at start and finish. This walk is rated 1 with 5K (3 miles) and 10K (6 miles) distances. Directions are provided. Walk through mostly shaded streets. Wheelchairs and strollers are medium difficulty in the park and easy difficulty outside; pets are allowed. Cost is free. Event record books are stamped for a \$3.00 fee.

Directions: To 1205 Howell Branch Rd, Winter Park, from I-4 use exit 90, Maitland Blvd., SR 414, and proceed east to Maitland Ave (2d light from overpass). Turn right to Horatio (light). Turn left and proceed for 2 miles to the Park on the left (before Temple). From east Orlando use SR 417 to exit 38, Aloma. Turn left to Howell Branch Rd. (5th light) and turn right. Proceed past Semoran, Lakemont, and Temple to the park on the right. Call 407.304.6394 on the day of the event with questions.

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.

APRIL WALK SCHEDULE

**April 4, 2009
Sweetwater Park,
Oviedo**



Description:
Start between 8:00 and 9:30. There are restrooms at start and finish. The walk is in Oviedo and parallels a 1996 walk; pets, strollers, wheelchairs are an easy difficulty though some streets have no sidewalks. AVA Special Program, Firehouses and RR Heritage. Water and hard candy are available at the Start/Finish and it is recommended that you carry your own drinking water. Restroom facilities are not available on the trail. This walk is rated 1 (easy) with 5K (3 miles) and 10K (6 miles) distances. The walk is free and Event Record Books are stamped for a \$3.00 fee. Information, call 407.695.9181.

Directions:
To 201 East Magnolia Oviedo, FL Take exit 92, Longwood, on SR 434 to east and follow (~16 mi) to Magnolia (light). From SR 50 (Colonial) take Alafaya Trail north thru Oviedo to Magnolia (~10 mi). From Tolls: From Tampa, exit I-4 at exit # 62, SR 417 follow east/north or take exit # 82, SR 408 and turn east toward SR 417; Pass Goldenrod and bear left on SR 417. From the north exit I-4 at exit 101, SR 417. Take exit #44 SR 434, turn left (east); after curving right on SR 434, turn left on Magnolia (light) to the park on the left. Call 407.304.6394 on day of event.

**April 18, 2009
College Park,
Orlando**



Description:
Start between 8:00 and 9:30. Walk that started at Bishop Moore HS. Walk in the beautiful suburb of College Park, along Orange Ave. antique row, and through shady streets. AVA Special Program, Firehouses. There are restrooms at start and finish. Cost is free. Event record books are stamped for a \$3.00 fee. This walk is rated 1 with 5K (3 miles) and 10K (6 miles) distances. Walk through mostly shaded streets. Wheelchairs and strollers are medium difficulty and pets are allowed. Information, call 407.695.9181

Directions:
To 1914 Edgewater Drive. Orlando, FL from Daytona or Orlando on I-4 drive to and exit on #85, Princeton. Turn west (left from Orlando) and continue 0.8 miles to Edgewater. Turn left on Edgewater for 3 blocks to the church. From US 441 turn east on Princeton (left from Apopka) and continue 1 mile to Edgewater. Turn right on Edgewater for 3 blocks to the church. There is a Publix and a Starbucks across Edgewater from the church. Parking is available behind the church and behind the gym. Call 407.304.6394 on the day of the event with questions.

**April 26, 2009
Celebration YRE
Group Walk**



Description:
Register at 2:30-3:00 and walk at 3:00. Information, call 407.695.9181. Group Walk of the Celebration 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. AVA Special Program, Veterans Memorials. 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.

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.

Top Ten Walks of 2008

The clubs of the American Volkssport Association host more than 1,700 self-guided trails in the United States. The walks go through a wide variety of areas, from National Parks to quaint towns to exciting cities. I polled a select group of the association's members to learn their favorite walks of 2008. The results are as varied as the trails and the walkers themselves.

1. Point Lobos, Carmel, California

This is a thrilling walk in several ways. The natural trail around the Point Lobos Reserve offers breathtaking views of Carmel Bay, the Big Sur coastline, frolicking sea otters and scuba divers, and -- on occasion -- gray whales spouting. [Event Number Y0445]

2. St. Augustine, Florida

This walk through the nation's oldest city is suitably historical. It passes the Castillo San Marco, the old Spanish fort. The walk features cobblestone streets, horse-drawn carriages and unique shops and restaurants. [Sanction YR1128]

3. Silver Falls, Oregon

With this walk you get the full flavor of the Northwest with tall timber, a rushing stream and a canyon with nine waterfalls, including three you walk behind. This walk is only open mid-April through mid-November. Wear trail shoes or boots, and bring a hiking stick, as the trail can be narrow and slippery. [Sanction Y0171]

4. New York City, New York

The four year-round walks in New York City all have their fans. If you only have time for one, pick the one that matches your mood. The Central Park Walk can't be beat for a peaceful retreat. The Midtown Manhattan Walk brings you the bright lights of the big city, including Times Square, Broadway, Rockefeller Center and the United Nations. The Lower Manhattan Walk features Ground Zero, the financial district, and the wonderful Hudson River Esplanade and South Street Seaport. Registration and maps for any of these walks can be found at the New Balance shoe store located at 51 West 42nd St.

5. Montgomery, Alabama

Our reviewers say this walk has friendly people, a great state capitol, and history from the Civil War to Civil Rights. Volkssport walkers often make a goal of walking in each of the state capitals, and this walk is laid out very well to tour this historic city. [Sanction YR1267]

6. Celebration, Florida

Disney built Celebration as an ideal town, with designs and ideas from yesterday, today and tomorrow. The walk instructions explain the unique architecture. The town and the route change every year, each time bringing new discoveries. [Sanction Y1345]

7. Washington, DC

In this inaugural year, millions are planning to visit the nation's capital. You can't beat this walking route (although it's probably not completely open during the actual Inauguration). The sights include the Memorials to World War II, Vietnam, the Korean War, and Presidents FDR, Jefferson and Lincoln, as well as the Washington Monument, the Capitol Building and the White House. An extension trail also goes by the Supreme Court Building, the National Archives, and through Union Station.



Castillo San Marco in St. Augustine



One of many boardwalks on the Celebration Year Round Walk



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8. C&O Canal, Maryland

Once you are in Washington, take a breather and enjoy a scenic walk along a segment of the 184.5 mile long C&O Canal National Historical Park towpath. It winds its way from Georgetown in Washington, DC to Cumberland through western Maryland. It is a trip through history with 74 lift locks, restored lock houses, aqueducts, and the amazing mile-long Paw Paw tunnel.

9. Golden, Colorado

Golden is a blast back to the Old West near Denver. Browse through seven museums and enjoy the views and Rocky Mountain air on the local bike trails. [Sanction Y1945]

10. St. Louis, Missouri

While many of the votes covered the edges of the country, this walk is smack dab in the heartland. It includes historic Laclede's Landing, the Jefferson Expansion Memorial including the Arch, and Union Station. They added a loop onto the bridge over the Mississippi River this year. [Sanction Y0030]

This list is compiled by Wendy Bumgardner from Walking.about.com Check out her website for lots of information on walking.

Walks by other clubs

March 2009

March 1(Sun.)	YMCA Port Orange Walk/Bike	Happy Wanderers
March 7	Orange Park group walk	First Coast Trail Forgers
March 8 (Sun.)	Publix Palm Coast	Happy Wanderers
March 15 (Sun.)	City Island Daytona Beach.	Happy Wanderers
March 21	Hanna Park group walk	First Coast Trail Forgers
March 22 (Sun.)	Winter Haven Park Ponce Inlet	Happy Wanderers
March 28	Deleon Springs State Park Event	Happy Wanderers
March 29 (Sun.)	Cocoa Beach Courtyard by Marriott	Happy Wanderers

April 2009

April 4	JAX Riverside group walk	First Coast Trail Forgers
April 5 (Sun.)	Reed Canal Lake - South Daytona	Happy Wanderers
April 12 (Sun.)	St. Augustine	Happy Wanderers
April 18	American Beach	First Coast Trail Forgers
April 19 (Sun.)	Volusia Mall - Daytona Beach	Happy Wanderers
April 25	Flager Beach Event	Happy Wanderers
April 26 (Sun.)	Winter Have Park - Ponce Inlet	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