



Mid-Florida Milers Walking News

May/June 2010

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Mid-Florida Milers
Walking Club

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Harmony Walk and Poker!

Congratulations to the winners of the Poker Contest and thanks to club Vice President Peter Fournier for the inspiration and layout.

The results of the march 6th harmony, florida 6k and 11k walks poker tournament are in!!

11K First Prize Winner (\$20 Gift Certificate to Chili's): Jackie Walchuck from Winter Springs. Jackie's winning hand was a full-house, Aces over 4's.

11K Second Prize Winner (\$10 Gift Certificate to Sonny's): Ken Sargent from Montverde. Ken's winning hand was two pair, Aces and Queens.

11K Third Prize Winner (\$5 Gift Certificate to Sonny's): Sharon Predham from Leesburg. Sharon's winning hand was two pair, Aces and 5's.



6K First Prize Winner (\$15 Gift Certificate to Chili's): Margaret Odden from Harmony. Margaret's winning hand was three 5's.

6K Second Prize Winner (\$10 Gift Certificate to Sonny's): Don Bouws from Orlando. Don's winning hand was three 3's.

6K Third Prize Winner (\$5 Gift Certificate to Sonny's): Joyce Bouws from Orlando. Joyce's winning hand was three 2's.

The walkers ambled through the planned community of Harmony, Florida on trails through cow pastures in the surrounding land and sidewalks in the residential areas. The weather was beautiful, a cloudless blue sky on a crisp March day. Everyone seemed enthusiastic about the walk and specially the Poker Tournament that was included.

May and June Walks

You will enjoy the nice walks we have scheduled for the next two months. After a stroll through Bay Hill, select one of the great West Sand Lake Rd restaurants for lunch. In June we will walk from Big Tree Park where The Senator stands as the largest Cypress in Florida, still living after 3500 years, and his baby sister, Lady Liberty, a young 2000 years. The walk is on the Cross Seminole trail and into the Soldiers Creek Environmental area and out to the boardwalk to Lake Jessup. We also have a walk in Celebration and also in north Orlando including the antique district on Orange Ave. Lastly on June 19th,

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Trailmaster's Report



By Mike Lanpher
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It seemed the weather started to cooperate on 6 March when we walked in Harmony on a cool and absolutely clear day. The Poker game devised by Pete Fournier was a success and the town was supportive. Moving on to Leesburg and another great day, albeit breezy, allowed us to see parts of this old town that one misses on US 27 and 441 when passing through. Our thanks to Sharon Predham and Pete Fournier for arranging the walk and route. The following weekend we were in Winter Park enjoying the Art Festival on a superb day – always an enjoy-

able walk in Winter Park. April also was busy as we walked in Maitland, in Orlando's Colonial Town and the through the Spring Fiesta at Lake Eola. On 17 April, Ladd and Donna Duncan provided nice 5 and 10 kilometer routes from Seminole State College in Lake Mary. These were six really nice walks and I hope you had a chance to enjoy them.

Last issue I noted our Secretary Rosemary Barna took on the additional job of Volunteer Coordinator for January-March (now April) and those she called did help. My thanks to Rosemary for accomplishing this time consuming effort as it has helped tremendously. See her article on how you can help. We also need a "volunteer" to be the Volunteer Coordinator, can you help?

As a repeat from last time we really

need volunteers to be Route Monitors for our Year Round Walks. Four locations are currently monitored by those who also volunteer in other club positions/offices and your personal assistance to help here assists to even the load. Being a monitor requires you to check the walk box monthly and provide the registration lists to the Treasurer.



Last issue I congratulated 2009 Volkssporter of the Year, Jim Plummer, and Volunteer of the Year, Ginny Plummer. Now, I am sorry to report that we lose their support as they are moving to southwest Florida. Both have contributed weekly and provided excellent assistance and guidance. I wish them well and I look forward to walking with Jim again.

2010 EVENTS:

All walks start between
9:00 - 10:30 am unless noted.

Date	Location
1 May	Little Econ Trail
15 May	Bay Hill, Publix, W. Sand Lake Rd.
29 May	Celebration at Starbucks*
5 June	Longwood at Big Tree Park
12 June	Orlando, Mark St. Senior Center*
19 June	Hunters Creek at Kahuna Grill & Lunch
1 May	Little Econ Trail

* Register 8:30 - 9:00 am and walk at 9:00
Details are on the club's website
(www.midfloridamilers.org) or call 407.695.9181



John McMahon and Jackie Walchuk taking a break
at the Winter Park Art Festival (Winter Park Year Round Walk)

The Top Ten AVA Walks of 2009

Reprinted from About.com

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 2009. The results are as varied as the trails and the walkers themselves.

1. Silver Falls, Oregon

The clear winner for 2009 is this classic Northwest hike in a canyon with nine waterfalls, including three that you can walk behind. You get the full flavor of the Northwest with tall timber. 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]

2. Great Allegheny Passage, Ohioopyle State Park, Pennsylvania

Nominator Skip Magee says, "This is a little known but spectacular walk along the Youghiogheny river in Pennsylvania's Laurel Highlands. A wild river, spectacular views from two bridges, and waterfalls are featured on the laurel lined trail. This walk is just up the road from the Frank Lloyd Wright Fallingwater Estate, a great place to visit and have lunch after a beautiful morning walking in Ohioopyle State Park. Truly a day to remember!" Other voters agreed. It is a seasonal walk open April through December. [Sanction Y1259]

3. Jenny Lake, Grand Teton National Park, Wyoming

This is an "extreme" walk at high altitude -- 7000 feet above sea level. You can arrive via a boat ride across Jenny

Lake to the trail by Hidden Lake up to Cascade Canyon. The trail is more challenging to Inspiration Point, and after that is a gentle climb to Cascade Canyon. Hikers often see marmots, pika and moose. Due to the remote location, the club will send a map of the trail.[Sanction YR1128]



MFM's Celebration walk makes top ten for second year!

4. Colorado Springs Garden of the Gods, Colorado

The Garden of the Gods walk near Colorado Springs, Colorado takes you into a stunning natural area of fantasy rock formations. It is a frequent finalist for the top 10 walks. The start is at the Garden of the Gods Trading Post, 324 Beckers Lane. The 11 kilometer (7 mile) trail is rated moderate on trails and roads and is at an altitude of 6412 ft. [Sanction YR0464]

5. Biltmore Estate, Asheville, North Carolina

Had enough woodsy walks? Come see one of the great estates, strolling the grounds and touring the mansion built by George Vanderbilt, the Biltmore Estate. The admission price is steep at \$50/\$55. But our walkers say it was worth it. It is an easy walk. [Sanction Y1222]

6. Truckee River Trail, Reno, Nevada

This is one of my favorite strolls. It is a wonderful walk along a pleasant river, with all of the thrills of downtown Reno at the National Automobile Museum start/finish. On a sunny day, you can watch everyone playing in the river park with kayaking and body surfing in the rapids.[Sanction 0023]

7. 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]

8. German Village, Columbus, Ohio

Walk a bit of Germany in the USA. This walk is mainly in historic German Village with a side trip around the State Capitol building. Soak up the Bavarian ambiance of Planks Bier Garten, Hausfrau Haven, the original Max & Ermas, King Gambrinus in the Brewery District, Soldiers' Wall of Letters, Schmidt's Sausage Haus, Schiller Park and many lovely German residences. [Sanction YO1230].

9. Bryce Canyon National Park, Utah

This stunning walk is open April through October. The 11 kilometers combine the Queens Garden Trail, the Wall Street Trail, and the Peekaboo Loop. It is "all views, all the time" as you hike through the hoodoos and rock formations. Make sure your camera has a fully charged battery and lots of memory space! The walk is rated most difficult due to hills

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MFM WALK SCHEDULE:



May is National Physical Fitness & Sports Month.

The patch shown above will be available at our May 15th walk at the Publix at West Sand Lake Road in Orlando. A limited number of these beautiful patches will be available for \$3.00.

May 2010

Date	Event Location	Start Time
May 1	Little Econ Trail	9 – 10:30 a.m.
May 15	Bay Hill, Publix at W. Sand Lake Road	9 – 10:30 a.m.
May 29	Starbucks in Celebration (Year Round Walk)	8:30 – 9:00 a.m.

June 2010

June 5	Longwood at Big Tree Park	9:00 – 10:30 am
June 12	Orlando Marks Street Senior Center (Year Round Walk)	8:30 – 9:00 am
June 19	Kahuna Grill, Hunters Creek, Orlando (Lunch afterwards)	9:00 – 10:30 am

For the specifics and directions on these walks: www.midfloridamilers.org

WALKS BY OTHER CLUBS

Date	Event Location	Club
May 2010		
May 2	Shrine Gift Shop, St. Augustine	Happy Wanderers
May 9	Winter Haven Park, Ponce Inlet	Happy Wanderers
May 16	Reed Canal Lake South, S. Daytona	Happy Wanderers
May 23	Deland County Library	Happy Wanderers
May 30	Lakeside Inn, Mt. Dora	Happy Wanderers
June 2010		
June 6	Flagler Pier, Flagler Beach	Happy Wanderers
June 13	Publix Beachside, New Smyrna Beach	Happy Wanderers

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

www.happywanderersfl.org
www.firstcoasttrailforgerswalkingclub.org
www.suncoastsandpipers.org

go west

Western National
Parks Tour

Departs September 16, 2010
16 Days

Highlights:

Salt Lake City
 Grand Teton National Park
 Snake River Raft Ride
 Buffalo Bill Museum, Cody, WY
 Devils Tower National Monument
 Deadwood, SD
 Mt. Rushmore National Memorial
 Crazy Horse Memorial
 Arches National Park
 Canyonlands by Night
 Cedar Breaks National Monument
 Las Vegas and More!

For more information contact:

Marvin Stokes
marvst717@cfl.rr.com
 Ph. 386.788.4026
 Cell. 386.871.0506

Just Around the Corner: Membership Renewal Time

By Letty Zook

The 2010-2011 Membership Drive of the Mid-Florida Milers Walking Club will start this month. The MFM membership year runs from July 1 to June 30. Our club members believe that walking is a great way to stay fit and that being a Volkssporter is the most rewarding way to do it. They also think being a MFM club member is part of the fun, along with a way to make sure Volkssporting stays around for a long time.

Who should renew?

Anyone who was a member last year or at any time in the past! We want to have a 100% return on all our 2009-2010 members; and if you have let your membership lapse and are wondering if you are "renew" or "new", we consider you a renewal.

Why should you renew?

Identifying yourself with a group of people provides satisfaction that cannot be duplicated in individual endeavors no matter how fulfilling. The best way to experience camaraderie with other Volkssporters is to not only walk with them but also to volunteer with them. While it is true that volunteering is sometimes a hassle and even a sacrifice, it is also true that working side-by-side with others toward a common goal has always been in every society a major source of personal fulfillment.

It isn't just those who keep the IVV record books who join local Volkssport clubs. Some non-credit walkers consider club membership their contribution to the non-profit organization which provides the walks they enjoy. For the Mid-Florida Milers this

is especially important since our club does not charge non-credit walkers. Free walkers benefit from the trail mapping, record-keeping, administration, and setting up/taking down of the start/finish tables done by volunteers who, predominantly, are club members.

No club expects all of its members to have the same time and talents, so no one should avoid renewing or joining the Mid-Florida Milers because they are afraid of what they may be asked to do. Of course, we always hope for some club members who will want to get involved in the "heart" of the club by running for a club office or taking on an appointed position, but I've never known the word "no" to cause estrangement between club members. If members not wish to serve in a leadership position, they are welcome to assist with individual walks by doing such things as helping serve a lunch or stamping AVA books at one walk. Every helping hand is deeply appreciated.

Even if members do not have the time or ability to volunteer in an official capacity, they can support Volkssporting by simply renewing their membership every year and attending as many walks as possible. All members can greet new walkers with friendliness and even offer to walk with them. Everyone can contribute by inviting and bringing friends, neighbors or family to walks.

We do offer perks to members. Twice a year, the Mid-Florida Milers host special club-wide social events for its members. One year, all club members who walked a certain number of walks in one year received a club jacket. MFM members are eligible to buy "Frequent Walker Coupon Pack-

ets" which will give them a discount on all MFM year-round walks. Members are on a special email list and receive any news directed to just them. Members are welcome to attend and to participate in the monthly meetings of the elected MFM Board each month. The opinions of MFM members do matter to the officers. Maybe YOURS will be the next great idea to keep the Mid-Florida Milers as the stellar club it already is!

So why join at all?

"If I can walk for free, and even keep those record books without being a member, why should I join the Mid-Florida Milers?" Some new walkers who buy International Volkssport Verband (IVV) books to keep track of their walks are surprised to find out that they are NOT automatic members of either the local Volkssport club or the American Volkssport Association (AVA).

There are four major components of Volkssporting, (1) walking at an event, (2) joining a club, (3) keeping IVV record books, and (4) joining the AVA, are all distinct parts of one organization, and walkers can opt in or opt out of each one at their pleasure. While having so many Volkssporter options is wonderful, we must face the fact that Volkssporting would not exist at all if people did not band together into local clubs in order to host walks that are sanctioned by the IVV/AVA. It isn't the IVV or the AVA itself which maps out a walk and sits behind a table greeting walkers. It is the Mid-Florida Milers, or the Sun-coast Sandpipers, or the Happy Wanderers or the 300+ club names in the USA and thousands throughout the world. Volkssporting is indeed greater than the sum of its parts!

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MidFlorida Milers Needs Your HELP!

Our walking club is looking for volunteers to work at upcoming walks. We need workers for setting up at the walk site, registering walkers at the start, stamping books at the finish, and helping to break down and store the walk equipment. If you volunteer for set-up or start registration, you will still have time to walk the day's route. If you are working finish or break-down, you can walk before your duty times. Volunteering is a great way to meet club members, walk, and help our club!

Times for each volunteer position are:

Set-Up	8:00 – 9:00am
Start Registration	8:30 – 10:30 am
Finish	10:30 am – 1:00 pm
Break-Down	1:00 pm to 1:30 pm

Please contact Rosemary Barna at 407-920-3174 or barnar@bellsouth.net OR sign up at our next walk.

Welcome New Members:

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

Paul & Laura Morey
Calvandra Hoskins

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. Or, complete membership application and mail to the club or bring it to our next walk.

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the Kahuna Grill volunteered to open for lunch especially for us and we need your support to attend and stay for lunch at this nice restaurant where we walked once before and had our Holiday dinner there.



JoAnne Cross Walks 50 States

Sometimes it is nice to be able to re-connect with club members. Recently at a walk I was talking to JoAnne and the fact that she completed 50 states in 2008 was revealed. This is a memorable achievement for anyone and as one of the Mid Florida original members, she joins 11 others who achieved this challenge.

JoAnne is a past Vice President and Secretary and consistently assists the club. Now retired, she says she is on her second round of 50 states. Congratulations JoAnne. Please say hello to her at the next walk.

Mike Lanpher

PS: You can see all 12 who completed 50 states at: http://web.me.com/mlanpher/MFM_History/Walked_50_States.html

MFM and AVA Milestones

Event Awards:

David Kaitschuck	10
Jeremy Sewell	30
Johnathan Sewell	30
Iris Kaitschuck	50
Terry Sewell	50
Larry Middleton	1150
Bob Zook	1200
Letty Zook	1200

Distance Awards:

Larry Middleton	15,000k
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MFM Board Vacancy

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We hope everyone reading this who is not already a member of a sister Volkssport club will become a part of the Mid-Florida Milers Team this coming year! Actually, you are welcome to renew at any time. A membership form is always part of this newsletter. If you are renewing, just write RENEW at the top after completing the form.

And stay tuned! News of a special member-gift is coming! If you have any questions, please contact me (Letty) at lettyzook@gmail.com or letz@earthlink.net. Both emails will work. See you on the trail!

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and altitude. It is at 8000 feet altitude, and weather can be extremely hot or extremely cold. Registration for this walk is 90 minutes away in Cedar City, Utah -- or you can register ahead of time with the club. [Sanction Y1626]



10. Sacramento, California

Enjoy this walk through historic Old Sacramento, including the State Capitol, Sutter's Fort and the old Governors House. [Sanction Y0003]

How to Walk These Walks

Register at each walk's start point during open hours. Take the map and directions provided, and enjoy the

The Board of Directors announces the departure of the Club Treasurer, Jim Plummer, on April 30th and wish he and Ginny well in their new home in Ft. Myers. The enthusiasm and energy Jim and Ginny contributed has made the club better in every respect.

With the vacancy on the Board of Directors the Board would like to ask members to volunteer for the position of Treasurer. This important position maintains the clubs funds and operates as one of the club officers. The excerpt from the MFM Constitution shown below provides the key functions of the Treasurer.

If you have any questions or are interested, please contact me, as it would be helpful to have a short overlap with Jim before he departs.

Gail Brooks,
President
Mid Florida Milers
407-895-3586
gvbrooks@bellsouth.net



"The Board of Directors shall consist of: The four elected officers and the immediate Past President.

- a. Meetings of the Board of Directors shall be held at the call of the President but not less than quarterly." (Note they are held normally on a monthly basis)

"The term of office for each position shall be two years, with the President and Treasurer elected in even numbered years and the Vice-President and Secretary in odd numbered years."

"The Treasurer shall:

- a. Act as the custodian for all Club funds, equipment, property, and facilities;
- b. Maintain records of all financial transactions pertaining to The Club;
- c. Present financial reports to the membership at all general meetings and to the Board of Directors at all Board meetings;
- d. Prepare an annual financial statement and publish it for the general membership in The Club's newsletter;
- e. Cooperate in the yearly audit of the financial status of The Club conducted by a voting member selected by the President;
- f. Review all proposals for expenditure of Club funds to determine adequacy of funds in the treasury to meet the proposed obligations;
- g. Review and recommend changes to the amount of funds set aside to help defray expenses for the AVA convention representative;
- h. Maintain an inventory of The Club's property, if any; and
- i. Perform other fiscal duties as required by the President."



Leesburg ... A Walk Worth the Drive

What you can do to Support Walking

- Bring a friend or a brother or sister: pick them up (increases their motivation)
- Walk with a first time walker (you can wait at registration for one)
- Become an AVA Volkspport Associate (\$30 per family)
- Take brochures to your other organizations' meetings or work
- Have your company provide support (money, printing help, news, ads, etc.)
- Take pictures (we have them on the web site from 2002)
- Write an article on what you like or a favorite event for the newsletter.

On a great clear, cool and windy day 45 walkers arrived to do the Leesburg walk. Thirty Five were credit walkers. The location on Lake Harris selected by the creators of the walk, Sharon and Peter, was very scenic and observing the many fishermen was entertaining. Of course the Community Center Garage Sale added to the ability to see Leesburg's assets (for sale) other than the walk.



of Central Florida. Compliments on the route and the many "we had no idea..." comments were laudatory.

Sharon and Peter did a great job laying out the route and passing numerous AVA Special Program venues. A big thanks to them for a walk providing a glimpse into the history

Thanks to Peter and Sharon for their effort and time to make this a successful event.

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 _____