



Mid-Florida Milers Walking News

January/February 2010

2009 Walk Around Florida

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"Walk...Eat...Walk some more!" That could have been the unofficial theme for the 2009 Walk Around Florida weekend held in Orlando this year. The events were hosted by Mid-Florida Milers November 13 – 15, in partnership with our two neighboring clubs – Happy Wanderers (Port Orange, FL) and Suncoast Sandpipers (Largo, FL).

Our trailmaster, Mike Lanpher, selected four routes to represent the many wonderful walks in our area – the Celebration YRE on Friday; two walks -- Kelly Park and Winter Garden -- on Saturday; and the finale on Sunday leaving from the host hotel, featuring Disney's Festival of the Masters.

Highlights for the weekend included over 400 registrations for the four walks, a wonderful picnic lunch for participants after the Kelly Park walk, an evening dinner at a restaurant nearby to the host hotel, and an art auction and raffle which raised \$600 to benefit veterans through programs at the Orlando VA Medical Center.

Of significance was the decision by the American Volkssport Association's Executive Council to hold their quarterly policy-making session in Orlando and then join us for the WAF weekend. Attending with us were the AVA's four nationally elected officers, the AVA Executive Director, and each of the ten regional directors. It was especially nice for our MFM members to meet and talk with these experienced and influential leaders.



Based on feedback we received, it was apparent that a great time was had by all participants. Many thanks to the MFM members who volunteered their time to make the weekend such a success – that includes manning the walk registration, checkpoint,



Letty Zook sampling the Ghiradelli chocolates at Lake Buena Vista

Trailmaster's Report

Trailmaster Topics

By Mike Lanpher

mlanpher@cfl.rr.com/407.695.9181

As we look back on our 20th Anniversary year there were many great moments and walk events that I hope you all enjoyed. At the Christmas dinner a straw vote by the attendees of the 26 walks found 20 June Sanford, 3 October Maitland, and 14 November Kelly Park as the three favorites followed closely by Oviedo and Turkey Lake Park. A special thanks to the many volunteers like Ginny Plummer, the Peseks, the Bouws, Roger Poitras, the 5 YRE monitors, and others who spent time at checkpoints or registrations. The Board consistently stepped up to do a host of things needed and Ladd Duncan faithfully provided prints for brochures and walk instructions. If you wish to contribute a couple hours a month or a quarter, we can use the help.

So on to 2010 and a new decade. We have 20 walks already planned and some TBDs you can email me where you would like to start one. The 1st quarter is set and sanctioned with a couple repeats but many new routes. See the listing separately in the newsletter.

2010 – 1st Quarter Events

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

Date	Location (All walks start at 9:00 AM unless noted)
16 Jan	Longwood Winn-Dixie 9:00 AM
30 Jan	Lake Kissimmee State Park Lake Wales 9:00 AM
6 Feb	Oveido Publix (SR 426) 9:00 AM
13 Feb	ORMC Lakes Walk YRE 8:30
20 Feb	Orlando Starbucks - Kirkman
6 Mar	Harmony, FL
13 Mar	Leesburg Venetian Gardens
20 Mar	Crosby YMCA & Winter Park Art Festival

Walk Around Florida XX – 13 -15 November 2009

Without a doubt the WAF XX was a great event featuring nice walks, super crowds at all 4 walks, a delicious lunch at Kelly Park, an Art Auction and mixer sponsored and paid for by Suncoast Sandpipers, and a packed dinner venue at Black Angus Saturday night. The 400 plus walkers finished Sunday with 128 walkers at LBV for the Festival of the Masters. The hard work to arrange these events by MFM Volkssporter of the Year Jim Plummer, Gail Brooks, Rosemary Barna and the Suncoast's Alice Lawrence and Joan Jarrett was efficient and well recognized. The attendance of both FVA and National Leadership was quite an honor and Marvin Stokes, President of the Happy Wanderers, was responsible for that. If you missed the fun, get ready to attend the events in 2011.



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.

Arlene Cowan
Linda Dupree

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.

Christmas Lights Walk

We had 23 walkers at the Tuscawilla night walk on Saturday, December 19th (actually 25 counting Mike & Joan who gained credit by doing a pre-walk).

Many thanks to those who stepped up to lead the guided walks and to those who brought extra lanterns and flashlights to the event. Special thanks to Jackie and Kathy who reached hero status by baking and contributing many dozens of cookies, breads, and hot drinks for our very happy participants.

All agreed that we had an excellent, easily followed walk route. Christmas lights are a little sparse in many neighborhoods this year, but those that we saw on this walk brought great cheer to our hearts. This MFM holiday tradition is always great fun.



Registration at Kelly Park



Confused about carry-over?

Reprinted from The American Wanderer
December 2009/January 2010

Most event books tally up equal to the book's capacity. Recording distances can be a different animal.

Depending on how many kilometers a walker completes, distance books can end up going over the book's capacity (carry-over) or end up minus some "paces."

Logging extra distance is recorded as carry-over at AVA Headquarters when you send in your books for validation. Additionally, any extra distance shown on the lower right-hand corner of validated book(s) and on the corresponding line in the accompanying record of achievement passbook.

Short of necessary distance (or events) is noted also when such situations arise. Simply use an insert card to make up any difference and send it in with the next book(s) to be processed.

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.



Thanks to all the Mid-Florida Milers who brought toys for the Toys for Tots collection. Its great when we as a club can give back to the community.

MFM sponsored the Toys for Tots collection drive in conjunction with our December events. Although rain kept many folks away from our Marks St. walk, those who did participate came loaded with arms full of toys. The greatest need in Central Florida was for toys for toddlers and teens and we received great selections for both age groups. We continued our collection at our Christmas dinner where we added another large box of toys. Our waiter at

Vinito's was a member of the Marine Reserves and was elated over our efforts and even volunteered to deliver our toys to the Marine Reserves collection center.

All together we collected over 40 toys to help brighten the Christmas of Central Florida youngsters. Way to go, MFM members!

Also, this past year, the Mid-Florida Milers gave a charitable contribution to the Leukemia and Lymphoma Society in the amount of \$500.



Miler Milestones

Event Awards:

Samson Duncan	10
Roger Poitras	150
Marsha Greathouse	100
Phil Greathouse	100
Gail Brooks	250
Jim Plummer	250
Peter Fournier	275
Ladd Duncan	750

Distance Awards

Roger Poitras	500+
Jeanette Dolny	1000
Marsha Greathouse	1500
Jim Plummer	2500
Gail Brooks	3000
Paul Kramer	4000
Ladd Duncan	8000

Roger Poitras walked all 50 states!

Congratulations to Roger who in three years plus a bit completed 50 states – possibly a record. In downtown Oklahoma City, Roger completed his 50th state on October 29th, 2009. Roger started his quest in 2006 and has completed 150 walks in 50 states.



*In every walk with nature one receives far more than he seeks.
~John Muir*

2009 MFM Awards Volkssporter of the Year & Volunteer of the Year

Mid-Florida Milers presented its Volkssporter of the Year Award at our annual Christmas dinner. We also honored our Volunteer of the Year.

Our Volunteer of the Year for 2009 is Ginny Plummer. She works tirelessly on behalf of our club. She attends every walk to assist in registration. She is the chair of the specialties committee



and always has t-shirts and state pins available for members to purchase. In addition, she often works behind the scene to help plan special events such as luncheons and parties. We are proud to have her as an MFM member. Please tell her thanks for

all of her hard work at our next walk.



MFM chose to honor two members as Volkssporters of the Year for 2009. First, we are proud to honor Jim Plummer. Jim is the club

treasurer and always analyzes our income and expenditures to keep us up-to-date on club finances. He is also responsible for sending all of our walk information to AVA and must see that the walk stamps and walk fees are sent to AVA after each walk. In addition, he prewalks almost every walk and has been helpful in arranging starting points and layouts for numerous club

events. He played a major role in organizing the 2009 Walk Around Florida weekend. Again, please give him a big MFM pat on the back at our next walk.

Our second honoree for 2009 Volkssporter has not yet been announced. The honoree was unable to attend our Christmas Party and due to the inclement weather on our New Year's Day walk was not in attendance. We hope to "catch" this person at an upcoming walk and surprise him/her with the award news. If you miss the surprise award ceremony, then stay tuned for the announcement in the next newsletter. You will definitely want to extend your congratulations to this awesome MFM member.

New Walk Programs for 2010

Hooray for Hollywood

July 1, 2009 thru June 30, 2012

Forts of the United States

January 1, 2010 thru December 31, 2012.

Honoring Law Enforcement

January 1, 2010 thru December 31, 2012

Hillside Letters

January 1, 2010 thru December 31, 2012

Carnegie Libraries

January 1, 2010 thru December 31, 2012

Continuing Programs:

Walking America's Fire Houses
American Authors & Literary Landmarks
River Walks
Great Lakes, Great Walks, Great fun
America's Historic Churches
Islands
Native American Culture
Liberty Bell Replica
Veteren Memorials
Walkin' Waterfalls
Pony Express
Cemetary Stroll - ends 6/30/10
Covered Bridges - ends 12/31/10
Railroad Heritage - ends 12/31/10

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

THE Spirit OF WALKING

MFM WALK SCHEDULE:

January 2010

<i>Date</i>	<i>Event Location</i>	<i>Start Time</i>
Jan. 16	Longwood Winn-Dixie	9:00 – 10:30
Jan. 30	Lake Kissimmee State Park, Lake Wales	9:00 – 10:30

February 2010

Feb. 6	Oveido Publix (SR 426)	9:00 – 10:30
Feb. 13	Group Walk - ORMC Lakes	8:30 – 9:00
Feb. 20 website	Orlando Starbucks – Kirkman Road	check

March 2010

Mar. 6	Harmony Florida	check website
Mar. 13	Leesburg Venetian Gardens	check website
Mar. 20	Crosby YMCA and Winter Park Art Festival	check website

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

Walks by other clubs

<i>Date</i>	<i>Event Location</i>	<i>Club</i>
January 2010		
Jan. 9	Olde Ortega	First Coast Forgers
Jan. 10	Winter Haven Park, Ponce Inlet	Happy Wanderers
Jan. 14–18	Savannah Bakers Dozen	Happy Wanderers
Jan. 23	Ft. George Island	First Coast Forgers
Jan. 24	Reed Canal Park, South Daytona	Happy Wanderers
Jan. 30	Kumquat Festival, Dade City	Suncoast Sandpipers
Jan. 31	Deland County Library	Happy Wanderers
February 2010		
Feb. 6	UNF	First Coast Forgers
Feb. 13	Walk of the Tiger – Anna Maria Island	Suncoast Sandpipers
Feb. 20	Orange Park	First Coast Forgers
March 2010		
Mar. 6	Ravine Gardens / Palatka	First Coast Forgers
Mar. 20	Jax / Riverside	First Coast Forgers

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



2009 YEAR IN REVIEW





Why does AVA exist?

Mission Statement: The AVA is the advocate for the promotion and organization of walking and other noncompetitive sporting events that encourage physical fitness, fun and fellowship for people of all ages and abilities.

Vision Statement: To be recognized as the premier noncompetitive sports organization in the United States with sustained growth and a sound financial base.

Values Statement: The AVA values fellowship, fun and fitness through quality family oriented noncompetitive events, in America's spirit of teamwork where all can achieve their personal best.



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 _____