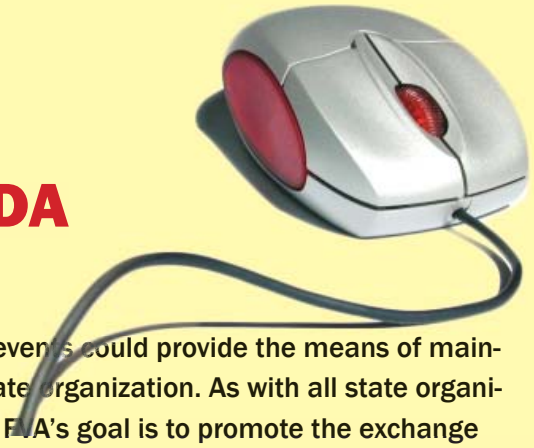
Mid-Florida Milers
Walking News
March/April 2011



Click Your Way to WALK FLORIDA

By Letty Zook

The Florida Volkssport Association introduced a new website on January 1, 2011. It replaces the previous site which became incompatible with its hosting site. Since the clubs of Florida provide so many opportunities to walk their state, which covers more than one time zone, it is only fitting the new website be named www.walk-florida.org.

All of the FVA officers, plus key members in the nine Florida clubs, provide data, suggestions and various types of input essential to maintaining an interesting and informative place for cyber-visitors. The new FVA website is indeed an extension of the unity the Florida clubs have worked hard to maintain since its inception in 1990. The FVA envisions the state website as a portal that both Floridians and out-of-state visitors can enter and choose various rooms that give information about the AVA, the FVA, Florida clubs, and walk events throughout the state. They want the site to be useful for both experienced Volkssporters and for others who may just be searching for motivation to walk. Since it is a new site, it is a work always in progress and is still under construction.

A focal point of the FVA website is the doorway into its Walk Florida State Parks program. When the Florida Volkssport Association was established, it decided that year-round events could provide the means of maintaining a state organization. As with all state organizations, the FVA's goal is to promote the exchange of ideas, good will, healthy lifestyle, friendship and cooperation between its member clubs. Several founding officers worked hard to initiate partnerships with various state parks throughout Florida and maintain permanent walks at those partner parks. At the present time, year-round events sponsored by the FVA can be walked at 15 state parks.

Volksmarchers are most welcome at Florida's parks and the FVA has earned an excellent reputation by their successful coordination of the program. The WFSP Program introduces walkers to the Real Florida while also providing support for the activities of the FVA. An ideal offshoot of this is that the state organization has avoided, for the past 20 years, charging dues from the local clubs.

So the state most known for its famous Mouse invites you to grab that other popular mouse and click your way into the heart of the Florida Volkssport Association and Walk Florida!

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Mid-Florida Milers Walking Club

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Trailmaster's Report

By Mike Lanpher
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The 1st two months of walks were in some pleasant, dry, weather with 35-45 walkers attending New Years Day, Warren Park, Celebration, Apopka, and Barber Park events. Your continued support is appreciated and if we have missed you for a while, come walk with us at the neat Oakland Nature Preserve and the Orlando Wetlands Park in March. We have about 140 members and see no more than 30 at any walk. Give the walks another try and give us some suggestions on walks if you have some ideas.

Thanks to Joyce and Don Bouws, Letty and Bob Zook, Dave Bundy and Dave Shagaloff for

John and Mike leading

volunteering at walks. Volunteers are needed for Start and Finish duties (easily trained) and for verifying walk directions ahead of walks. Volunteer opportunities are available online (it is a pretty slick way to do this) and allows you to select the position. Try it by finding the link on the web site and in the eNEWS. We need your help.

At the Wetlands in March we will have some great homemade soups for lunch after the walk for a small cost; join in the sharing or bring a soup to share. You can sign up on line or call Gail.

Also check the updated MFM web site for some new stuff Jackie authored at www.midfloridamilers.org. Also available is the new FVA web site at

2011 YRE Free T-Shirt

For 2011 a white tee with the club logo in color surrounded by theYRE cities will be awarded to all club members who walk MFM YREs 15 times by 30 November. Rules are easy to meet and we look forward to your participation in all our year round events: walk any/all of the 11 MFM year-'round walks 15 times; must be a member in good standing at the time of the walk; Program begins on January 1, 2011; walks must be completed by November 30, 2011. See the Tee Shirt model at any walk.

T-shirts will be awarded in August and December at club events.

2010 EVENTS:

DATE	EVENT	START TIME
5 March	Oakland Nature Preserve	9:00 - 10:30 am
19 March	Orlando Wetlands Park	9:00 - 10:30 am
2 April	Kissimmee	8:00 - 9:30 am
16 April	Lake Lotus - Altamonte Springs	9:00 - 10:30 am
7 May	Sanford - Willow Tree Restaurant	9:00 - 10:30 am
14 May	Deland (Group Walk)	8:30 - 9:00 am

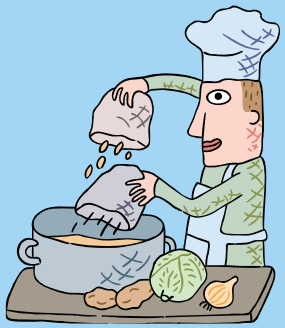
Details are on the club's website (www.midfloridamilers.org) or call 407.695.9181

Mid-Florida Milers

Walk and Soup Lunch

Saturday, March 19, 2011

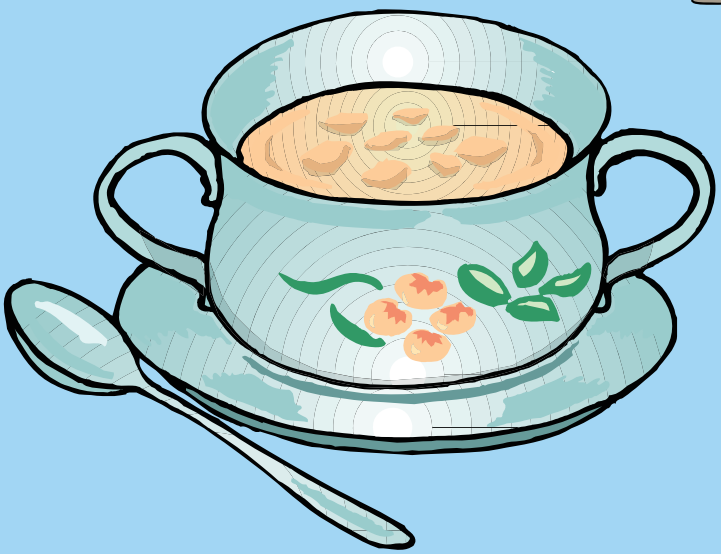
Orlando Wetlands Park



Start: 9:00 - 10:30 am

Finish by: 1:30 pm

Wetlands Park is at 25155 Wheeler Rd., 40 minutes east of downtown Orlando on SR 50 (Colonial Dr.)



Sign up to bring your favorite soup or to volunteer to help with the start or finish of the walk at MidFloridaMilers.org

Year Round Event Participation

The Treasurer shared the 2010 participation in our YREs at the February Board meeting. Here is a summary. The result was the numbers increased for total walkers by 74 walkers. An analysis showed us that all the increase was attributable to large increases in free walkers at Winter Park and Mark St Sr. Center. Credit walkers in total were 5% less. We need participation by both club members and out of town walkers We have demonstrated no growth over the last few years. The results by percent increase or decrease by walk are below.

Bottom line is we really need club members to walk our YREs and get a FREE Tee.

Event	Total walks 2010 vs 2009	Credit walks 2010 vs 2009
Orlando Downtown Memorial	4%	11%
Winter Park	61%	46%
Orlando Lakes	-24%	-20%
Lake Buena Vista	20%	19%
Maitland	32%	25%
Orlando North (Mark St) [1]	123%	-18%
Celebration Town[2]	-22%	-31%
Lake Worth (Remote)	52%	53%
Palm Beach[3]	-28%	-9%
Celebration-Old Town[3]	-22%	-10%
West Palm Beach[3]	-40%	-72%

1. Orlando North in 2010 was visited by a convention goers
2. Celebration Town in 2009 hosted one WAF XX walk
3. Remote registration appears to reduce the Palm Beach County attendance (2009 @ 104 vs 88 in 2010)

Top Ten Walks in 2010

Do you want to walk the best walks in the USA? The clubs of the American Volkssport Association host more than 1,800 self-guided trails in the United States. The walks are in terrain as varied as National Parks, cities, small towns and countryside. I take nominees each year and then ask the association's members to vote on their favorite walks of 2010. You can enjoy most of these walks in 2011 and coming years.

1. St. Mary's City, Maryland
This walk is a newcomer to our top ten list. It explores Historic St. Mary's City, an 800-acre outdoor living history museum and the site of Maryland's first capital. Half of the walk is through the woods and on natural paths along the St. Mary's River. See the reconstructed State House of 1676, archaeological excavations and the Godiah Spray Tobacco Plantation. At the waterfront, there is a replica of the square-rigged Maryland Dove, which (along with the Ark), brought the first settlers and supplies from England. The walk is only open April 1 through October 31. [Sanction Y1620]

2. Point Lobos, Carmel, California
This walk has been on the top ten list often in the past 10 years. The natural trail around the Point Lobos Reserve offers breathtaking views of Carmel Bay and the Big Sur coastline. You can spot frolicking sea otters, scuba divers, and -- in season -- gray whales spouting. However, be warned that almost every green shrub, sprout and hedge in the park is, in fact, poison oak. If you are sensitive, I suggest using a poison oak blocking lotion before the walk and a good scrub with a poison oak scrub afterward. [Sanction Y0445]

3. Silver Falls, Oregon
This classic Northwest hike is in a canyon with nine waterfalls, including three that you can walk behind. You get the full flavor of the Northwest with tall timber, lush fern and the sparkling stream that creates the waterfalls. 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. Mt. Rainier National Park, Washington - Skyline Trail
Take a hike in Paradise, or rather, around Paradise Inn at the 7000 foot level of the tallest mountain in the Cascades Range. It is an extreme walk, rated difficult, wear hiking shoes and carry water. Your camera is bound to run out of either film or memory as you take in the glaciers and wildflowers. This walk is only open July 1 through September 30 and you must mail in your registration in advance to receive the map and directions. [Sanction Y0835]

5. San Antonio, Texas - Riverwalk
This route is simply fun, and you'll have earned your burrito and margarita by the end of it. The route meanders along Paseo del Rio or Riverwalk, through the King William District, La Villita, HemisFair Park, Institute of Texan Cultures and Menger Hotel. Walkers also pass the San Antonio war memorials and through Mission San Antonio De Valero, better known as "The Alamo." [Sanction Y0055]

6. Annapolis, Maryland Walk
This walk is packed with history and history in the making. It includes the State House, the Governor's house, the US Naval Academy, historic downtown Annapolis and its dock area. I remember it as one of the best walks in the area. Bring a photo ID to enter the State House and Naval Academy. [Sanction YR0264]

7. Grand Canyon, Arizona
The grandest walk in the continental United States takes you along the south rim of the Grand Canyon, through Grand Canyon Village. There is an alternate trail to Yavapai Point for more breathtaking views. Lowlanders should take it easy -- the elevation is 7,000 feet, although the route itself is fairly level. Registration for volkssport credit is in Flagstaff. [Sanction Y1376] To forgo credit, see the maps at NPS Grand Canyon Day Hiking

8. Sanibel Island Lighthouse, Florida
What could be more relaxing than strolling the beach to a historic lighthouse, searching for sea shells by the seashore? Walkers agreed that this was worth the trip. [Sanction Y0521].

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 Peeka-boo Loop. It is "all views, all the time" as you hike through the hoo-doos and rock formations. The walk is rated most difficult due to hills and altitude. It is at 8000 feet altitude, and weather can be extremely hot or extremely cold. Registration for this walk is three hours away in Ivans, Utah -- or you can register ahead of time with the club. [Sanction Y1626] Or, to do it yourself, see the NPS Bryce Canyon Hiking Page

10. Chicago, Illinois - Lakefront

Get the full flavor of the Chicago Lakefront with this great walk that starts at the Chicago Cultural Center. This trail takes you to the Chicago Loop, Northwestern University, Museum of Natural History, Shedd Aquarium, Buckingham Fountain, Navy Pier, Museum of Contemporary Art, along Michigan Avenue's Magnificent Mile and along beautiful Lake Michigan. [Sanction Y0783]

How to Walk These Walks

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

Step-By-Step on an AVA Year-Round Walk

Find AVA Year-Round Walks

Starting Point: Annual Guide to All AVA Year-Round Walks

The Starting Point is your guide to more than 1850+ self-guided walking and biking trails throughout the USA, published by the American Volkssport Association.Find Great Trails to do at your own pace, any day of the year. Enjoy walks and bikes in national, state, and local parks and forests. Take in lovely countryside or charming small towns. Enjoy daily walking trails in your area. Visit destination attractions from coast to coast and enjoy seeing them afoot. This book lists start points, addresses, driving directions, hours of operation, trail length and difficulty level, trail points of interest, host club and club contact numbers. Once you get to the start point, sign the log and take a map and directions to enjoy a walk as invigorating or as relaxing as you choose. Go your own pace along the trail selected by the local club for its beauty, historical significance, points of interest, or simple walkability. Most of the walks are free. You may choose to make a small donation to the host club, or read more about earning lifelong Achievement Awards by clicking here. If you choose to buy the IVV Record Books to record your walking achievements, then there is a small credit fee per walk of up to $3.00.

"Moving together toward a healthier America"

MFM and AVA Milestones

Event Awards:

Fred Williams	50
Gail Brooks	300
Arlene Aycock	575
Joe Aycock	575
Kathy Rapacki	700
Letty Zook	1250
Robert Zook	1250

Distance Awards:

Gail Brooks	3500
Kathy Rapacki	8000

*Dec-Jan 2011 TAW

Welcome New Members:

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

Chris Chaikoloski
David Shagaloff
Pat Hall
David Piatt
Jenny Thomas
Sara Hamilton
Patience Smith
Joel Ottoson
Carol Weber
Mary Ross
Scott Ross

Our Membership Year funs 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 applicaiton and mail to the club or bring it to our next walk.

WALKS BY OTHER CLUBS

Date	Event Location	Club
March 2011		
Mar 6	Palatka Kick-off New YRE	Happy Wanderers
Mar 13	Bike Week Walk-City Island, Daytona	Happy Wanderers
Mar 19	Neptune Beach	First Coast Trail Forgers
Mar 20	Central Park, Ormond Beach	Happy Wanderers
Mar 26	*Hontoon Island Event*	Happy Wanderers
Mar 27	Walk/Bike Port Orange YMCA	Happy Wanderers
April 2011		
Apr 3	Marina Resort, Sanford	Happy Wanderers
Apr 10	Mariott Courtyard Cocoa Beach	Happy Wanderers
Apr 17	County Library Ormond Beach	Happy Wanderers
April 24	Winter Haven Park Ponce Inlet	Happy Wanderers
May 2011		
May 8	St. Augustine	Happy Wanderers
May 15	YMCA Walk/Bike Port Orange	Happy Wanderers
May 22	County Library Deland	Happy Wanderers
May 29	Lakeside Inn Mt. Dora	Happy Wanderers

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

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

5/10K

Hontoon Island State Park

Saturday, March 26, 2011
Start: 9 - 11 am
Finish by 2 pm
by the Happy Wanderers

Trail Description:
Rated 2 possibly not suitable for wheelchairs and strollers.

All walkers pay $3, children 12 and under free unless for credit. No park entrance fee.

Directions: Take I-95 exit 261B to merge onto FL-600 W/US-92W/W International Speedway Blvd. toward Deland (16mi); Turn left at N. Woodland Blvd (1.8 mi; Turn left at N. Florida Ave; Take the 1st right onto CoRd 4125/ Hontoon Rd; Turn left at River Ridge Rd.

For more info. contact: Marvin 386 788-4026 or Bill 386 676-9863

The Happy Wanderers

5K & 10K Walk

DE LEON SPRINGS STATE PARK

Saturday, April 23, 2011

REGISTER: 9 am - 11 am

WALK: 9 am

FINISH BY: 2:00 pm

Walk Florida State Parks...

The Real Florida

Walk Florida State Park Program
The Walk Florida State Park Program provides a hiking experience for walkers and introduces them to natural Florida. The walks are permanent year-round events and the program is made up of 17 Florida state parks and 1 state forest. The Florida Volkssport Association manages the WFSP program and sponsors 15 of the walks. Local AVA clubs sponsor 3 additional events. The trails provide a varied view of endangered eco systems and are a great way to experience the Real Florida. For more information about the walks go to www.walkflorida.org.

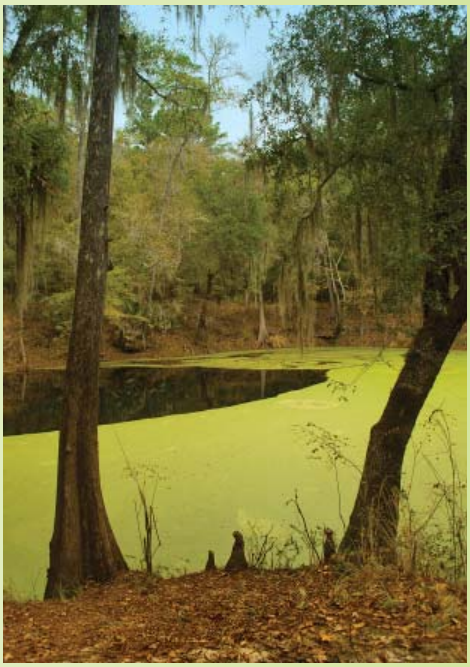
North-West Florida parks
Big Lagoon State Park
Pensacola FL,
Krul Lake Recreation Area (Black River State Forest)
Munson, FL
Maclay Gardens State Park
Tallahassee, FL

North Florida parks
Fort Clinch State Park
Fernandina Beach, FL
Little Talbot Island State Park
Jacksonville, FL
O'Leno State Park
High Springs, FL
Stephen Foster Folk Culture State Park
White Springs, FL

Central Florida parks
Blue Spring State Park
Orange City, FL
Crystal River Preserve State Park
Crystal River, FL
Dade Battlefield Historic State Park
Bushnell, FL,
Fort Cooper State Park
Inverness, FL
Honeymoon Island State Park
Dunedin, FL
Hontoon Island State Park
Deland, FL
Wekiwa Springs State Park
Apopka, FL

South Florida parks
Highlands Hammock State Park
Sebring, FL
Lake Kissimmee State Park
Lake Wales
Oscar Scherer State Park
Osprey, FL
Paynes Creek State Park
Bowling Green, FL

Wekiva Springs State Park



O'Leno State Park

MID-FLORIDA MILERS MEMBERSHIP APPLICATION

Annual Membership runs from July 1 to June 30.

Send application & check to address below or pay at any walk event:
Mid-Florida Milers, P.O. Box 4575, Winter Park, FL 32793

Membership renewals in:

Full year (June/July/August-June): $8 single and $13 family

New Membership in:

1. Oct-Dec - $6 single and $10 family
2. Jan- March - $4 single and $7 family until June (3-6 months).
3. April - May - $2 single and $2 family

RENEW_____ NEW_____ (check one)

If renewing, please provide all the information listed below, even if you have given it previously. This is the most efficient way for us to maintain accurate records. Thanks so much!

NAME: _____

ADDRESS: _____

CITY: _____ ***ST*** _____ ***ZIP:*** _____

PRIMARY PHONE: _____ ***SECOND PHONE:***_____

E-MAIL (for eNews): _____

SPOUSE'S NAME: _____ ***CHILDREN:***_____

(Family names needed only for Family Membership)

I WANT TO:

_____ ***help the club put on great walks.*** _____ ***help with trails.***

_____ ***help with walk lunches.*** _____ ***help make phone calls.***

_____ ***help, just give me a phone call.***

Email Letty Zook, Membership Coordinator, with questions at lettyzook@gmail.com or call 863-289-0242.

DATE: _____ ***SIGNATURE:*** _____