



Mid-Florida Milers Walking News

May/June 2011

Revised Downtown YRE's

By Joann Cross

In case you haven't walked the Downtown Orlando Year Round Events (YRE) yet, you are in for an enjoyable time! Mike Lanpher has just completed a revamp of the directions, adding historic points of interest to both the 6K and 10K.

Both walks pass by residences and commercial buildings built in the late 1800's and early 1900's. They include part of the Lake Lucerne Historical Trail, as well as the Downtown Orlando Historic District. Plenty of sidewalk cafes, restaurants, and restrooms along the way.

The Downtown Orlando walks, along with the 2 Orlando Lakes YRE's, start at Orlando Regional Medical Center (ORMC). Although the hospital is along Orange Avenue,



just south of Kaley, you will turn onto Columbia St (traffic light) then turn left on Kuhl. The address of the hospital is 1414 Kuhl Ave, and this is the entrance you will use to go to the information desk to ask for the walk box.

Don't worry about the "No thru traffic" signs on Kuhl that are up during construction, you will be able to turn right on Copeland and get to the parking garage on your left. You will pay a flat fee of \$4.00 when you leave the parking garage.

Milers Re-NEW Yourself!

By Letty Zook

An important time of the year is almost upon us. The Mid-Florida Milers Membership Drive is about to commence; and we want all Milers to re-NEW themselves! The MFM membership runs each year from July 1 to June 30. We also invite any

who are not members to join as a NEW member. Perhaps you have let your membership lapse for a time. We hope you too will re-NEW. We are offering a special incentive! All who either re-NEW for another year or join as NEW members before June 30, 2011 will have their names placed in a special drawing

to win one of three \$25 gift certificates to a local restaurant. So don't procrastinate! We don't want your name to be missing. Your membership in the club will refresh and re-NEW the other members as well as you. Many Mid-Florida Milers work hard to put on great events; and though it's a labor

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Mid-Florida Milers
Walking Club

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Trailmaster's Report

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

The March and April Events continued in some pleasant, dry, weather with over 40 walkers attending Oakland Preserve and the Orlando Wetlands Park events. Thanks to Gail and Rosemary for setting up the lunch and Rosemary, Jeanette, Joyce, Terry, and Gail for the soup brought to the Wetlands. Thanks again to the Volunteers for Start and Finish duties (if you have not helped the training is easy). Volunteer opportunities are available online (it is a pretty slick way to do this) and allows you to select a "job". Try it by finding the link on our web site and in the eNEWS. It is also helpful to get a few volunteers to prewalk routes and verify walk directions. We do need your help.

A BIG kudo to JoAnne Cross (Orlando Lakes and Downtown walk monitor) for adding detailed history to the Downtown Orlando 10K and 6K walks. A great effort sure to please all that walk the route. The YREs continue to do well at

Celebration and Lake Buena Vista (quite a crowd from Tampa walked it). In the 1st three months 152 people walked our 11 events and 29 were members (19%). These 29 members walked a total of 97 walks (30% of the total walks done). Our top 4 MFM walkers walked 41 walks (15, 10 and two at 8 events) of the 97 events (42%). This indicates we have a lot of members missing out on YREs and there are new walks in Celebration and the new Orlando downtown walks from ORMC.



2010 EVENTS:

| DATE | EVENT | START TIME |
|---|----------------------------------|-----------------|
| 7 May | Sanford & Willow Tree Restaurant | 9:00 - 10:30 am |
| 14 May | Deland (YRE) Group Walk | 8:30 - 9:00 am |
| 21 May | Winter Garden | 8:00 - 8:30 am |
| 4 June | Ft. Gatlin Park | 9:00 - 10:30 am |
| 18 June | Maitland | 8:00 - 9:30 am |
| | | |
| | | |
| Details are on the club's website (www.midfloridamilers.org) or call 407.695.9181 | | |

New AVA Special Event Documented Accidents

by Glen Conyers

One of our new members of Ozark Hill Hikers in Arkansas, Beth Anderson, has decided that we need a new special event program for those of us who have “fallen” on some of our walks. We have been discussing the South Central Regional Director’s “cartwheel” approach to the Kansas City Plaza Lights walk in early December, Beth says this would be the Black and Blue special events.

A separate distance book would be used to record the distance from the beginning to the end of a fall. A measuring wheel would be used to establish the distance from the beginning of the fall to the end (the most distant point of the body, usually an outstretched extremity).

A participant would not get credit for the same type of injury more than twice per year, one in the first six months and again in the second six months.

Walk boxes would contain appropriate ink pads that correspond to the type of injury incurred: red for blood drawn for bruises, purple for bone or joint injuries, pink for skin injuries (poison ivy, chiggers, wasp stings, etc), and green for passing out. In the event of multiple injuries, just overstamp.

Injuries must be witnessed by at least one other person, who must initial the “Black and Blue” event and/or distance books. For those

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Free 2011 YRE T-Shirt

For 2011 a white tee with the club logo in color surrounded by the YRE 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.



With the first 25% of the year gone the number of participants appears to be low but we do have one member who completed 15 YREs already.

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

Bottom line as Mike noted in the Trailmaster input is we really need club members to walk our YREs and get a FREE Tee. This helps members fitness and the club’s attendance.

If you are interested in a night or two in West Palm to walk the three YREs, contact Mike Lanpher (mlanpher@cfl.rr.com). This would be in Sep/Oct time frame.



WALKS BY OTHER CLUBS

| Date | Event Location | Club |
|-----------------|------------------------------------|-------------------------|
| May 2011 | | |
| May 8 | Shrine Gift Shop, St. Augustine | Happy Wanderers |
| May 14 | Jacksonville Riverside Guided Walk | 1st Coast Trail Forgers |
| May 15 | Walk/Bike YMCA Port Orange | Happy Wanderers |
| May 22 | Deland County Library | Happy Wanderers |
| May 29 | Lakeside Inn, Mt. Dora | Happy Wanderers |

June 2011

| | | |
|---------|-----------------------------------|-----------------|
| June 5 | Flagler Pier, Flagler Beach | Happy Wanderers |
| June 12 | Publix Beachside New Symrna Beach | Happy Wanderers |
| June 19 | Walk/Bike YMCA Port Orange | Happy Wanderers |
| June 26 | Publix Palm Coast | Happy Wanderers |

July 2011

| | | |
|---------|--------------------------------|-----------------|
| July 10 | City Island Daytona Beach | Happy Wanderers |
| July 17 | Central Park Ormond Beach | Happy Wanderers |
| July 24 | Courtyard Marriott Cocoa Beach | Happy Wanderers |
| July 31 | Old South Motel Sanford | Happy Wanderers |

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

www.happywanderersfl.org

www.firstcoasttrailforgerswalkingclub.org

www.suncoastsandpipers.org

GSFTS #5 -Ponce Inlet/Wilber by the Sea by Happy Wanderers

Saturday June 25, 2011 Register: 6:30am Walk: 7am
Start: Ponce Preserve Park, 4401 S. Peninsula Dr.

- Trail Description: Rated 1+ easy walk on some pavement, beach or some woodland trails with slight hills.
- \$3.00 fee for all walkers, Children 12 and under free, unless for credit.
- Directions: I-95 take the SR-421 E exit 256, toward Port Orange Turn left onto SR-421 E/Taylor Rd. continue to follow SR-421 (3.9 mi) SR-421 becomes Dunlawton Ave. Turn Right onto S. Atlantic Ave (2.5 mi) Turn Right onto Old Carriage Rd. (0.1) Turn Left onto S Peninsula Dr. (0.4 mi) Ponce Preserve Park is on the Left.
- AVA Programs: Honoring Law Enforcement

17th Biennial AVA Convention



The AVA has a convention biannually in a different locale each time. This year it is in Iowa (see ava.org). These are fun events and have some super walks associated with them. This year the meetings are expected to be interesting also as each office is contested for the National Officers and there are some bylaw changes.

Our MFM representative this year is our treasurer, Dave Bundy. We would like to have other members there also and if you are going, let Dave know.

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walking or bicycling along, credit will be awarded only if the event book is documented with a splash of blood or smear beside the corresponding event stamp.

In the event of the injury being videotaped and subsequently published on You Tube, the Black and Blue award will be granted immediately, regardless of the number of events in the event book.

Well, this is, of course, completely "tongue and cheek", but also a reminder to be a little more careful out there and watch your feet while you are looking for change!

The American Wanderer
April/May 2011

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of love, it's a real boost when others come alongside to lend a helping hand. MFM is not asking everyone to become an officer or appointed coordinator (though we are always welcome such), but there are many other short-term tasks a member can do. Help with trails, provide food for lunches, make phone calls, work at the registration table, or greet walkers at events. All these activities are essential to hosting quality walks; and members make the load lighter by helping, even if they can do so only occasionally. The best way to get acquainted with Volkssporting, the MFM club, and other walkers is by volunteering with them. It's okay that you might not be as skillful as some of our experienced members. We are thrilled to fellowship with new folks and will provide all the training and patience you need!

I hope also that you will re-NEW yourself by walking as many Miler events as possible. Whether you are a re-NEWed or a NEW member, there is plenty of time in the months ahead to earn your free Year-Round Event tee-shirt. This special shirt is available only to Mid-Florida Miler members who walk 15 Year-Round Events by November 30, 2011. And we've made it easy! You do NOT have to walk 15 DIFFERENT Year-Round Events.

Members serve the club immensely by simply walking, at their own



"Moving together toward a healthier America"

convenience, the year-round events sponsored by the Mid-Florida Milers. And they are excellent walks! Recently a Canadian couple visited the preserve where I work. During our chitchat we discovered our common bond of Volkssporting. When I mentioned the Mid-Florida Milers were my home club, they were quick to let me know that they considered the MFM Orlando Lakes walk one of the best year-round trails they've ever experienced. This came from a couple were leaders in their club, worked as trail masters, and were folks who traveled widely.

Check out the Mid-Florida year-round events at <http://www.mid-floridamilers.org/yr.html> and start planning when you are going to walk them. You also want to set aside the Saturdays when we walk as a club. Being part of our walking family is the best way to have fun, get fit, make friends, and, yes—eat food!



Young volkssporter at the Wetlands

MFM and AVA Milestones

Event Awards:

| | |
|----------------------|-----|
| Megan Koizol | 10 |
| Juan Rivera | 10 |
| David Kaitschuck | 30 |
| Jacob Sewell (age 7) | 50 |
| Peter Fournier | 325 |

Distance Awards:

| | |
|--------------|------|
| Mike Lanpher | 8000 |
|--------------|------|

*Apr-May 2011 The American Wanderer

Please mail in the IVV Record of Achievement book at the same time you mail in the you Distance and/or Event booklets. This Record of Achievement booklet is best updated at the same time as processing the Awards. If you lose your Record of Achievement book, please contract Karen Winkle at Karen@ava.org.

Welcome New Members:

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

Melinda McCurry

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.



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:** _____