Mid-Florida Milers
Walking News
September/October 2011

Annual Meeting & Luncheon

It was a typical Florida August day, hot and humid. Even with the summer weather 59 walkers showed up for the Oviedo walk and approximately 35 attended the annual meeting / luncheon. The walk which started and ended at Froggers in Oviedo went through several neighborhoods. The air conditioning and cold drinks at Froggers after the walk were appreciated by all.

The annual meeting was held after everyone ate their fill. The minutes from the 2010 meeting and the treasurer's report were approved. Letty Zook provided an update on membership and passed out membership cards to those that had paid their dues for 2011/12. Letty reported that there were 46 single memberships, and 36 family memberships for a total of 125 members.

Elections were held for Vice-President and Secretary. Pete Fournier was re-elected VP and Rosemary Barna was re-elected Secretary. The revisions to the Constitution/By-laws were approved with a few minor changes. The first of the year round walk t-shirts were handed out. Dave Bundy, Mike Lanpher and Joan Lanpher qualified for the t-shirts by walking 15 Year Round Events in the first half of the year. Those individuals that walk 15 events by the end of Nov will get their t-shirts at the Christmas meeting in December.

At the AVA Convention this year a change was made to the rules concerning Year Round Events. The rule previously was that you could walk a Year Round Event for event credit once each six months. This has been changed so that you can now walk a Year Round Event for credit once each day of the year.

Gail Brooks, President of MFMs, announced that from September 1st through December 31st of this year all credit walkers will be able to walk a regular MFM event for free (you still have to pay for any year arounds).

Congratulations to Jackie Walchuck, Jo-anne Cross, and Sue Rudy, each a winner of a $25 gift certificate. Their names were drawn from all members who renewed before July 1. Thanks for such a good response this year.

The meeting was adjourned at approximately 1:30PM.

Mid-Florida Milers
Walking Club

midfloridamilers@hotmail.com

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

CLUB CONTACTS:

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Trailmaster's Report

By Mike Lanpher
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The walks in July and August were managed by Rosemary with Gail's help as Joan and I were off to the Northwest for 55 days. Their extra duty efforts are appreciated. Kudos to Letty for her efforts in achieving great results in renewing memberships.

The July 2nd and 15th walks were attended by 46 and 35 walkers, respectively. While the August 6th and 20th walks were enjoyed by 34 and 59 walkers, respectively. A separate article discusses the meeting and elections on August 20th.

Looking forward for the next four months of 2011 we visit Leesburg on September 3rd and saunter up the Seminole Wekiva Trail and return through Rolling Hills on September 17th. In October we are in Winter Springs and Lake Mary followed by the annual Walk Around Florida in spooky old St Augustine from October 28th to 30th. New walks for all, a ghost tour, dinner, and a great visit to this historic town. Preregistration is required for the great award tee, the ghost tours, the Saturday dinner and box lunch. It must be postmarked by October 8th. See the preregistration form and details at www.happywanderersfl.org.

October's great events are followed by a walk on November 5th through the Orlando Fall Fiesta in Lake Eola Park. On November 12 we use the Year Round Event walk from Pirates Cove Golf to visit the fabulous Disney Festival of the Masters. In December we travel to Clermont to walk in Lake Louise SP.

Just a reminder that as of July 1 AVA no longer says that you can just receive event credit for a YRE every 6 months but you can now get event credit for each day a YRE is walked, so go out to our walks and enjoy them as many times as you can.
Join us as we close out 2011 with some fun events.

2011 EVENTS:

DATE	EVENT	START TIME
3 Sept	Venetian Gardens Leesburg	9:00 - 10:30 am
17 Sept	Altamonte Springs Seminole Softball Complex on North (off Douglas)	8:00 - 9:30 am
1 October	Winter Springs Town Center Publix	8:00 - 9:30 am
15 October	Greenwood Park, Lake Mary	8:00 - 9:30 am
28-30 October	Walk Around Florida, St. Augustine, (Preregistration postmarked marked by 8 Oct).	times vary
5 November	Orlando's Fall Fiesta from Mark St. Sr. Center	9:00 - 10:30 am
12 November	Disney's Festival of the Masters from LBV Pirate's Cove Golf	9:00 -10:00 am

Details are on the club's website www.midfloridamilers.org and www.happwanderersfl.org

2011 YRE Free Tee Shirt & Participation

Three club members walked 15 times by the August meeting. You can still get this colorful tee showing the MFM logo circled by the YRE names. It can be awarded to any club member who has completed 15 MFM YRE walks by November 30th. 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 began on January 1, 2011 and walks must be completed by November 30, 2011. See the tee shirt at any walk. T-shirts will be awarded in December at club events.

Walking in Wisconsin

by Mike Lanpher

Joan and I stopped in Eau Claire while driving back from her Mom's in Washington State. We did 12 YREs and a couple non YREs in Parks while traveling and it was hard to separate them from 2 great YRE walks in the Tetons, a walk in Natural Bridges, and a walk ("Sound of Silence") in Dinosaur National Monument.

Eau Claire is on the intersection of the Eau Claire (your HS French says "clear water") and the Chipawa rivers. The route is diverse with Carson Park and Hank Aaron's first ball club - the Eau Claire Bears; two rivers, a neat Farmer's Market (if Saturday), 1890 homes, pedestrian bridges over the rivers, sculptures, and nice trails. Need to mention the instructions were good.

The thing that you do 1st off is go up 100 feet to Carson Park and the baseball stadium from the Dairy Queen start point (and you end up there too). Then down and accross the Canal between rivers and follow the walk/bike trail into town and across the first of three pedestrian bridges. There the neat Farmer's Market was accompanied by a band in the adjacent Park. Into town and a myriad of sculptures. The Pony pictured was a favorite. Then across the 2d pedestrian bridge into the second park along the Chipawa where the "Hand" sculpture was located (2d one we saw). Then into an old section with 6+ massive 1890-1900 homes and passed into the University of Wisconsin Eau Claire campus and across their pedestrian bridge to another part of the campus. We finished by walking a couple Ks along the Chipawa returning to the finish for a Raspberry Blizzard - yum.

WALKS BY OTHER CLUBS

Date	Event Location	Club
September 2011		
Sept 4	Reed Canal Lake South S. Daytona	Happy Wanderers
Sept 11	County Library Deland	Happy Wanderers
Sept 17	Hanna Park, Jacksonville	1st Coast Trail Forgers
Sept 18	Publix Palm Coast	Happy Wanderers
Sept 25	Walk/Bike YMCA Port Orange	Happy Wanderers
October 2011		
Oct 1	Jacksonville/Riverside	1st Coast Trail Forgers
Oct 2	Lakeside Inn Mt. Dora	Happy Wanderers
Oct 9	Flagler Pier, Flagler Beach	Happy Wanderers
Oct 15	Fernadina Beach	1st Coast Trail Forgers
Oct 16	Publix Beachside New Symrna	Happy Wanderers
Oct 23	Reed Canal Lake South S. Daytona	Happy Wanderers
Oct 28–30	Walk Around Florida St. Augustine	
November 2011		
Nov 5	Timucuan Preserve, Ft. Caroline	1st Coast Trail Forgers
Nov 6	City Island Daytona Beach	Happy Wanderers
Nov 13	Central Park Ormond Beach	Happy Wanderers
Nov 20	Courtyard Marriott Cocoa Beach	Happy Wanderers

Walk Around Florida XX11 in St. Augustine

Join the Happy Wanderers, Mid-Florida Milers and the Suncoast Sandpipers in a weekend of "spirited" walks, fellowship, and fun in the nation's oldest city.

Friday afternoon starts with a walk through the streets of St. Augustine and, after a bite to eat at one of the many local restaurants, ends with a spooky Ghost Tour. Saturday morning begins with a complimentary hot breakfast for hotel guests followed by with a short drive to St. Augustine Beach to wander the residential neighborhoods and check out the beach scene.

For lunch you can check out another local eatery or, to save time, have a Picnic/ Box lunch before embarking on the afternoon walk. Following the second walk on Saturday you can enjoy a private Banquet and cocktails (cash bar) at the Bayview Room. Hotel guests will rise Sunday morning to another complimentary hot breakfast before departing on a drive through the Florida countryside to Palatka and Ravine Gardens.

You MUST pre-register for the Ghost Tour, Picnic/Box Lunch, Award, and Saturday Banquet.

EVENT PRE-REGISTRATION NOW AVAILABLE !!!!

Welcome New Members:

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

Brenda Powers
Barbara Ventarola

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 lettyzook@gmail.com for information. Or, complete membership application and mail to the club or bring it to our next walk.

MFM and AVA Milestones

Event Awards:

Sharon Axlerod	30
Iris Kaitschuck	75
Joyce Bouws	150
Don Bouws	150
Ladd Duncan	800

Distance Awards:

Ladd Duncan	9000 km

*August 2011 The American Wanderer

For the specifics and directions on these walks visit their websites:
www.happywanderersfl.org
www.firstcoasttrailforgerswalkingclub.org
www.suncoastsandpipers.org

New Special Walk Programs for Next Year

"Moving together toward a healthier America"

Bakeries

Runs January 1, 2012 through December 31, 2014. Walk 20 AVA sanctioned Volksmarches that pass a family-owned bakery to earn the Bakery patch. Any sanctioned AVA event that includes a family-owned bakery and whose walk route goes by the bakery will qualify for the Bakeries program. Chains such as Krispy Kreme or Panera Bread, for example, do not count.

Classic Cinemas Theaters

Runs January 1, 2012 through December 31, 2014. Celebration Golden Cinemas. Any sanctioned AVA event in the U.S. that passes a building that currently or historically served as a classic movie theater, defined as being built more than 50 years ago, qualifies. Use an event stamp once per calendar year. Not retroactive. Book costs $10.

Diners

Begins January 2012. Classic American Diners. 20 walks fill the book. The book is $10, and will be available in December of 2011. Historically, a small restaurant owner had a prefab dining car type diner shipped to a site, set up, and went into business. Generally, if it calls itself a "diner" it qualifies. Restaurants without the word "diner" qualify if they are in a traditional diner building, OR serve diner style. Closed diners qualify. Old dining car style diners now used for something else also qualify. What doesn't qualify? Fast food chains, coffee shops, and donut shops are not diners. We will maintain a website with more information, and a Facebook page. The name and location of the diner is the only identification required. Award is a beautiful color patch.

Main Street

Runs January 1, 2012 through December 31, 2014. Strut-tin' Down Main Street. Complete 20 different sanctioned events where the route goes for at least one block on the main street of any town in the world. An event counts if, in any language, the word for "main" is in the name of the street, avenue, boulevard, lane, court, circle, row, etc. Participants will be awarded a "Strike up the Band" parade patch and whistle certificate. Books can be ordered now but they will be sent starting on December 10, 2011. Cost is $10.

Murals

Runs January 1, 2012 through December 31, 2014. Walking America's Murals. Walk 20 qualifying events. A qualifying event is any sanctioned walk that passes a mural of at least 8' x 8' depicting any historical, cultural or local happening on a painted stationary wall or building. Award is a 3' x 4' patch. Books are $10 each: make checks payable to Illinois Trekkers.

Rainbows

Runs January 1, 2012 through December 31, 2014. Strolling Somewhere Over the Rainbow. Complete 20 different sanctioned events where the route is located in or in sight of a color-named place anywhere in the world: any city, county, country, area (like Black Hills), place (like Yellowstone Park), state (like Nevada - known as "The Silver State"), rivers or any body of water, or mountains with the name of a color in it. Names for any and all shades of colors also qualify. Award is a patch and certificate.

WPA Works Project Administration

Runs January 1, 2012 through December 31, 2014. USA 1935-1943 WPA. Award is a 3" x 4" embroidered patch. Walk 20 YREs or scheduled events that pass anything to do with the WPA: art in a post office, dams, bridges, buildings, park entrances, swimming pools and even sidewalks. The program costs $10.

For information on all of the new AVA special programs as well as the ongoing ones, please go to the AVA website for details and contact information at http://www.ava.org and click on Special Event Programs.

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 - $10 single and $15 family and includes thru the next year (14-15 months)

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: _____