



2013 AVA Biennial Convention

By Mike Lanpher

Thanks to the many volunteers who have volunteered to help. As I wrote in the Notes area, we will have assigned dates and details soon. A special thanks to event coordinators Roger Poitras and daughter Tammy Muhs for Winter Park, Dave Piatt for the Wetlands, and Pete Fournier and Sharon Predham for Leesburg; I am on the trail for an Orlando event coordinator. Please contact me at 407.695.9181 or by email at mlanpher@cfl.rr.com to put your name in the ring as a volunteer for coordinator or just to help for a few hours. The process to assign volunteers is underway. Using the HelperSignUp system we use at all our walks, we have identified the large number of “fun time positions” needed to register and support 500 participants. We will place the links to these duties by walk date on the MFM web site and in the ENews so you can add your names or tell us you would rather participate at another fun position.

So where are we on the nine walks? In a number, 70% in start locations. While some towns/organizations will not “officially” approve the event this far in advance, we have done the coordination, submitted Special Event Requests, developed descriptions of the walks, drafted inputs for a brochure, and laid out routes. This unofficial coordination



is important to ensure we are explaining the unique nature of the events (e.g. compared to blocking streets) and to mitigate questions when the official reviews are held by each of the Cities'/ parks' management. There will be a meeting with AVA Headquarters in early July on the Convention. In the next issue I will provide some detailed information on the nine walk venues.

Mid-Florida Milers
Walking Club

midfloridamilers@hotmail.com

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Winter Park, FL 32793-4575

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Trailmaster's Report

By Mike Lanpher

mlanpher@cfl.rr.com/407.695.9181

I would like to thank Gail Brooks for the outstanding service to the club from January 2007 to August 2012 as President. Her service saw many successful events accomplished and membership growth. The position's invisible requirements of walking, mail management, email management, club coordination, and MFM responses to AVA and Region questions were done while holding a full time job. Thanks Gail and we hope you maintain the Spirit of Walking you showed the club. Please join her as she turns over the reins at the 18 August Meeting and Election.

We had two traditional walks the last two months at College Park and Altamonte Springs attended by about 45 each time. The YREs at Marks St Senior Center and Maitland saw about 30 each walk.

I was asked why Checkpoints on the last couple walks: First they are required but somewhat of a "hangover" from large, longer walks; second newer walkers seem to find it useful and our older (in walks) members like to keep moving; third it allows a respite for any who need it; fourth it is a place for a small bit of conversation. So



volunteer for a Checkpoint and enjoy some solitude and some conversation with fellow walkers.

The big "bear" in the room is the AVA Convention being held 29 April to 3 May; MFM has 4 walks to support in that period. We held two information meetings and lots

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UPCOMING 2012 EVENTS:

| DATE | EVENT | START TIME |
|-----------|-----------------------------------|-----------------|
| July 7 | Orlando, ORMC, Lakes Walk | 8:00 - 8:30 am |
| July 21 | Clarcona Horseman's Park | 8:30 - 10:00 am |
| August 4 | Celebration @ Starbucks | 8:30 - 9:00 am |
| August 18 | Orlando (310 Lakeside Restaurant) | 8:30 - 10:00 am |
| Sept 1 | Winter Park @ Crosby YMCA | 8:00 - 8:30 am |
| Sept 15 | Howell Branch Preserve | 8:30 - 10:00 am |

Good Deal:

On YREs please note club members receive a 33% discount on YREs by using our frequent walk coupons. They come in a packet of 10 for \$20 and you can purchase them at any walk.

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

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of Milers offered to volunteer next year.

Walk Around Florida (WAF).

WAF will not be held in as usual this year because of the convention demands. We are looking at a mini-version or rolling it into the convention. We'll have news on that soon.



Play it Again – Renew your MFM Membership!!!

The Mid-Florida Milers membership year runs from July 1 to June 30, and your 2012-13 Membership renewal is due July 1, 2012. If you joined mid-year, the fee was adjusted for a shorter term and your 2012-13 membership renewal is due now.

On the last page of this newsletter you will find a Membership Application. If you are joining as a new member, please print and complete the form. Send it to Mid-Florida Milers, P.O. Box 4575, Winter Park, FL 32793 or hand it in at any MFM walk. If you are renewing and your information has NOT changed, you are NOT required to fill out a form. You need only send a check to the club address or pay and renew at any walk. If your information HAS changed, please submit the form with all changes.

We'll be looking for your renewal, return from past years, or joining anew the team. We can't do it without you! Become a Player ASAP!!!!

Year-Round Event – Walk Box Relocation – Mark St. Senior Center

The Walk Box at Marks St Senior Center in Orlando has been moved from the office to the Cardio Room in the building's Fitness Center. It is on the lower shelf to the right of the TV. The Fitness Center is in the Southeast corner of the building. Go down the hallway, past the office. Once in the Fitness Center, turn right to go to the Cardio room.

Hours of operation, Mon-Sat: 8 a.m. - 8 p.m.; Sundays closed.

Explaining Walk Terms

Traditional Events:

Events that can be walked only on the announced date. They are “traditional” in the sense that they have an IVV/AVA stamp unique for that one weekend or day; and the stamp will not available after that event. Sometimes traditional events are also guided (group) walks and will have a shorter start-time “window” than normal. All Walker are still given their own printed directions.

Group Year-Round Walks:

Group year-round walks are informal meetings of club members and friends to walk one of the club's permanent walks. Year-round trails have one IVV/AVA stamp that is renewed each year. Because these permanent walks are available throughout the year at the selfserve start point, the club is not required to set up a registration table staffed by volunteers. It is best to contact other clubs in Florida before traveling a distance to attend their group year-round walks.

Fun Walks:

Walks not sanctioned by the IVV/AVA. These walks are for fun and fellowship and no walk credit is available.

WALKS BY OTHER CLUBS

| Date | Event Location | Club |
|-----------------------|-----------------------------------|-----------------|
| July 2012 | | |
| July 1 | St. Augustine | Happy Wanderers |
| July 8 | Sanford Monroe Harbor Marina | Happy Wanderers |
| July 15 | Deland County Library | Happy Wanderers |
| July 22 | Big Al's - Flagler Beach | Happy Wanderers |
| July 29 | Ormond Beach Central Park | Happy Wanderers |
| August 2012 | | |
| Aug 5 | Reed Canal Park South, S. Daytona | Happy Wanderers |
| Aug 12 | Walk/Bike YMCA Port Orange | Happy Wanderers |
| Aug 19 | City Island Daytona Beach | Happy Wanderers |
| Aug 25 (Sat) | Breakfast Walk Palm Coast | Happy Wanderers |
| September 2012 | | |
| Sept 2 | County Library Ormond Beach | Happy Wanderers |
| Sept 9 | Publix Palm Coast | Happy Wanderers |
| Sept 16 | Winter Haven Park Ponce Inlet | Happy Wanderers |
| Sept 30 | Reed Canal Park, S. Port Orange | Happy Wanderers |

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

Mid-Florida Milers Officer Elections Coming in August at the Annual MFM Walk and Luncheon

We appreciate very much the wonderful work Gail Brooks has done for the MFM club by serving as club President for 2½ terms (4+ years). In August 2012, we will hold club elections for a President and Treasurer. Both are 2-year terms. Please consider running for one of these positions. Gail has announced that she will NOT be running for another term as club president; therefore, the club's need for a new president will be a high priority. Please contact us if you have any questions!

If you want to help your club but not as an officer, think about taking the job of newsletter editor. It only takes a few hours every other month. The position will be available at the end of 2012.

Welcome New Members:

Joan & Eric (children: Nate & Kristin)
 Kati Kaufman
 Gail Warren

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.



"Moving together toward a healthier America"

MFM and AVA Milestones

Event Awards:

| | |
|----------------|------|
| Marsha Galpern | 10 |
| Megen Kozoil | 30 |
| Juan Rivera | 30 |
| Bill Woolgar | 650 |
| Donna Duncan | 900 |
| Ladd Duncan | 900 |
| Robert Lazzell | 1100 |

Distance

| | |
|--------------|-----------|
| Bill Woolgar | 8000 km |
| Donna Duncan | 10,000 km |

* June 2012 - July 2012 The American Wanderer

2011 Top Ten Volkspport Walks - Part 2

Article by Wendy Bumgardner - About.com Walking Excerpts,

For complete article visit <http://walking.about.com/od/top-ten-walks/tp/topten2011.htm>

7. West Point, New York - Y0037

(tie for #6 and #7) Walk through the United States Military Academy to soak up its history, tour its historic monuments, see the cadet barracks and chapels and enjoy views of the Hudson River valley and mountains. The walk is 11 kilometers or 7 kilometers long and rated moderate. Registration is at the USMA Visitors Center. You must have a photo ID in order to be allowed admittance.



Chris Hodros/Getty Images News ©

Volkssport Club of West Point



8. Boston Freedom Trail, Massachusetts - Y0730

Celebrate your Revolution with this 11 kilometer or 6 kilometer walk from Boston National Historic Park Visitor Center. It includes Boston Common, Paul Revere's home, King's Chapel, the Old State House, Faneuil Hall, the Tea Party Ship and more. The walk is rated easy, but there are a lot of sights to see. Put on some comfortable walking shoes, make sure your camera has enough memory (or film - remember that?) and soak up the history.

Walk Details from Walk N Mass Club

9. Alexandria Old Town, Virginia - Y0061

I walked this route once and will remember it always. This beautiful walk starts at the George Washington Masonic National Memorial. You tour the historic waterfront, pass the home of the Marquis de Lafayette, and tread in the footsteps of George Washington and his buddies. There are beautiful 18th Century homes, fun shops and great places to eat.

Northern Virginia Volksmarchers Club

10. Point Lobos - CA - Y0445

(tie for #10) The Monterey peninsula has some of the prettiest coastline in the USA. The Big Sur coastline and Carmel Bay will have you watching for sea otters, whales and scuba divers. This walk through Point Lobos Reserve is a perennial favorite. The route is 10 kilometers or 5 kilometers on rough natural trail with hills. Bring a hiking stick and look out for poison oak along the trail. I am not joking - most of the plants in the park (other than the trees) are poison oak in some stage of growth.

Walks Sponsored by the South Bay Striders



11. Williamsburg, Virginia - Y0287

(tie for #10) This walk explores historic Colonial Williamsburg and neighboring William and Mary College. It's fun in all seasons with costumed reenactors and beautiful grounds to stroll. The walk box is located at the registration desk of the Clarion Hotel in Williamsburg.

Peninsula Pathfinders of Virginia Club



MID-FLORIDA MILERS MEMBERSHIP APPLICATION

Annual Membership runs from July 1 to June 30.

*New Members send application & check to address below or submit at any walk event:
Mid-Florida Milers, P.O. Box 4575, Winter Park, FL 32793*

New Members & Renewals:

Full year (July 1 to June 30): \$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 (or \$10 single, \$15 Family thru the next year (14-15 mo)

If renewing, you need only provide a check to the address above or pay at any walk. If your information has changed, please submit this form with the changes. Thanks so much!

NAME: _____

ADDRESS: _____

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

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

E-MAIL: _____

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

(Family names needed only for Family Membership)

I WANT TO:

- _____ *help at finish/start or checkpoint tables.* _____ *help plan or pre-walk trails.*
_____ *help with walk lunches or special events.* _____ *help, just give me a phone call.*
_____ *help make phone calls.*

Contact Letty Zook, Membership Coordinator, with questions: lettyzook@gmail.com 863-289-0242.

DATE: _____ **SIGNATURE:** _____