

Mid-Florida Milers Walking News

March/April 2012



18th AVA Biennial Convention is coming to Central Florida!

The 18th Biennial Convention of the AVA is scheduled to be held in Orlando. The dates have been approved by the National Executive Council for Saturday - Sunday, April 20 - 28, 2013. The dates may be more than a year in the future, but planning starts now!

Marvin Stokes, Vice-President of the American Volkssport Association and past president of the Happy Wanderers (Daytona Club) was has been the driving force in the decision to have Florida host the convention. He sees it as an opportunity for the Florida Volkssport Association and all the Florida Clubs to showcase their terrific abilities to put on wonderful, exciting and creative events.

The National Convention Committee has pretty well finalized the scheduling for events, though (except for the dates) locations and details can be modified as time goes by.

A tentative schedule would look something like this:

Saturday, Apr 20 - 2 events in the Tampa area

Sunday, Apr 21 - 1 event west or southwest of Orlando

Monday, Apr 22 - 2 events in Orlando area

Tuesday, Apr 23 - 1 event hopefully in the Kennedy Space Center area

Wednesday, Apr 24 - 1 event near Orlando

Thursday, Apr 25 - 1 event near Orlando (possibly Mt Dora)

Friday, Apr 26 - 1 event, President's Walk from Convention Hotel

Saturday, Apr 27 - 2 event northeast of Orlando (possibly Sanford and/or Deland).

Sunday, Apr 28 - 1 final event in the Daytona Beach area

Dear Mid Florida Miler Members

It has been my pleasure to serve as your president for the last 3 or 4 years. It is with regret that I am making known my intention not to run for another term as President when my term of office is over in August. I would like to take a minute to thank everyone that has helped me over the years, especially all the Board Members, past and present, the great many of you who have been volunteers and our membership chair, Letty Zook.

I am notifying you at this time of my intention not to run for office again, so that club members will have time to give thought to how each can help our club move forward under new leadership.

Gail V. Brooks

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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

We had great walking weather and good participation the last 2 months. Sixty walkers joined us on the 21st of January to walk at the Little Econ and Blanchard Park and about 30 at the Orlando Lakes route YRE.

The main topic I would like to discuss is the AVA Convention in 2013 here in Orlando. The Convention is at the end of April that year and as with all Conventions will require some local support. We recently were provided a list of some positions and there is still some discussion as to what the professional Planner being hired will do. This will get sorted in the next month and the club can expect to be asked for specific help. The conventions are fun and the preparations are tedious so we will have to have your support to make the walks here a success. Just a glimpse of what we do for walks in our area: 5-800 walkers, most preregistered, arrive at a start, are checked in by 6-8 volunteers and walk. We establish one or two checkpoints with 2 shifts of 2 folks each and also manage the finish. As you can see the walk itself takes some support. Of course we have to mark the route and provide water & refreshments (500 walkers grab lots of candy/fruit/drinks).



So when we get more detailed information we will be asking for help with some of the preparation and for the walks themselves. Last year we had quite a few volunteers throughout the year and this will just be a bit intense for the week of the Convention. I know we can count on the help.

AVA Individual Awards and Milestone Levels

AVA Milestone Awards for Events and Distance are explained on the FVA Web Site where the various patches and pin levels are shown. The web site address is www.walkflorida.org/Walk_Florida/AVA_Awards_Defined.html and is also reached from the News page if you are on the web site's main page. The pictures are a bit too large for the newsletter. There are lists of Florida walkers'

UPCOMING 2012 EVENTS:

DATE	EVENT	START TIME
March 3	Winter Park Crosby YMCA	9:00 - 9:30 am
March 17	Winter Garden, Chapin Station	9:00 - 10:30 am
April 7	Celebration Starbucks	8:00 - 9:00 am
April 21	Winter Park Mead Gardens	8:30 - 9:30 am
May 5	Orlando, Mark St. Senior Center	Check the newsletter for times
May 19	College Park	Check the newsletter for times

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

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individual achievement levels in distance and events also for the past 12 months and AVA Awards for service since 1991.

Year Round Event Walk Discounts for MFM Members

Did you know? MFM offers discounts (Frequent Walker Coupons) for members to walk any of our 14 YREs. These are sold in packs of 10 for \$20, a 33% savings, as a way to encourage participation and give something back to members. These coupons are available at walks. They are used like the start cards at YREs and simply check the walk and other data like Registration Sheet number and leave it in the Used Envelopes folder in the YRE box or submit with the Remote Registration form for any of the six Southeast Florida Events.

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Lots of volunteers will be needed for such an event. Listed below are coordination task-groups that will be formed. It's definitely not too early to volunteer to lead or help in one or more the following areas. I am simply listing the titles of the task-groups needed, but Marvin Stokes, Convention Chairman, will be glad to send you the full job-descriptions of each group. His contact information is listed below.

Walking in Grand Coulee

By Mike Lanpher

In 2011 Joan and I visited the town of Grand Coulee that has quite the look of the 30s when the huge dam was started on the Columbia River. The attraction of course is the Dam. There is also the museum that is at the Visitor Center, the dam tour that is very interesting, and, in the summer, the 10 PM laser show on the dam.

Before the walk we took the tour of the dam and it's interior machinery. The dam security is quite tight so we went through that and a bus took us into the secure area. After a tour in the west side of the dam (added in the 1980s), the bus took us to the top of the dam that is no longer a public road. That was a spectacular view of the river, lake behind, the power lines, and the irrigation tubes moving millions of gallons of water to irrigate farms in eastern Washington.

The walk in the town starts at the Visitor Center and proceeds into the former government buildings and living quarters where the homes are very well maintained and nicely landscaped. The view of the dam with water spilling over is quite impressive as you cross the old bridge across the Columbia. The bridge has stands with historical information on the building of the town and dam. Once across the bridge you enter the area where the construction company workers lived, a small casino, and a road up to the dam tour. After walking through here we stopped at the Casino to eat and then back to the museum and Visitor Center.

After spending time in the museum we picked out a spot for the 30-minute laser show that was well done recalling the long history of eastern Washington, the impact of this large river, and the coming of settlers in the 1800s.



WALKS BY OTHER CLUBS

Date	Event Location	Club
March 2012		
Mar 3	Palatka Ravine Gardens	1st Coast Trail Forgers
Mar 4	Publix Palm Coast	Happy Wanderers
Mar 11	Reed Canal Park South Daytona	Happy Wanderers
Mar 18	Quality Inn Palatka	Happy Wanderers
Mar 24	Blue Springs State Park Orange Cty	Happy Wanderers
Mar 24	Gainesville Guided Walk	1st Coast Trail Forgers
Mar 31	St. Marys, Georgia	1st Coast Trail Forgers

April 2012

April 1	Lakeside Inn Mt. Dora	Happy Wanderers
April 8	HAPPY EASTER	
April 15	City Island Daytona Beach	Happy Wanderers
April 29	Canaveral National Seashore	Suncoast Sandpipers

May 2012

May 6	Central Park Ormond Beach	Happy Wanderers
May 13	Walk/Bike YMCA Port Orange	Happy Wanderers
May 20	Lee Wenner Park Cocoa Beach	Happy Wanderers
May 27	Publix Beachside New Smyrna Bch	Happy Wanderers

AVA Awards presented to the Mid Florida Milers

1993	Presidents Award for Prevention Magazine convention support
2007	
4th Place	Single Event Publicity - Windermere Dec. 6 - Letty Zook
2nd Place	Annual Publicity Outreach Program - Letty Zook
2nd Place	Newsletter -Jan/Feb 06 - Bob Varnon
Honorable Mention	MFM Website - Jackie Walchuk
2009	
2nd Place	Newsletter - Jan/Feb 09 - Kathy Bargar
1st Place	Photo - People, Glacier NP - Mike Lanpher
2011	
2nd Place	Community Service - Toys for Tots collection - Rosemary Barna
2nd Place	Photo - Deltona Green Springs - Mike Lanpher
Honorable Mention	YRE Brochure - Mike Lanpher

Welcome New Members:

Amber & Bill Stefanis
Mike & Marsha Kepper
Ann, Jim & Toni Gritt
Karen & Greg Griffin

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:

Christina Gately	150
Mike Lanpher	850
Carl Cordes	1300

Distance

Christina Gately	1500 km
Agnes Condon	5500 km
Dave Bundy	13000 km
Letty Zook	14000 km
Bob Zook	14000 km
Carl Cordes	15000 km
Bob Lazzell	30000 km

*Dec 2011 - Jan 2012 The American Wanderer

March 17th, 2012



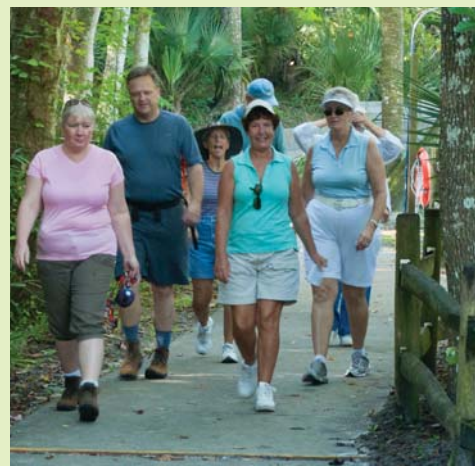
Walk and Picnic Lunch at Chapin Station

**The Mid Florida Milers will host a walk and lunch at
Chapin Station on the West Orange Trail.**

**We will have corned beef sandwiches, cole slaw,
chips, shamrock cookies, and iced tea or lemonade.**

Only \$5.

**Please RSVP by email to
Rosemary (barnar@bellsouth.net) or
Letty (lettyzook@gmail.com)**





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: _____