



AVA Convention Walks – Are they different?

By Mike Lanpher

These are AVA sanctioned walks where we are planning to accommodate 500+ walkers at each daily event from April 27 to May 5. There will be at least 5 start tables and 3-4 finish tables. Those that do not preregister will pay at the walk (all walks cost \$3 for each participant) and if you desire one of the great awards drawn by Club Newsletter Editor Kathy Bargar, they cost \$4. The Wetlands Award is shown. There will be written instructions and/or direction signs. At Park walks, signs on the ground level and/or tape (hanging from branches) are used. There will be one or two checkpoints on each walk where you get your start card stamped or punched. If you have ordered an award, those punches show you “earned” it. With many out of state visitors there will be lots of questions, so help them out.



2013 is Here (in two months)

By Mike Lanpher

We know you are wondering where you will walk in 2013, right? The first 4 months will have much to do with the convention. While we have three January walks and two February events, March is dedicated to Worker Walks for the Convention volunteers. A worker walk provides the knowledge of the route and develops the needed coordination for volunteers to be able to manage the large crowds expected. You can volunteer for more than one event (please do). The walk will NOT be a time for just coming out as we have to keep records to provide AVA.

Then in May we say Wow, we did it!

We do have one new feature in 2013 and that will be one walk per quarter at another club’s event. Tentatively these are Ormond Beach, Mt Dora, San Antonio, and Sebring’s Highland Hammock.

Mid-Florida Milers
Walking Club

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Trailmaster's Report

By Mike Lanpher

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Lunch after the Sanford walk at Hollerbach's German restaurant

The 10th month started well with 50 walkers at Sanford and 35 staying for some German food and a music treat. The historic town route saw the old and the newer areas (on the 10K). Thanks to our five volunteers. Similarly the two walks in Winter Park gathered 40 to 45 each on the 1st and 15th, the latter ending in a shower drenching the last few walkers on the 10K. New faces continue to show each week. Maybe we can get some members to walk with them; if you want to, let the folks at the start know.

Checkpoints need volunteers and it is your chance to meet everyone walking. Most times there will be two as the requirements is to have one on the 5K route and the 10K provides a place to get water and chat. Use the helper sign up links that Letty sends or that Jackie places on our web site (seen your picture there?)

We have a new 6K route you can try at the 5 Nov Marks St. walk and then join us at Shadow Bay Park Nov 19 for a park walk just a mile from Universal. That will be followed by a Maitland walk and lunch get together on Dec 1st. Our last walk is in Casselberry in an area we have not been (for years). Then 2013 is here and the traditional walk event will take place at Lake Buena Vista (not the YRE).

Thanks for walking and see you in November.



JoAnne Cross at the check point.

UPCOMING 2012 EVENTS:

DATE	EVENT	START TIME
Nov 3	Orlando, Marks St Sr. Center	8:30 - 9:00 am
Nov 17	Orlando, Shadow Bay Park	9:00 - 10:30 am
Dec 1	Maitland at Walgreens	8:30 - 9:00 am
Dec 15	Casselberry at Secret Lake Park	9:00 - 10:30 am
Jan 1	Lake Buena Vista at Pirates Cove Golf	9:30 - 10:00 am
Jan 5	Orlando Downtown at ORMC	8:30 - 9:00 am
Jan 19	St. Cloud at East Lake Toho Marina	9:00 - 10:30 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

18th AVA Biennial Convention Silent Auction

By JoAnne Cross

As we gear up for the 18th AVA Biennial Convention in Orlando, we are finding the Doyles, who managed 2 auctions and a raffle in Iowa, are a tough act to follow. We are having one auction and a raffle, and we hope our Mid-Florida Milers will participate by donating to the silent auction. If you could call, or email, a detailed description, along with the value of the item(s), you will bring, I would appreci-

ate it. JoAnne Cross, 3637 Biscayne Dr., Winter Springs, FL 32708; Beachfan10478651@aol.com, 407-699-8954. We also need volunteers to host the auction tables and sell raffle tickets and the contact is Maxine at volunteer@ava.org. Help us raise \$7,500 for AVA!!

Meet Our 18th AVA Biennial Convention Mascot

By Mike Lanpher, MFM, and Janice Nearing, Save the Manatee Club

Floyd is an endangered manatee who frequents Blue Spring State Park on the St Johns River in Orange City, just north of Orlando, Florida. We chose a live mascot who represents a large group of endangered aquatic marine mammals that frequent Florida rivers, bays, estuaries and coastal waters.

Floyd was born in the summer of 1978 and has spent every winter at Blue Spring State Park since birth. Floyd is easily identified by the park's rangers because of the large, crescent-shaped indentation on his side, and an old injury which left him with only half a tail. Both of these were caused by boat strikes. He is a "ham," often seen in films and magazines. Never one to miss out on fun times, Floyd has the reputation of being very playful and active. He seems to share a mischievous fondness for sneaking up on unsuspecting researchers and photographers. When they least expect it, they get a manatee boost from behind and are pushed to the surface of the water. Floyd seems to enjoy "striking a pose" for photographers.

We invite you to "Walk for Floyd" as you visit the state and support Save the Manatee Club's Adopt-A-Manatee® program as you register for the Convention or while in Florida. For those who adopt Floyd during preregistration, a Save



the Manatee tee shirt will uniquely feature the AVA logo and wording "18th AVA Biennial Convention". This is an option available via convention preregistration purchase only up to February 1, 2012. Those who adopt Floyd for \$35 after this date will still receive the special Save the Manatee Club tee, while quantities last, but it will not be personalized with the AVA logo. Each adoption includes an adoption certificate/biography, an informational handbook, and both the Club's print and email newsletters.

To learn more about manatees and Save the Manatee Club, visit their educational website at savethemanatee.org. Information and photo courtesy the Save the Manatee Club.

WALKS BY OTHER CLUBS

Date	Event Location	Club
November 2012		
Nov 3	Ft. Clinch	First Coast Trail Forgers
Nov 4	Halifax Art Festival Daytona Beach	Happy Wanderers
Nov 11	Veterans Day Walk	Happy Wanderers
Nov 11	Riverwalk (Jacksonville)	First Coast Trail Forgers
Nov 17	St. Marys	First Coast Trail Forgers
Nov 18	Winterhaven Park Ponce Inlet	Happy Wanderers
Nov 25	Shrine Gift Shop St. Augustine	Happy Wanderers
December 2012		
Dec 1	San Marco (Jacksonville)	First Coast Trail Forgers
Dec 2	County Library Deland	Happy Wanderers
Dec 15	St. Augustine Guided Walk	First Coast Trail Forgers
Dec 16	Lakeside Inn Mount Dora	Happy Wanderers
Dec 31	New Years Eve Walk Port Orange	Happy Wanderers

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

www.happywanderersfl.org

www.firstcoasttrailforgerswalkingclub.org

www.suncoastsandpipers.org



"Moving together toward a healthier America"



Walk Start

MFM and AVA Milestones

Event Awards:

Kathy Metherell	10
Joel Ottoson	10
JoAnne Cross	350
Robert Lazzell	1200

Distance

JoAnne Cross	3,500 km
Dave Bundy	14,000 km

*Oct 2012 - Nov 2012 The American Wanderer

AVA Convention Registration

By Mike Lanpher

It will be great if many of us can attend the convention proceedings as well as the walks events. Letty sent a summary on the Convention where I mentioned registration. To be precise, this is preregistration. The reasons you would preregister are to attend convention events (some cost money), purchase some nice souvenirs such as a tee shirt, Polo shirt, or patch for example. There are also options, lunch at the first two events April 27/28 and a chance to Adopt the Convention mascot Manatee, Floyd, receive a one of a kind Tee shirt that will have the AVA logo on the front (and the 2013 manatee and otter artwork on the back), and get email and print data from the Save the Manatee Club on their efforts here. Go to Blue Springs to see Floyd this winter (ask a ranger to identify him). By preregistering you can select and be assured of receiving event awards, souvenirs, and seats in educational workshops. With 500+ walkers expected you can just check in at a preregistration table and be on your way with your fees having been paid. The preregistration packet will be available about 20 October.

For the convention committee this helps determine how many patches and souvenirs to buy, gives us an idea of how many walkers there will be, and allows us to focus assets (volunteers, supplies, and effort) based on this information. So, please preregister; you may download the pdf version of the registration package from the convention web site after the October 20 release.





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:** _____