

Mid-Florida Milers Walking News



September/October 2012



Walking the South Florida Year Rounds

By JoAnne Cross

Since I'm not planning any "big" trips this year, I have been taking mini vacations by visiting the Year Round Events (YRE) in Florida. Memorial Day week, I decided to head to our South Florida walks.

As I worked my way to the Florida Turnpike Memorial Day, I stopped at Celebration. I had done the 5k walk through the residential areas earlier in the year with a visiting tour group, but had not done the walk by the commercial area, so I started out under cloudy skies. By the time I reached the hospital, it was pouring and lightning was in the area. My umbrella was not enough against the winds so I headed for the office building just past the hospital. It was locked but I stood in the entry way—turns out it is where Disney Cruise Lines office is located. The rain let up after about 15 minutes, so I sloshed back to the start.

Market Street Café is a favorite eating place for me, and I luckily found a seat at the bar in the otherwise packed restaurant. By the time I polished off a salad, my clothes were just damp so I went to the car and changed my still-soaked shoes and socks, then headed out on the 5K. It was cloudy, but no rain so I could enjoy seeing the houses and flowers around the community—such a pleasant area to walk. For several years the Celebration walk was in the top 10 walks in the USA, according the AVA.

Being a long-time member of Mid-Florida Milers, I remember when Disney designers were laying out Celebration. They consulted with MFM officers about walking trails, and what walkers like, so when you do the walk you will know our club contributed (albeit in a small way) to the design of Celebration.



My strategy in doing the South Florida walks was to stay at one location 3 nights then do 2 walks a day, starting with the most distant. I had a reservation at the Best Western in West Palm Beach, which is right near I-95, so in the morning I headed to the South Beach walk. I knew the rush hour traffic would be horrendous the day after a holiday, but I had not counted on the accidents. Because I planned to do 2 walks, I had to start fairly early, but the 2-hour drive to South Beach was worth it.

When I checked the map for the 11K walk, I was trying to figure out how I could cut out part of the walk, but I'm glad I didn't. The first stop was the Holocaust Museum. I didn't go in, but took a picture of the beautiful hand reaching toward the sky by the reflecting pond. Just a quick loop thru the front entrance of the Botanical Gardens, then on to Lincoln Road Mall, which was already filling with people, although most of the stores weren't open yet. Couldn't resist Paul's Pastries for breakfast, before heading to Ocean Dr. It was really hot, plus minimal shade, as I tried to identify the various buildings listed in the instructions.

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Mid-Florida Milers
Walking Club

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Trailmaster's Report

By Mike Lanpher

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Rosemary Barna, MFM President and Pete Fournier, VP

Congratulations and thanks to Rosemary Barna, Club Secretary for 4 years, who was elected President on 18 August with 37 members in attendance. The walks continue to bring a consistent crowd of 35 to 45 walkers. If you come earlier, I am told the heat does not hurt as much. We saw some old friends and new ones at the 18th walk. Ron Barnett (former Patrick Pacer) walked with son Dan, two Suncoast Sandpiper members and the Sentinel's Greg Dawson.

Still asking for volunteers at Checkpoints as we had to use a Self Checkpoint on the 18th. You really get to see

those who walk. So volunteer for a Checkpoint and enjoy some solitude broken up by interesting conversation with fellow walkers.

We have fairly shaded walks on 15 September and 6 October in Winter Park and Sanford. Enjoy our YREs on 1 Sept and 20 Oct. On the 6th of October we start in Sanford at the popular Willow Tree Café followed by lunch. A fun place and great food.



Annual Luncheon and meeting at 310 Lakeside Restaurant

UPCOMING 2012 EVENTS:

DATE	EVENT	START TIME
Sept 1	Winter Park @ Crosby YMCA	8:00 - 8:30 am
Sept 15	Howell Branch Preserve	8:30 - 10:00 am
Oct 6	Sanford Willow Tree Café	9:00 - 10:00 am (Lunch around noon)
Oct 20	Lake Buena Vista, Pirates Cove Golf	9:00 - 9:30 am
Nov 3	Orlando, Marks St Sr. Center	9:00 - 9:30 am
Nov 17	Orlando, Shadow Bay Park	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 and www.happwanderersfl.org

AVA Convention Events: April 27 – May 5, 2013

By Mike Lanpher

Thanks to Don and Joyce Bouws who volunteered as 3 May Orlando event coordinators. The process to assign volunteers is underway. After an 8 September coordination meeting we will have an agreed set of positions and will publish lists for you to see who was volunteered for what. 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. Volunteers receive a Tee Shirt so we are all easy to recognize.

Kathy Bargar, Newsletter Editor and graphic artist, drew the Convention Patch shown here. This patch will be available for sale as will the nine walk event award patches that Kathy developed.



So where are we on the 9 walks? The table that follows provides a brief synopsis of the 9 walks.

April 27, 2013 Clearwater Beach, Sand Key Park	In vibrant and beautiful Clearwater Beach the Suncoast Sandpipers host you at Sand Key Park on the beach for a walk in Clearwater Beach. You may reserve an optional lunch for \$10. After the walk, lunch, and a dip in the Gulf visit the Clearwater Aquarium where the dolphin Winter resides.
April 28, 2013 Hillsborough River State Park	In Thonotassa there is one of Florida’s oldest State Parks, Hillsborough River State Park. This huge 3500 acre park will provide a great walk in shaded woods, on WPA built swinging bridge, and you may again reserve an optional lunch for \$10.
April 29, 2013 Winter Park	In the tree lined city of Winter Park the walk provides a a flexible set of routes from 5km to 15km where immaculate homes, trendy shopping, a renown Rollins College, and two unusual museums are located.
April 30, 2013 Fox Lake Park, Titusville	In Titusville walk in Fox Lake Sanctuary adjacent to the start in Fox Lake Park, Titusville. This newly opened, 80% shaded, Brevard County Sanctuary is a great example of Florida’s ecosystem and has been designed with having visitors enjoy the many different sytems making up the Sanctuary, two lakes and wonderful park start point.
May 1, 2013 Orlando Wetlands Park	Join us at the Orlando Wetlands Park for a 5km or 11km walk. If you are driving, do NOT go there! Go to Ft. Christmas Historical Park where you Park in a GIGANTIC field and take the \$2 shuttle bus to the park. This environmentally unique park has no trees (where you walk) but has unusual vistas and wildlife we (never been there when we did not see a gator.
May 2, 2013 Leesburg	We go northwest to Leesburg. This town settled in the mid 1800s right after the War Between the States is rich in history. Start at the WPA constructed Venetian Gardens. The 6km and 10km walks lead you from Lake Harris to Downtown and on urban trails.

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WALKS BY OTHER CLUBS

Date	Event Location	Club
September 2012		
Sept 2	County Library Ormond Beach	Happy Wanderers
Sept 9	Publix Palm Coast	Happy Wanderers
Sept 15	Hanna Park	First Coast Trail Forgers
Sept 16	Winter Haven Park Ponce Inlet	Happy Wanderers
Sept 22	TBD	Happy Wanderers
Sept 29	Riverside (Jacksonville)	First Coast Trail Forgers
Sept 30	Reed Canal Park, S. Port Orange	Happy Wanderers
October 2012		
Oct 13	Fernandina Beach	First Coast Trail Forgers
Oct 20-21	Hilton Head Island Area	First Coast Trail Forgers
Oct 27	Orange Park	First Coast Trail Forger-
Nov 3	Ft. Clinch	First Coast Trail Forgers
Nov 11	Riverwalk (Jacksonville)	First Coast Trail Forgers
Nov 17	St. Marys	First Coast Trail Forgers

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

www.happywanderersfl.org

www.firstcoasttrailforgerswalkingclub.org

www.suncoastsandpipers.org

Welcome New Members:

Tonia Carrero
 Patrick & Jacqueline Cruit
 Judy Magdiaz
 Neil Paulson

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"



Sharon, Pete, Sharon, Gail and Dave walk Celebration.

MFM and AVA Milestones

Event Awards:

Laurie Hauptman	10
Peter Fournier	375
Lois Shannon	1000
Robert Lazzell	1150
Dave Bundy	1200

Distance

Kevin Muhs	500 km
Lois Shannon	10,000 km

*Aug 2012 - Sept 2012 The American Wanderer

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May 4, 2013 Deland	Go North to DeLand, the County seat of Volusia County, where we provide a shaded walk in a College town. This event provides a nice stroll through Stetson College, the older sections of town, and an opportunity to visit the museums and antique stores downtown.
May 5, 2013 Daytona Beach	The final 18th AVA Biennial Convention event is on the “World’s Most Famous Beach” beginning at Jackie Robinson Park (the baseball Hall of Fame member started here). The walk provides a glimpse of the famous Main Street where 1000s of BiketoberFest members gather, crosses the Intracoastal Waterway, and brings you onto the barrier Island and Daytona Beach.

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was already sprinkling. I waited in the garage (start of walk) for awhile, but those clouds just weren’t going away, so I opted for the 6K. I was thankful for the gazebos along New River, as I took advantage of them to avoid the lightning as well as spend some time looking at the yachts parked along the docks and reading about the history of the area listed in the instructions. If my shoes hadn’t been so sloshy wet, I would have gone to the museums, but the rain was unrelenting so I had to hurry from awning to tree to storefront without getting to enjoy all this walk has to offer—definitely will come here again and do the 10K, plus hit the water taxi and museums.

By Wednesday my Celebration walking shoes were dry, which is good because I was doing two 10k walks, and they are my better shoes. I had never been to Delray Beach so I had no idea what to expect. It proved the AVA saying that the best way to see the country is by walking. Spectacular homes along the Atlantic, lots of banyan trees, a people-size chess set, and a walk on the beach (but I had to walk on the sidewalk because the soft sand was too hot).

On to Lake Worth and another hot

walk—I finally got wise and used my umbrella for shade. The start was in a pleasant park along the water, and, after crossing the bridge and back, went into a neighborhood of eclectic little houses. When on M Street, keep an eye out for Tay’s garden. You can tell he is proud of it. Back at the motel—95 degrees—pool time.

Final day of walking, I was up early, before the hotel breakfast opened at 6, and on to do 6K at West Palm Beach. It only took a few minutes to get to the garage where the walk started, and it was still dark. The walk went along the intracoastal, and the water looked black, with only the boat lights and street lights along the way. By the time I got to the charming Clematis St (there’s no sign there, by the way) with the little boutique shops, people were walking their dogs and coffee shops were opening. This is another walk I would like to do again—the 11K—and spend the day.

On to Palm Beach for the 10K. Even though it was still early, I was all sweaty and in my shorts and grungy shirt, with my walk bag over my shoulder and the water bottle swinging back and forth as I trudged along. I decided to do the walk in reverse

so I would get to Worth Avenue as early as possible. I was so glad I did because there were wild macaws in the trees along Cocoanut Row, which is the first street on the walk. The Lake Trail had the most spectacular tree I have ever seen—since I was walking the trail in reverse, the tree was in clear view from a distance. I hit Worth Avenue before the shops opened, although the staff were pulling up in front of the stores and taking all the parking spaces—must make some good commissions because they were all Volvos, BMW’s, 2 Mercedes, and actually one Hyundai (which is what I have)—must have been the cleaning lady’s. The walk along the ocean was hot—no shade—and I ignored the stares when I put up my umbrella once again. Lovely walk to see how the “other half” lives. Back to the car and Orlando—and the real world.



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:** _____