



Mid-Florida Milers Walking News

January/February 2013



Happy New Year!

It was great to see you all at Lake Buena Vista for the New Year's Day walk. I love to start the New Year on a positive note!

2013 is going to be a huge year for our walking club! As you know, we (along with the Suncoast Sandpipers and Happy Wanderers) are the hosts for the 18th AVA Biennial Convention. The actual convention will be held at the Orlando Airport Marriott, 7499 Augusta National Drive, Orlando from April 29 - May 3, 2013. Walk events begin on April 27 in Clearwater and continue through May 5 in Daytona Beach.

Many MFM members will be heavily involved over the next few months in preparing for the convention events. If you have not already volunteered to assist at one of the convention walks and the Silent auction, please go to the AVA website (<http://www2.ava.org/>) and click on the convention tab, then click on the green star next to volunteers. Also look over the social events – you don't want to miss the chance to meet fellow walkers from around the U.S. After the convention, we will have a special surprise for those of you who earned your "Volunteer t-shirt".

We can also greatly use your help at our own club events between now and May. Many of our faithful workers will be proofing Convention walks and attending pre-convention planning sessions. Please check Letty's email or our website for information on working at upcoming events.

Rosemary

MFM President

18th AVA Biennial Convention Registration

By Dennis Michele, SE Regional Director and Convention Chairman

Registration packages were provided to all clubs, Lifetime, and Associate members about 12 November and the package and registration sheet is available on the Convention web site. The deadline for registration to reserve awards, convention souvenirs, select workshops, attend socials is March 21. This allows us to prepare the events, transportation, and souvenirs quantities to minimize overages. We appreciate your registering as early as possible. Please note the special option to adopt our mascot and receive the unique Save the Manatee Tee (shown on the convention web site souvenir page) has an earlier deadline of February 1 due to a longer order time.

As with all conventions we have some great successes and some bumps. The Marriott has been very helpful and will provide a super venue for the convention. The two poolside socials will be fun parties. The nine walk events are progressing well with Florida Parks and the Brevard County Endangered Land program co-hosting walks. Two walks have 14/15km walk distances and the remaining are 10/11km and 5/6 km. There are

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Mid-Florida Milers
Walking Club

midfloridamilers@hotmail.com

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

CLUB CONTACTS:

President
Rosemary Barna
barnar@bellsouth.net

Vice President
Peter Fournier

Secretary
Sharon Axelrod

Treasurer:
Sharon Predham

Trailmaster
Mike Lanpher
407.695.9181
mlanpher@cfl.rr.com

Webmaven
Jackie Walchuck

Specialties (vacant)

Publicity
Letty Zook

FVA Representative
Gail Brooks

Newsletter
Kathy Bargar
kbargar@bellsouth.net

Trailmaster's Report

By Mike Lanpher

mlanpher@cfl.rr.com/407.695.9181

The Shadow Bay walk Nov 17 was fun and well attended. Thanks to Gail, Sharon A., Sharon P., and Pete for managing the walk and to Letty and Bob Zook for picking up route signs.

The Maitland walk and lunch following with 30 and 20 members respectively was on a great Florida day. The SoNapa Restaurant had some great food and service.

As you know we have written about the AVA Convention previously. A few points below provide some key info:

- Web Site at <http://ava.org/clubs/2013Convention/>
- Registration at AVA by Mar 21 for nine walks, three Socials, workshops, and souvenirs.
- Registration packages available at the Marriott Monday Apr 19 (4-8 pm) and Tuesday (1-5 pm).
- Socials Apr 30, May 2, and May 3 at the Marriott.
- Adopt our Mascot Floyd for a unique Save the Manatee Tee shirt – the deadline is 1 Feb (it is neat art of two manatees and two otters (see the Mascot page picture on the web site). We support the Maitland based Save the Manatee Club who serve manatee conservation all over Florida, the Caribbean, and in Africa. See the separate article.



- Walks April 27 thru May 5.
 - Volunteering (and many of you already have) needed at each walk and at the Marriott hotel for activity support and Silent Auction Support.
- Convention activities from January through April will find many Mid Florida Milers members supporting the coordination meetings, Workers Walks, and admin preparations. Here are some opportunities to help that we need to have:
- Walk and social event photographers
 - Daily Newsletter editor and helper(s)
 - Many for the Silent Auction (JoAnne Cross is the lead)
 - Contribute items for the Silent Auction
 - Manage Volunteer lists (need Excel knowledge)

UPCOMING 2013 EVENTS:

DATE	EVENT	START TIME
January 5	Orlando Downtown at ORMC	8:30 - 9:00 am
January 19	St. Cloud at E. Lake Toho Marina	9:00 - 10:30 am
February 2	New Smyrna Beach YRE (8:00 Meet at Sanford Sears Auto or at Start (Publix)	9:00 - 9:30 am
February 16	Lake Buena Vista YRE	9:00 - 9:30 am
March 2	Liberty Park, Lake Mary	9:00 - 10:30 am
March 16	Winter Park YRE	9:00 - 9:30 am

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

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Please join me in thanking our walk coordinators when you see them: Roger Poitras and Tammy Muhs (Winter Park), Fred Sheets (Titusville), Dave Piatt (Christmas – Wetlands), Pet Fournier/Sharon Predham (Leesburg), Don and Joyce Bouws (Orlando), and Larry Middleton (DeLand and Daytona Beach).



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.

Worker Walks Make Real Walks Easier

March and April are 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. It allows the walk coordinators to explain the start, finish, checkpoints, and route issues. You can volunteer for more than one event (please do). Here are the Worker Walks (DeLand and Daytona not yet scheduled):

Worker Walks (DeLand and Daytona not yet scheduled)	
March 9	AVA Workers Walk Leesburg
March 23	AVA Workers Walk Titusville Fox Lake
March 30	AVA Workers Walk Winter Park
April 6	6th Team ABC Meeting Orlando
April 6	AVA Workers Walk Orlando
April 13	AVA Workers Walk Wetlands
April 20	Sand Key Workers Walk
April 21	Hillsborough State Park Workers Walk

The 18th AVA Biennial Convention Silent Auction

by JoAnne Cross

As we gear up for the 18th AVA Biennial Convention in Orlando, we find the Doyles, who managed the two auctions and raffle in Iowa, are a tough act to follow. We hope all clubs will again participate by donating to the silent auction. We understand many of you will be bringing your donation with you, but if you could mail, call, or email, a detailed description, along with the value, of the item(s), we can have the paperwork ready when you arrive. Of course, it really helps if you ship or mail the donation ahead of time. Whether you ship or bring you donation, please include the club's name and state and estimated value of the donation. We have special awards for the club and the state that generates the most money for the silent auction.

The 2013 silent auction contact is: 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!!

WALKS BY OTHER CLUBS

Date	Event Location	Club
January 2013		
Jan 6	City Island Daytona Beach	Happy Wanderers
Jan 12, 13	Quincy/Tallahassee/Capitol/Maclay Gardens/ FSU	First Coast Trail Forgers
Jan 13	St. Augustine Shrine Gift Shop	Happy Wanderers
Jan 19	Avondale (Jacksonville) Guided Walk	First Coast Trail Forgers
Jan 20	Central Park Ormond Beach	Happy Wanderers
Jan 27	Publix Palm Coast	Happy Wanderers
February 2013		
Feb 2	Fort George (Jacksonville) Guided Walk	First Coast Trail Forgers
Feb 3	Lakeside Inn Mt. Dora	Happy Wanderers
Feb 10	Publix Beachside N. Smyrna Beach	Happy Wanderers
Feb 15-18	President's Day Weekend, Pensacola, FL	Pensacola Volksmarch Club
Feb 17	Quality Inn Palatka	Happy Wanderers
Feb 23	Jacksonville University Guided Walk	First Coast Trail Forgers
Feb 24	YMCA Port Orange	Happy Wanderers
March 2013		
March 2	Gainesville Guided Walk	First Coast Trail Forgers
March 3	City Library Ormond Beach	Happy Wanderers
March 9	Timucuan Preserve at Fort Caroline National Memorial	First Coast Trail Forgers
March 10	Monroe Harbor Marina Sanford	Happy Wanderers
March 17	Big Al's Bait Shop Flagler Beach	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"



MFM and AVA Milestones

Event Awards:

Letty Zook	1400
Robert Zook	1400
Dave Bundy	1250
Agnes Condon	575
RogerPoitras	200
David Kaitschuck	50

Distance

David Kaitschuck	500 km
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Save the Manatee Club and AVA Link Up

By Judith Vallee (SMC) and Mike Lanpher (MFM)

Candace Purcell and Patrick Rose, Executive Directors of the American Volkssport Association and the Save the Manatee Club (SMC) respectively, signed a Memorandum of Agreement for joint information exchanges as well as support of the 18th AVA Biennial Convention. This 31 year old not for profit organization focuses on education about, and the conservation of, manatees in Florida, Alabama, the Wider Caribbean, and parts of West Africa. AVA's outdoor members and wide backgrounds and experiences from all over the United States can appreciate the conservations of endangered animals. AVA appreciates their support of the Convention. SMC has a following of over 60,000 people from around the world who help obtain stronger manatee and habitat protection measures. Thanks in large part to SMC's advocacy, over 300,000 acres of Florida's water bodies are now protected for the manatee. SMC also supports and conducts research, and the rescue, rehabilitation, and release of sick, injured, and orphaned manatees, both in the U.S. and internationally. During the AVA convention, a good place to see manatees is at SeaWorld, where rescued manatees are in rehabilitation. Many of these manatees will eventually be released back into the wild. In late April/early May, the manatees will be gone from Blue Spring and dispersed throughout the St.

Johns River where they spend their summers, but visit Blue Spring during the winter months, and there is a good chance you can see Floyd, along with hundreds of other manatees, taking refuge from the cold in the spring run.



The slow moving "Sea Cows" are found throughout Florida's waterways year-round. During winter cold snaps, a large contingent is at Blue Spring State Park, 30 miles north of Orlando. The constant 72-degree spring water is a haven for the Manatee when temperatures drop in Florida. The Crystal River/Kings Bay areas on Florida's west coast are regular winter bases also. The convention Mascot is Floyd, a 34+ year-old Manatee that winters in Blue Spring. During the convention you will see our many volunteers display Floyd on their bright yellow "Staff" Tee Shirts. We wrote about Floyd in the TAW October-November issue of the TAW and you can find that article on the convention Web Site. Convention participants have the option of adopting Floyd and receiving the special Tee Shirt pictured with Manatees and Otters on the back and both AVA and SMC logos on the front – one of a kind. This special offer is good if paid in the registration packet by 1 February (10-15 days to go). You can find a link to SMC (<http://www.savethemanatee.org/>) on the AVA convention Web Site (<http://ava.org/>

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three park events and six city walks described on the Walk Event page on the convention web site. You will find the Walk Event Brochure there also. Transportation from the convention hotel is available for \$17 each day from April 29 to May 3.

The Silent Auction will be set up from April 29th through Friday May 3 in the Marriott's Sanibel Room in the convention area. Box lunches will also be available there May 1-3 from 11 am to 2 pm. If you have items for the Silent Auction, please notify JoAnne

Cross at beachfan10478651@aol.com. You can sign up to help JoAnne on the bottom of the Volunteer page on the web site by entering your information in the time slot you can be there.

Volunteering: we have set up specific times for you to be able to volunteer your services in links to walk events, Hotel requirements, and Silent Auction requirements. This web-based method efficiently shows the convention coordinators what is filled/not filled on a real time basis. Please use the system or contact Maxine or JoAnne

for the hotel and Silent Auction. For events, contact the POCs that are listed there and / or the Walk Event page.

If you missed any of the many convention articles in The American Wanderer (TAW), they were also printed on the convention web site TAW page. The convention web site is linked prominently on the upper left of the AVA web site

I am looking forward to your participation and attendance.



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:** _____