

MID FLORIDA MILERS WALKING CLUB



Mar – Apr 2014

Issue 2, 2014

President's Message

By Rosemary Barna

Oh, spring is finally here. Walks are popping up everywhere around central Florida. Did you sign up for the bus trip to Southeast Florida? Six walks in three days, wonderful food and fellowship – don't miss out!

The Second Saturday fun walks are off to a great start. January was College Park with breakfast at Christos, February found us in Baldwin Park and sipping hot chocolate at 3 B's on Corrine Dr. Mary and Scott Ross hosted the next fun walk through south Orlando neighborhoods on March 8 and we ate at Peach Orchard, to be followed by Crane's Roost on May 10. If you would like to host a fun walk in your neighborhood, let me know.

Friends, we REALLY need a volunteer to help us edit this bimonthly club newsletter. It is written in WORD and the club members will provide the articles and pictures. Mike and I are sharing the newsletter duties right now, but both of us need time to devote to planning and coordinating other club activities.

Also please sign up to be a volunteer at one of our upcoming walks. The sign-up process is easy and helping out at the walks is fun and a great way to meet other club walkers. NO EXPERIENCE NEEDED!

As always, if you have ideas for walks or publicity for our club, please let any board member know. Like us on Facebook at <https://www.facebook.com/pages/Mid-Florida-Milers>

Rosemary

We continue our walking events this spring with events from downtown Orlando to Ocoee to Sanford. This gives us many opportunities to see the different areas of Central Florida. These events are listed on page 2. For April we have the southeast Florida weekend followed by walks in and Sanford on April 19. Don't forget that the

walk will be followed by lunch at the Willow Tree Café. Looking ahead to May and June, we have walks scheduled in Maitland, Eastwood/south Alafaya and in Celebration. In June we will walk Lake Buena Vista Year 'round and a walk in the UCF area. These events are listed on page 2.

Don't forget our MFM year round walks. With the time change, you have time to enjoy one of these after work!

New AVA Executive Director



The American Volkssport Association National Executive Council XVIII is pleased to announce the appointment of Stephanie Sánchez Sinclair as its national executive director effective January 27, 2014. The selection was approved by the National Executive Council during its meeting held January 10-11, 2014 in Tucson, Arizona.

For more than a decade, Sinclair has worked in community relations, communications, and fund development roles for major nonprofits and corporations in San Antonio, Texas. Stephanie holds a Master of Science in Nonprofit Management along with a Master of Arts in Communication Studies and a bachelor's degree in English-Communication Arts.



Eustis Veteran's Memorial

FVA Web Site

The Florida Volkssport Association (FVA) maintains a web site with all the Florida Traditional and Year Round Events listed by date (traditional) and location (YREs). There are lists of walkers milestone event and distance levels, Clubs and Floridians who received awards, details and links for the Walk Florida State Park program managed by FVA. Go to <http://www.walkflorida.org/WalkFlorida>.

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Trailmaster Topics

By Mike Lanpher

Trailmaster Topics

By Mike Lanpher

January and February gave us some great walking locations and varied weather. Starting on New Years Day with 40 walkers in Downtown Disney where we could walk in Pleasure Island for the last time.

Construction will be the norm there for the next 2 years. Then we headed north to Apopka and walk on a clear and somewhat cold day on part of the Lake Apopka trail. This out and back did have wildlife and some nice vistas of the lake. We also had our first fun walk on 11 Jan in College Park with 15 attendees and a rainy 2d one (3 attendees (yea Rosemary, Gail, Sharon). Good start.

February we started in Wekiwa Springs State Park in the rain; 10 hearty souls led by the WSSP YRE point of contact, Bill Woolgar, braved the rain. The final February walk in Eustis was attended by 68 walkers on a warm day that did not rain. This was followed by lunch with 20 members and guests at Crazy Gator and a MFM Board Meeting.

In March and April we have five events with lunches in Ocoee and Sanford. 1 March we walked the Orlando Downtown walk and saw the new sculptures around Lake Eola, walked from the Crosby YMCA into Winter Park on 15 March, and then we are in Ocoee (29 March – the 5th Sat), walk and lunch –sign up please. April is our bus trip so we ask members to walk 1-2 Year Round Events on your own on 5-6 April. April 19th event is at popular Willow Tree Cafe in Sanford followed by lunch – sign up please.

Upcoming Events: March – May 2014

DATE	Upcoming Events	START TIME
1 Mar	Beardall Sr Center, Orlando	8:30-9:00 am
15 Mar	Crosby YMCA, Winter Park	8:30-9:00 am
29 Mar	Ocoee Plantation Grove Shopping Ctr. with lunch 1145-noon.	8:30-10:00 am
4-6 Apr	Bus Trip to West Palm Beach	
5-6 Apr	Members walk 1 or 2 YREs in Orlando	
19 Apr	Sanford Willow Tree Café w/Lunch	9:00-10:00 am
3 May	Maitland at Walgreens	8:30-9:00 am
17 May	Publix at The Shoppes at Eastwood	8:30-10:00 am

Volunteer Positions Needed

Volunteer Coordinator:

- Coordinate event volunteer times with event lead
- Provide Walk volunteer link to Web and Publicity
- Coordinate calls as needed for events
- Maintain volunteer dates and times

Year Round Route Monitors: Celebration & Lake Buena Vista:

- End of each month Pick up YRE registration sheets; fax/scan/mail them to MFM treasurer by 10th
- Replace walk instructions and start cards as needed (submit costs to treasurer)
- Add YRE Brochures as needed
- Maintain the box appearance
- Answer calls about the walk
- Check the route (construction, other changes)

MFM Member Neil Paulson and "Help the Vets"

Neil is a runner having finished 80 marathons in all 50 states, some states twice. This almost 60 year old has played soccer, practiced law, and worked in real estate. He coordinated the walker-friendly 5K, Half-Marathon, or Marathon on March 8, 2014. The event was sponsored by "Help The Vets" and Neil was the Race Director as well as the President of Help The Vets. The event was held at Lake Baldwin and had no time-completion limits for racers. For more information on how to help veterans, **click the link below**, or contact Neil Paulson at neilpaulson@hotmail.com or 407 376-7000.

http://helpthevets.org/Thanks_.html.

MID FLORIDA MILERS WALKING CLUB

Weekend Trip to Southeast Florida Year Round Events – still can join!

Forty-one walkers from MFM, Suncoast Sandpipers, and The Happy Wanderers have signed up for this weekend event. The walks are from West Palm Beach to Miami South Beach. Lots of walking fun, dinners, and friendship. We have a bus with two centrally located pick-up points, and hotel reservations have been made. The itinerary has been set including some wonderful dinners. Fees must be paid by 21 March to lock in bus reservations. . **Questions?** Call/email Mike at 407-304-6394 or mlanpher@cfl.rr.com



Miami South Beach



Lake Worth



Weekend Trip to Southeast Florida Year Round Events – Draft

4 April 715	Depart Orlando	Location Fashion Square Mall Pirates Cove Golf at 745
4 April arrive 1030	Walk Delray Beach on arrival, go to hotel, check in, and walk West Palm Beach in PM	Lunch your choice, Deck 84 or Mellow Mushroom or any other. Dinner at Brewzzi's at 5:15 +.
5 April Depart 8 am	Miami South Beach	Lunch in Miami your choice.
5 April arrive 2 pm	Ft Lauderdale	Depart at 5 pm
5 April arrive 7 pm	Dinner	E.R. Bradley's in WPB overlooking Lake Worth
6 April Depart 8am	Lake Worth	Finish by 1130; lunch at Toojays in Palm Beach (Start point of walk)
6 April 2pm	Palm Beach	Finish by 5; dinner (Take out or purchase snacks)
6 April 7pm	Arrive in Orlando	

Milestones by MFM Walkers*

Name	Events	Distance
John Hunter	30	500
Cathy Metherell	30	
Bill Paugh	30	
Sharon Axelrod	100	1000
Robert Lazzell	1450	
Charles Gregg		500

*The American Wanderer, Feb-Mar 2014
FVA Web Site
(www.WalkFlorida.org)
contains milestones for last 24+ months.

MID FLORIDA MILERS WALKING CLUB

MFM YRE Special Programs

The American Volkssport Association has many Special Programs that focus on certain items/features/terrain in many states. You can register for any of these from the list on the AVA web site (<http://www2.ava.org/specprog.php>) that provides the Points of Contacts, rules, and any fees. These can be a way to enjoy and focus on specific YREs.

America's Bakeries

Orlando - Celebration #2
Orlando - Downtown
Orlando - Mark St. Senior Center
Orlando - Winter Park
Delray Beach
Ft. Lauderdale
Lake Worth
Miami South Beach
West Palm Beach

Celebrating Golden Cinemas

Orlando - Downtown
Orlando - Winter Park
Delray Beach
Lake Worth
West Palm Beach

Classic American Diners

Orlando - Celebration #2
Orlando - Downtown
Orlando - Lakes
Orlando - Mark St. Senior Center
Miami South Beach

Fraternal Organizations

Orlando - Lakes
Orlando - Maitland

Honoring our Flag

Orlando - Celebration #2
Orlando - Downtown
Orlando - Lake Buena Vista
Orlando - Lakes

Orlando - Maitland
Orlando - Winter Park
Delray Beach
Ft. Lauderdale
Key West
Lake Worth
Miami South Beach
Palm Beach
West Palm Beach

Lakes and Reservoirs

Orlando - Celebration #2
Orlando - Downtown
Orlando - Lake Buena Vista
Orlando - Lakes
Orlando - Maitland
Orlando - Winter Park

Continued on next page

Walking America's Murals

Orlando - Mark St. Senior Center 1/2/2014
Orlando - Downtown
Delray Beach
Ft. Lauderdale
Key West
Lake Worth
Miami South Beach

National Register of Historical Places

Orlando - Downtown
Orlando - Maitland
Orlando - Winter Park
Ft. Lauderdale
Delray Beach

West Palm Beach
Miami South Beach

Strolling Somewhere over the Rainbow

Orlando - Downtown
Orlando - Lake Buena Vista
Orlando - Lakes
Orlando - Maitland
Orlando - Mark St. Senior Center
Orlando - Winter Park

Trekking with Trees

Orlando - Downtown
Orlando - Lake Buena Vista
Orlando - Lakes
Orlando - Maitland
Orlando - Mark St. Senior Center
Orlando - Winter Park
Palm Beach
West Palm Beach

Water Towers

Orlando - Lake Buena Vista
Delray Beach

You Will Never Walk Alone

Orlando - Downtown
Orlando - Lake Buena Vista
Orlando - Winter Park
Key West
Miami South Beach

MID FLORIDA MILERS WALKING CLUB

AVA Centurion Achievement Challenge

By Dave Bundy – MFM - with 14,000 Events

Last year the AVA initiated a new program called the centurion Achievement Challenge. This special program promotes fitness by placing the emphasis on regular exercise. The goal is to walk 100 events during the calendar year. I enrolled in the program last year and completed my 100 walks by mid-December.

I enrolled in the program in 2014 and have completed 12 walks so far. I am about to start a road trip across the gulf Coast states. I will start the Old Spanish Auto Trail program and complete the Civil War program. I plan to walk 13 events in 7 days. In the fall I travel out west and complete the Old Spanish Auto Trail.

(Editor's Note: The Centurion Program has two MFM members. Details at:

<http://www2.ava.org/Centurion.php>)

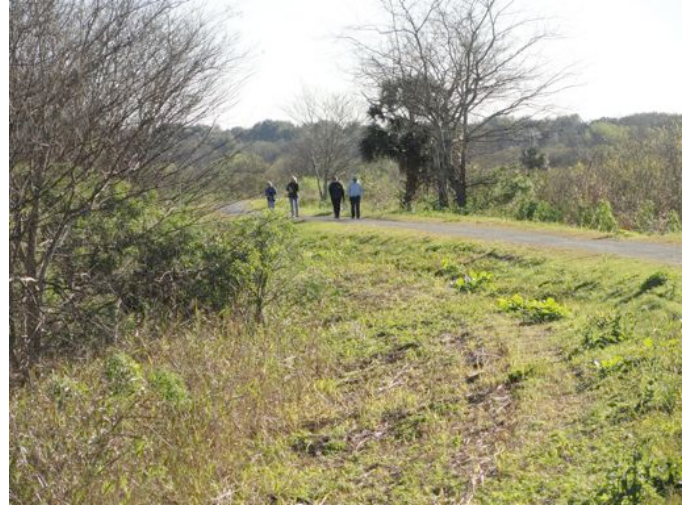
	10 walk books Processed		All books Processed	
	2013	2012	2013	2012
1-Jan	25	24	405	447
1-Feb	13	19	327	324
1-Mar	24	22	401	330
1-Apr	7	19	231	437
1-May	22	19	496	393
1-Jun	38	28	414	355
1-Jul	22	27	425	446
1-Aug	16	22	408	426
1-Sep	14	22	418	362
1-Oct	24	19	461	335
1-Nov	25	33	409	384
1-Dec	25	16	278	250

AVA walk books processed for past two years. Do YOU have books ready to send in? Is there someone you can encourage to join and keep track of their progress with AVA books? We all need to work together to grow the AVA organization and keep Mid Florida Milers active!



MID FLORIDA MILERS WALKING CLUB

PHOTOS FROM THE CLUB



A rare (?) COLD morning in central Florida did not deter these walkers at the Jan 18 Apopka walk.

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Eustis Pictures



Checkpoint at Eustis: Sharon & Pete.



Lunch @ Crazy Gator Jon, JoAnne, Kathy, John, Mary, Scott.



Kaitschucks volunteering at start, supervised by???



Eustis start gazebo at Ferran Park

MID FLORIDA MILERS WALKING CLUB

Non Convention Volunteers in 2013 by date-THANKS

Date	Name
20130119	Bob Zook
20130119	Jenny Thomas
20130119	Letty Zook
20130119	Mike Lanpher
20130119	Sharon Axelrod
20130119	Sharon Predham
20130302	Bob Zook
20130302	Dave Piatt
20130302	Gail Brooks
20130302	Jenny Thomas
20130302	Letty Zook
20130302	Sharon Axelrod
20130302	Sharon Predham
20130615	Gail Brooks
20130615	JoAnne Cross
20130615	Joel Ottoson
20130615	John hunter
20130615	Larry Middleton
20130615	Rosemary Barna
20130615	Shagaloff, David

Date	Name
20130706	Gail Brooks
20130706	Joan Lanpher
20130706	Mary Ross
20130706	Pete Fournier
20130706	Scott Ross
20130706	Sharon Axelrod
20130706	Sharon Predham
20130831	Brenda Powers
20130831	Dave Shagaloff
20130831	David Piatt
20130831	Mike Lanpher
20130831	Rosemary Barna
20130921	Cathy Metherell
20130921	JoAnne Cross
20130921	Lanpher, Mike
20130921	Marcia Kepper
20130921	Mike Kepper
20131019	Cathy Metherell
20131019	Mary Ross

Date	Name
20131019	Scott Ross
20131019	Sharon Axelrod
20131019	Sharon Predham
20131116	Gail Brooks
20131116	JoAnne Cross
20131116	John hunter
20131116	Maria Tarle
20131116	Mary Ross
20131116	Mike Lanpher
20131116	Sharon Predham
20131116	Scott Ross
20131116	Sharon Axelrod
20131221	Dave Piatt
20131221	Gail Brooks
20131221	JoAnne Cross
20131221	Maria Tarle
20131221	Joan Lanpher
20131221	Mike Lanpher
20131221	Neil Paulson
20131221	Sharon Axelrod

Mid-Florida Milers Walking Club

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CLUB CONTACTS:

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Secretary-Sharon Axelrod

Treasurer-Sharon Predham

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FVA Representative-Gail Brooks

Trailmaster-Mike Lanpher

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Membership & Publicity-Letty Zook

Bobletz2000@gmail.com

Webmaven-Jackie Walchuck

jwalchuck@gmail.com



Club pins on sale at
walks for \$4 (at cost).
Pick up one at the next
walk.



OLD (1991-2009) Club pins on sale at
a bargain price for \$2. Pick up one
for old times sake at the next walk.

Club patches are available at \$3.