



Mid-Florida Milers Walking Club News

AVA: America's Walking Club

Issue 1, January-March 2019

This issue of the Mid-Florida Milers News is developed to provide walking info as well as club information. Your comments and requests for information are desired and welcomed to mlanpher@cfl.rr.com.

President's Notes

Happy New Year! I hope 2109 will be healthy and filled with opportunities to walk with family and friends. MFM looks forward to seeing each of you (and new friends) at our upcoming walks. Please try to schedule some time to volunteer at one of our walks – we need volunteers to pre-walk the routes, to set-up and man checkpoints, stamp books at the finish, and help pack up when the walk is finished. Most importantly, we need you to volunteer to walk with new walkers. If we want new members, we have to actively involve them in the walk. Walk with a new walker, get to know them, let them know that we are a friendly bunch! After my first MFM walk, it certainly wasn't the July weather that that brought me back for more. It was the friendliness of the MFM members! That's the message we want to send! Be the walker who walks with the newbie!

Rosemary

MFM Membership

By Dave Piatt, Membership Chairman

As of December 15, 2018, Mid-Florida Milers had 53 memberships representing 77 members. This compares to 56 memberships and 82 members at the same time last year. If you have not renewed your membership, the new year would be an excellent time to do so. Members renewing after Jan 1 will owe a prorated \$4 for an individual membership or \$7 for a couple or family membership, which runs until June 1, 2019.

If your information is still the same then just either mail in a check or pay at a walk. If you have changed some of your information (name, address, phone number, e-mail), then please send a membership form from the Mid-Florida Milers website (<http://www.midfloridamilers.org>) and mail it to: Mid-Florida Milers, P. O. Box 4575, Winter Park, FL 32793.



In June the AVA National Convention is 9-16 June in Albany. The web site is very detailed and interesting. Information on the AVA web site is at [Go to AVA Convention Web Site.](#)

There are walks each day. MFM will have a delegate there. In 2017 10 Milers attended the last convention in Montana. Even if you are not attending, the Convention web site is very well presented.

Presidents Weekend 6 Pack

There will be Walks on Presidents Weekend 15-18 February in Gulf Shores AL sponsored by Emerald Coast and Georgia Walkers. There will be 6 events starting Friday, 15 Feb. Three events will take place on hiking trails and boardwalks within the park, one will be in Orange Beach at Waterfront Park, one will cover FloraBama and the final one will be held in Fairhope AL. A Saturday night dessert social is planned for \$20. The hotel is The Lodge at Gulf State Park, 21196 E. Beach Blvd, Gulf Shores, AL. Room rate is \$109, ask for Georgia Walkers rate. The brochure is posted on the MFM web site.

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Trailmaster Topics By Mike Lanpher

We walked new walks at Goldenrod with 15 walkers, #Opt Outside at Wekiwa Springs with 20 walkers, and a guided night walk in Celebration with 17 walkers. 12 Milers traveled to New Smyrna Beach to walk the Happy Wanderers YRE on 29 December.

Our 25th annual New Years Day Event was in Oviedo where 38 walkers attended to enjoy residential areas, the Cross Seminole trail, and visit the new Oviedo on the Park. 25 ate at Miller's Ale House. See page 3 for upcoming walks. As a note it takes 19 walkers to break even on a traditional walk; if a \$50 pavilion is rented, 47 walkers are needed.

Walking YRE Fun for less with your Miler Membership –Email Sharon:

skpredham@embarqmail.com

Walking MFM YREs as a Mid-Florida Miler member is easy and less expensive. For the 12 YREs in Orlando and The Villages the club saves you 33% so you can walk for \$2. Easy, buy the \$20 10-walk coupons pack from us at any walk (available by mail for \$21).

From the Editor

Correction in Presidents notes in Issue #6 2018: Due to an editing error the next election was noted as President and Secretary and should be Vice President and Treasurer.

A change in newsletter from 6 to 4 per year has been made. We look forward to getting your inputs on most any walking subject – a great walk, a place we should walk, or a favorite place to gather for lunch. It is your newsletter too. Photos of walkers are really helpful, so snap away.

Please let us know if you have a walk you enjoyed or traveled and found a great walk you want to let us know about. It will be published in the April edition. Send to mlanpher@cfl.rr.com with a picture or 2.

Volunteer Opportunities

By Sharon Axelrod, Secretary & Volunteer Coordinator

One reason to Volunteer:

In addition to enjoying our walks you have the opportunity to join the many MFM volunteers whose support behind the scenes continues to ensure that The Mid-Florida Milers is a proud member of America's Walking Club (AVA).

Welcome to 2019! Following are openings which still need to be filled.

Social Events Coordinator:

We are looking for someone to take the lead and coordinate with other volunteers to assist in the planned activities which enhance our walking experience. We all enjoy the luncheons we have had following our walks, whether at a restaurant, picnic in one of our many Central Florida parks, or potlucks at a community center.

Checkpoint Set Up and Tear Down:

We are looking for 2 or 3 volunteers who could be available to assist our Trailmaster, Mike Lanpher, at our once a month traditional events which require at least one checkpoint for each walk. Set up is in the morning prior to the walk start and tear down is done once the last walker goes through.

Trailmaster Candidates:

We are looking for several volunteers interested in learning how to set up AVA walks. Once you have taken the Trailmaster's course and have your certificate, we can use your new expertise once or twice a year to assist Mike in developing our walk events. We always need volunteers to help us at our traditional events at our start, checkpoint and finish tables. Coming up in January we will be at Kit Land Nelson Park in Apopka, February at the Publix at Hunt Club Corners, and March at the Wetlands in Christmas. Sign up links for volunteers will be posted on the MFM website and in Letty's eNews. Coming in the spring will be our Annual Meeting and Board of Directors elections for the July 1, 2019 –June 30, 2021 Term. This year's elections will be for Vice President and Treasurer. Joan Lanpher will be stepping from the Vice President position. We give her many thanks for her service during her term. And now we look toward all our many talented members for a volunteer to step up and join us on the board of directors.

AVA Monthly News, Checkpoint, Available Via Email to All Club Members Who Request It

To receive an electronic copy of the AVA Monthly information paper, Checkpoint, send an email requesting that you be put on our distribution list for the Checkpoint. Please note on the subject line: "Request for Checkpoint". Send your request to Samanta at samanta@ava.org.

Centurion Challenge - Let's Give it a Go



The 2019 Centurion form is on the AVA web site –sign up and accomplish 100 walks. The URL is <http://www.ava.org/Centurion.php>. AVA will recognize your accomplishment with a distinctive patch that demonstrates to the world that you are a Volkssport Centurion. The cost is \$15.

Florida has Great Walks by Mike Lanpher

It is easy to find info on Florida Walks and see what fun is available on day trips from wherever you are in Florida. Orlando area is centered so east, west, north and south walks are all within 3 hours. Even FSU walk is only 4.5 hours (for John H.). Go to [Walking Florida](http://www.walkflorida.org/Walking_Florida/Florida_Volkssports.html) (http://www.walkflorida.org/Walking_Florida/Florida_Volkssports.html). You will find some interesting information including event and distance book explanations and the milestones Florida Walkers achieved.

DATE	Florida Upcoming Traditional Events	REGISTER
Jan 26	FCTF Fernandina Beach, American Beach. Guided walk.	8:30 register; 9:00 walk
Feb 9	FCTE Jacksonville, Murray Hill. Guided walk.	8:30 register; 9:00 walk
Feb 9	HW Edgewater – Guided Bike.	8:30 register; 9:00 walk
Feb 9	SS St Pete Beach at Horan Park. Flyer	8:30 to 9:30 a.m. (guided walks at 9:15)
Feb 15-18	EC Gulf Shores AL – 6 events. President's Day Brochure	Preregister or on 15 Feb
Feb 23	FCTF Ponte Verde	8:30 register; 9:00 walk
Mar 23	FCTF Palm Coast – Washington Oaks SP. Washington Oaks Brochure	9:00-10:00 am; Guided Walk at 9:30.
See HW, SS, and FCTF web sites for Wednesday, Saturday and Sunday group walks of YREs		
The Happy Wanderers. http://www.happywanderersfl.org . Additional walks on Sundays (YREs) & Wednesday evening (fun walks).		
Please see the First Coast Trail Forger web site http://www.firstcoasttrailforgerwalkingclub.org .		
Please see the Suncoast Sandpipers web site http://www.suncoastsandpipers.org . or https://www.facebook.com/suncoastsandpipers .		

Mid-Florida Milers Walks		
5 Jan	Winter Park (AMTRAK Sta)	8:30-9 am
19 Jan	Apopka Kit Land Nelson Pk	9-9:30 am
2 Feb	The Villages at Lake Sumter	9-9:30 am
16 Feb	Hunt Club Publix	8:30-9:30 am
2 Mar	Orlando North – Guided Walk	9:9:30 am
16 Mar	Celebration #1 –New walk Guided walk at 9:00	8:30-9 am
30 Mar	Christmas Orlando Wetlands Park & lunch	8:30-9:30

MFM Member's Milestones			
Name	City	Events	Dist
Letita Zook	Kissimmee	1600	
Deva Simon	Strongville OH		23000
<i>Courtesy The American Wanderer</i> , Dec-Jan 2019, http://www.walkflorida.org/Walking_Florida/ lists Florida walkers' milestones for the last 8 years.			

Together we walk for health, together we make a difference

(Reprinted from *The American Wander*, Dec-Jan 2019)

By Samanta Sanchez, AVA Communications and Publicity Specialist

The Big Give 2018 was a huge success. We led the way to \$70k and together we raised \$74,936. This coming year, the Big Give will be held on March 28. We are just a few months away. We hope that, with your contributions, 2019 will be as successful as previous years. When you donate to the Big Give you don't just donate to our organization, you donate to a cause. Our cause is to help bring Fun, Fitness and Friendship to all. Our physical fitness events help relieve stress, serve as a preventative measure for heart disease and cancer, help improve memory in those who suffer from Alzheimer's, help lower the risk of obesity and provide a support group for those battling depression. Our commitment to continue to bring health and wellness to our communities is our priority, but we need your help. Consider a contribution, big or small, to the Big Give 2019 to help us continue our mission.

Donations can be made online on March 28, 2019, through www.biggiveusa.org or you can send a check to the AVA National Office through May 31, 2019. Please stay tuned for more information on our campaign dates and details. Big Give updates will be announced in the *TAW*, *Checkpoint*, website, and social media. Together we walk for health, together we make a difference. Let's make the Big Give 2019 another big success!

2019 AVA Virtual Online Program (Reprinted from *The American Wander*, Dec-Jan 2019)

By Deb Kruep, Program Committee Chairwoman

AVA's Program Committee has not one, but two new virtual online programs for 2019. Both programs will begin in January 2019 for one registration fee. Once registered you will automatically be enrolled in each program. Go to the Walkin' Canada Link on the AVA webpage to register. Let's take a look at each program individually.

Walkin' Canada

AVA has partnered with our Canadian Volkssporting friends to develop a map so we may walk virtually across Canada discovering the beauty of many of their permanent IVV trails. This program will be step-based so if you wear a step-tracking device you may have your 5/10 kilometers converted to steps and post to your account. (Once you are registered and enrolled for 2019 you only need to sync your device to your AVA Walkin' Canada Walker tracker account.) Once enrolled, please contact VOP@ava.org for some easy instructions. We will have fun exploring the country known for its hockey, maple syrup, and polite people. The program will run until December 31, 2019.

AVA Regional Team Challenge

Each of the 10 AVA regions will compete for a traveling trophy! This trophy will be awarded to the region with the most steps at the AVA Convention! Each team's steps are averaged per walker. All regions have the same odds of winning whether your team consists of 10 or 50 walkers. Imagine cheering for your region's team at the AVA Convention Banquet. A little friendly competition can be a good thing. Friendly banter opens conversation. We always like to talk about our favorite sport.

Certificate to Goldenrod
Cmty Center by Sharon



New Smyrna Beach w/a foggy beach
Ron JoEl, Rosemary Joan



Thoughts on the free walker issue (Reprinted from The American Wander, Dec-Jan 2019)

By David Bonewitz, AVA President

For some time allowing free walkers has been the most contentious issue in AVA. Folks appear to be absolutely for keeping free walkers or absolutely for getting rid of free walkers. From my previous experience on the NEC, I was aware that the issue of free walkers was a show stopper. So, I took it off the table and handed it over to a Free Walker Study Committee. I tasked that group to come back to the NEC/Board with a solution, and I am confident that they will do so in their report to the NEC/Board at the January meeting. However, in the course of visiting with Volkssporters across the country I have heard some interesting insights.

One person raised the question if the original intent of those who formed AVA was to create a special class of people called free walkers. Or if the original intent was to give the freedom to clubs to introduce new folks to our organization at no cost, but not to perpetuate this as a “class” of free walkers. I would be pleased to hear from anyone out in the great AVA nation who has personal knowledge about the original intent.

There were also comments like “If you raise participation fees without eliminating free walkers, I won’t be paying.” Or “if you eliminate free walkers, our club will close as everyone walks for free.”

Then there were the comments on practical considerations such as “we do walks in parks where they require you to allow everyone to participate for free.” Or “we do walks in places where they charge a larger fee if we don’t allow folks to walk for free.”

Okay, I’ve thrown enough gas on the fire. It is important that clubs have an honest discussion about this issue and figure out logically what direction they would like to see AVA going, and share those thoughts with their RD. We can’t just keep kicking this can down the road. The Free Walker Study Committee will make their report at the January NEC/Board meeting, and at that point decisions will need to be made.

Pictures of Miler’s Events

Celebration Night Walk (courtesy N. Barnett, H. Daughtrey, & R. Barna)



New Years Day at Oviedo



Checkpoint at Oviedo on the Park



10K walkers approach Checkpoint at Oviedo on the Park



Kent and Jane volunteer at Ale House Finish

