



Mid-Florida Milers Walking News

July/August 2010



The Miltons Complete 50 States



Bill & I joined Mid-FL Milers after their first President's Volksmarch in February 1990. We were looking for a new activity & volksmarching met our needs. Unfortunately we are not Charter Members.

Our first out of state volksmarch was in Helen GA where we met other Mid-FL Milers to hike. We had quite a group from our chapter. Some time later Bill & I began to think about doing volksmarches in other states. From that came the idea of doing all 50 states.

After 20 years Bill & I have just completed our goal. I never lost interest although it took longer than I had planned. In May we hiked our 49th state in Tulsa OK. From there we went to Little Rock AR for the 50th state. I told the volunteers at the Little Rock Visitor's Center, "We saved the best for last."

Mary Ellen Milton

MFM Supports the Military Comptrollers Convention Walk

On a typical hot, humid Orlando summer day, the Mid-Florida Milers sent 71 visitors from around the world off on a 5K or 10K jaunt through the shady residential streets of downtown Orlando, around Lake Eola Park, and through our downtown courthouse area.

Who were these brave souls and why were they in Orlando? All were American service personnel and their families. They were in Orlando attending the 2010 American Society of Military Comptrollers Convention. The ASMC sponsors a Volkssporting event at each of their national conventions and the Mid-Florida Milers Walking Club is always excited to have them choose the Orlando area for their annual meeting.



Bill Woolgar, Joanne Cross, and Rosemary Barna, who worked registration, enjoyed chatting with the attendees

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Mid-Florida Milers Walking Club

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Trailmaster's Report

By Mike Lanpher
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Half the year is gone and we are again renewing membership so "ReMember to ReNew". Letty and Gail have developed awards for renewing early so read the article here in the newsletter.



A special thanks to Rosemary Barna, Gail Brooks, Bill Woolgar and JoAnne Cross for supporting registration and send off for a special event on 1 June for the American Society of Military Comptrollers who start their conventions with 5/10 km walks and 5 km run.

Summer walks are and always have been warm to hot even at 9 in the morning so we encourage all walkers and especially the 10k



walkers to get there early to avoid some of the heat and bring water bottles; we have water when you return.

May and June walks were attended about on average of 35-45 walkers. The walk on the new Little Econ extension and then back towards the park was a new trail and was followed by a nice walk through shaded Bay Hill area in west Orlando.

A good crowd attended at Celebration the end of May as well as the Big Tree Park and Soldiers Creek walk where the shaded Ospery Trail walk was a nice venue. In mid June we again walked from Mark St Senior Center on the permanent route by the Science Center and Museums. The last event in Hunter's Creek followed by lunch at Kahuna Grill was a great success as of the 40 walkers about 25 stayed for lunch – thanks for the support.

July and August Walks

We have some nice walks you will enjoy the next 2 months. The Minneola walk on the Lake County Trail into Clermont and in the nearby neighborhood should be fun as we



Registering for the Celebration walk at Starbucks

walk in Lake County. After that there is a walk in Downtown Orlando viewing the repaired fountain that is followed by a trip to Metrowest Publix for a fairly shaded walk and lunch afterwards at Taquitos Jalisco next door to Publix.

In August we honor our Web Maven, Jackie Walchuck, with a walk in Altamonte Springs. Then our 21st Anniversary luncheon at the nice Giovanni's Restaurant in Winter Park preceded by a walk into Winter Park – a real club favorite. Then we move out to Winter Springs where we start at Central Winds Park. Some interesting and different walks. See you there and plan on walking with us.



2010 EVENTS:

All walks start between 9:00 - 10:30 am unless noted.

Date	Location
3 July	Minneola, Trailhead Park
10 July*	Orlando, ORMC, Downtown walk*
17 July	Metrowest Publix, lunch at Taquitos
7 Aug	Altamonte Springs
14 Aug	Winter Park Crosby YMCA (9:00-9:30) Anniversary Lunch @ Giovanni's
21 Aug	Winter Springs @ Central Winds Park

* Register 8:30 - 9:00 am and walk at 9:00
Details are on the club's website (www.midfloridamilers.org) or call 407.695.9181



21st Anniversary Celebration

Let's celebrate 21 years of walking fun
With our Winter Park Year 'Round Walk
Followed by lunch at Giovanni's Italian Restaurant!

Saturday, August 14th

Walk registration: 9:00 – 9:30 am Crosby YMCA and Wellness Center

Lunch at Giovanni's (arrive between 11:30 and 12:00)
(1915 Aloma Avenue, Winter Park, 32792)

Please RSVP to Rosemary Barna

407 920-3174 or barnar@bellsouth.net

To Crosby Wellness Center/YMCA at 2005 Mizell Avenue, Winter Park:

From I-4: Take Exit 87, Fairbanks Ave. and drive east for 3.5 miles thru Winter Park (Fairbanks becomes Aloma.) Turn right on Lakemont Avenue (Walgreens on corner). At the 1st light, Turn left on Mizell Avenue. Go 2 blocks and turn right on Edinburgh, then left into the Crosby Wellness Center/YMCA

From 436: Turn West on Aloma Avenue. Turn left on Lakemont Avenue (Walgreens on corner). At the 1st light, Turn left on Mizell Avenue. Go 2 blocks and turn right on Edinburgh, then left into the Crosby Wellness Center/YMCA

To Giovanni's Restaurant: From the Crosby Wellness Center, turn right on Edinburgh, the left on Mizell Avenue. At the traffic light, turn right on Lakemont Avenue. Cross Aloma Avenue. Just past the Mobil gas station, turn right into the shopping center parking lot. Go right through parking lot, then left for Giovanni's Restaurant.



One Year Away so Plan...

...on attending the AVA convention in Iowa 18 – 26 June 2011. The invitation by Deb Gaskins states “the Greater Des Moines Volkssport Association would like to invite you to the 2011 American Volkssport Convention in Des Moines, Iowa. We are very excited about hosting the 2011 Convention and showcasing all the amazing things Iowa has to offer. We are working hard to provide you with a variety of walks and convention events that will be interesting, but most of all FUN! We want you to leave Iowa with that “What a great time I had!” feeling. We are looking forward to seeing you in June, 2011! Information in detail is on the AVA web site at www.AVA.org, 2011 Convention.



MFM and AVA Milestones

Event Awards:

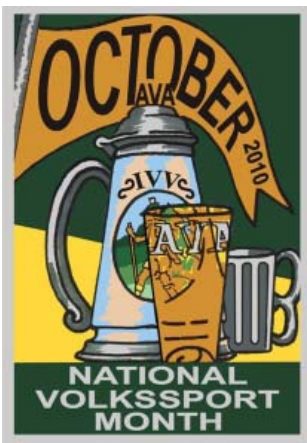
Ronald Barna	100
Kevin Muhs	100
Bob Lazzell	850
Sharon Predham	850

Distance Awards:

Ronald Barna	1000k
Christina Gately	1000k
Roger Poitras	1500k
Pete Fournier	3000k
Gloria Merwarth	7500k

October is Volkssport Month

Each year we celebrate Volkssports in the Month of October. We can order this Munich inspired Oktoberfest patch. Send an email to mlanpher@cfl.rr.com to order.



Walk Around Florida XXI

The 21st event will be on Treasure Island hosted by the three clubs again. The Suncoast Sandpipers coordinated the 21st Walk Around Florida (WAF) for Nov 19-21. Proposed are a beach theme with 4 walks and 1 swim. This weekend has “Sanding Ovations” in Treasure Island with some spectacular sand sculptures. Here is that website: <http://www.mytreasureisland.org/sandingovations.htm>. Walk headquarters will be The Sands of Treasure Island, an “old Florida” motel located directly on the Gulf of Mexico. Rooms are fully equipped units that can hold up to 6 people. For 12+ reservations, the rate is \$70 per night. If we only get 12 and below, the rate is \$80. The motel has waived any fees for additional occupants usually charged for over 2. Lots of fun and neat events as the Sandpipers know how to organize events.

WALK SCHEDULES

Welcome New Members:

Thank you for joining our walking club and supporting our efforts to provide the best walks possible for fun and fitness.

Elizabeth Aguerrevere
Sharon Axelrod
Kenneth & Francine Brehm
Mary Greenwood
Paula Katen
Hoa Paulus
Bobbie Peel

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 Letty@earthlink.net for information. Or, complete membership application and mail to the club or bring it to our next walk.

go west Western National Parks Tour

Departs September 16, 2010
16 Days

Highlights:
Salt Lake City
Grand Teton National Park
Snake River Raft Ride
Buffalo Bill Museum, Cody, WY
Devils Tower National Monument
Deadwood, SD
Mt. Rushmore National Memorial
Crazy Horse Memorial
Arches National Park
Canyonlands by Night
Cedar Breaks National Monument
Las Vegas and More!

For more information contact:

Marvin Stokes
marvst717@cfl.rr.com
Ph. 386.788.4026
Cell. 386.871.0506

July 2010

Date	Event Location	Start Time
July 10	Orlando Downtown ORMC	8:30 – 9:00 am
July 17	Metro West Publix	9:00 – 10:30 am

August 2010

Aug 7	Cranes Roost	9:00 – 10:30 am
Aug 14	Winter Park Crosby YMCA (Anniv. Walk & Lunch)	9:00 – 9:30 am
Aug 21	Winter Springs Town Center	9:00 – 10:30 am

For the specifics and directions on these walks: www.midfloridamilers.org

WALKS BY OTHER CLUBS

Date	Event Location	Clubs
July 2010		
July 11	City Island Daytona Beach	Happy Wanderers
July 18	Central Park Ormond Beach	Happy Wanderers
July 25	Courtyard Marriott Cocoa Beach	Happy Wanderers
July 31	Breakfast Walk Lighthouse St. Augustine	Happy Wanderers

August 2010

Aug 1	Palms Island Marina Sanford	Happy Wanderers
Aug 8	County Library Deland	Happy Wanderers
Aug 15	Volusia Mall Daytona Beach	Happy Wanderers
Aug 22	Shrine Gift Shop St. Augustine	Happy Wanderers
Aug 29	Winter Haven Park Ponce Inlet	Happy Wanderers

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

www.happywanderersfl.org
www.firstcoasttrailforgerswalkingclub.org
www.suncoastsandpipers.org

Footsteps in the Sand: Walk Around Florida XXI

by Alice Lawrence

This year the Happy Wanderers, Mid-Florida Milers and the Suncoast Sandpipers invite everyone to join them for **Walk Around Florida XXI**, a multi-event week which will be held this year on the central Florida Gulf Coast. This will be the 21st time the clubs will assemble to enjoy a full slate of folksport events with a spirit of cooperation and camaraderie. Planned are walks in Treasure Island, St. Pete Beach, and Indian Shores, all gorgeous locations with unique atmospheres to be cherished, especially in light of recent environmental disaster in the northern Gulf Coast.

The highlight of the weekend will be Treasure Island's "Sanding Ovations," a sand sculpture competition and music festival to be held Nov 18-21. Sculpting masters from throughout North America will create astonishing works of art from sand, water, and imagination. In addition to Sanding Ovations, Treasure Island will also be home to the walk headquarters at the Sands Motel. This resort, located directly on the Gulf of Mexico, will remind many of childhood escapes to the beach. Registration for all of the events can be done on Friday (Nov 19) afternoon in the motel's pool area. On Friday night, the walk will be from the hotel, guiding participants over the John's Pass Bridge into the John's Pass Village, a quaint turn-of-the-century fishing village that is home to over 100 merchants. Walkers will finish with a lit tour of the sand sculptures. The walk will also be offered as a guided walk on Saturday (Nov 20) from a local church (for those who registered the night before, it can be done from the hotel with the church as a checkpoint).



Also on Saturday, registration for two other walks will take place at the St. Pete Beach Community Center, a fabulous facility on the Intracoastal Waterway. One walk route goes from the Community Center to the lively and sometimes raucous Sunset Beach, where sunset parties are the rule at Caddy's on the Waterfront, a famous beach bar. After a walk around the peninsula, it's back to St. Pete Beach and a tour of the Corey Ave. Shopping District, home to a variety of shops and restaurants and a classic movie house. To reach the second St. Pete Beach walk, participants must drive or take a trolley to the start point in the beach community of Pass a

Grille. (The Suncoast Trolley is a fun and cheap way to reach all walks and social activities). Discovered and named by Spanish explorers in the 1500's, Pass-a-Grille is nestled between the Gulf of Mexico and Boca Ciega Bay, at the southern end of St Pete Beach. Not much more than a couple of blocks wide, the community has small art galleries, antique shops, and boutiques (not to mention more great restaurants and bars). Walkers will be given the opportunity to visit the Don Cesar Beach Resort, flamingo pink and resembling a fairy tale sandcastle. "Pink Palace" guests include F. Scott Fitzgerald, Al Capone, and President Clinton.

Participants will have the day to do the St. Pete Beach walks. However, they must be finished by 4 p.m. in order to attend the Green Flash party to be held on the beach. All attendees will receive a shot glass, filled with the Green Flash Cocktail, to raise in salute as the sun sets into the Gulf. Partiers will stare intently to see the “Green Flash,” a green spot that, for a fleeting moment, may be seen above the setting sun. Legend has it those who see the green flash will never be deceived in matters of the heart. Once the sun has set, it will be off to a local favorite restaurant for an evening of good fellowship and great seafood.

On Nov 21, activities take place in Indian Shores. The small community is proud to show off boulevard improvements: undergrounded utilities, marked pedestrian and bike paths, and newly completed landscaping. Walk route will include a stop in the renowned Suncoast Seabird Sanctuary. Following the walk, participants are invited to a pancake and sausage breakfast.

Proceeds from the breakfast, as well as other fundraising activities during the weekend, will go to the struggle to alleviate the damage caused by the BP oil spill. While the walks

are for free for those not interested in volkssport credit, donations will be welcome to support efforts to rescue wildlife and to restore waters, marshes and beaches harmed by the catastrophe. The fundraising efforts will be fun, with lots of prizes and games. The sponsoring clubs hope they will add to making this WAF weekend the most memorable yet. The flier will be posted this summer on all host club websites. For more information, contact pipers@tampabay.rr.com or call Alice at 727-595-2173. If you’d like to reserve a room at The Sands, call 727-367-1969 and ask for the walk rate. The hotel is offering a special WAF rate for one bedroom units with fully equipped kitchens and living areas. Please call by Nov 1. If there are 12 reservations by that time, the rate will drop from \$80 to \$70.



Suncoast Seabird Sanctuary



Cont. from page 1
and giving out information about walks in Central Florida and around the U.S. Walkers registered at the Orange County Convention Center, then boarded buses for the trip to Marks Street Senior center, the walk start point. Club President, Gail Brooks, met them at the start point with walk maps, and bottles of water. After checking out the monthly arts and craft show at the Marks St. Center, the walkers set off in small groups to explore downtown Orlando. Walkers returned commenting that they enjoyed seeing sights around our city that convention-goers seldom see and that walking was such a fun way to see the “real” Orlando.

Recycle Your Old Patches . . .

Do you have any old patches that are taking up valuable storage space and collecting dust that you really don’t know what to do with.

There really is an answer to your dilemma. The AVA Youth Committee is seeking Volksmarch clubs/members that are willing to donate their old volksmarch patches to this committee. The AVA Youth Committee will use these old patches as “grabbers” at different conventions.

You can bring your patches to Gail at a walk and she will mail them in all at one time or you can mail your patches to AVA Youth Committee, c/o Nancy Wittenberg, 12626 129th St. East, Puyallup, WA 98374.



What you can do to Support Walking

- Bring a friend or a brother or sister: pick them up (increases their motivation)
- Walk with a first time walker (you can wait at registration for one)
- Become an AVA Volkspport Associate (\$30 per family)
- Take brochures to your other organizations' meetings or work
- Have your company provide support (money, printing help, news, ads, etc.)
- Take pictures (we have them on the web site from 2002)
- Write an article on what you like or a favorite event for the newsletter.



Walk registration at Kahuna Grill, Hunters Creek



MID-FLORIDA MILERS MEMBERSHIP APPLICATION

Send application & check to:

Mid-Florida Milers, P.O. Box 4575, Winter Park, FL 32793-4575

SINGLE MEMBER: \$8.00 _____

FAMILY MEMBERSHIP: \$13.00 _____

NAME: _____

ADDRESS: _____

CITY: _____ STATE _____ ZIPCODE _____

HOME PHONE _____ WORK PHONE _____

EMAIL (for E-News) _____

BIRTHDATE(Year not necessary) _____

SPOUSE'S NAME _____ CHILDREN _____

I WANT TO:

_____ Help out on walks _____ Help with trails _____ Help with food

_____ Help make phone calls _____ Help, just give me a call

Membership is annual from July 1 through June 30.

Email Letty Zook with membership questions. letz@earthlink.net

DATE _____ SIGNATURE _____