



# Mid Florida Milers Walking Club

## TRAILMASTER NOTES

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### Special points of interest:

- Make sure to check page 4 for an explanation of AVA & FVA
- To learn more about Walks Around Florida See Page 5

By Mike Lanpher

Hard to believe 55 days passed since – what happened this spring? The

Milers - in my humble opinion – stood up and made the difference in most of the walks and that makes me proud and thankful those volunteers and coordinators cared enough to meet the challenge of the convention. The Milers contributed 160 of the 360 volunteers and helped at all nine walks, the Silent Auction, and Hotel venues. There were a total of 51 Miler

volunteers. I did not count visitors -former President



Mid Florida AVA AWARDS

Jan Varnon, former Treasurer Bob Varnon, and member and former FVA President Carl Cordes- who were at multiple positions. For you volunteers wear your yellow Staff tee and walk free (1 July – 31 Dec). SO a BIG THANK YOU to ALL.

After the convention we

had a May excursion to Mt. Dora walking the YRE and lunching at a Cuban restaurant. In June we had three weekend events with the 20 walkers at the Lakes walk south of downtown, 38 at Altamonte Springs (7 am shower but sun on a pretty shaded route), and then walked a new YRE route for Celebration #1.

OK, now what do we do for the rest of the year? Well, have some fun. An Election. An annual meeting. An early September trip to the Tampa City YRE and lunch at Ybor City's original Columbia Restaurant (we can do

## How do I find out where AVA walks are in different parts of the country?

(Thanks to VolksWalk South team)

In July-August you can place an advance printing order with MFM, or directly with AVA to reserve the

next edition of Starting Point 2014. This book contains 1,800+ state-by-state all Year Round & Seasonal events (YRE/SE) that you

and your family/friends can do as self-guided walks. The cost is \$20 and must be ordered before 1 August.

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# THE PRESIDENT'S THOUGHTS

Hello, walkers! Despite the rain and heat, I hope you are finding some time to walk our year 'round events. Remember that if you are a club member you can buy YRE coupons which make your walk price only \$2 per walk. Mark your calendars now for the annual membership meeting and luncheon in August. We will be discussing club events, electing new officers, and planning walks for the coming year. We need

you and your ideas to keep MidFlorida Milers growing! We have events in San Antonio (Florida) and Tampa coming this fall as well as Walk Around Florida, so mark your calendars for those

walks and lunches! If you have any suggestions or questions, please see any board member at a walk or send us a quick email.

For those members who volunteered at the AVA Convention, you may walk for free at a MFM regular event for the rest of 2013 if you wear your "yellow volunteer" t-shirt.

See you soon!

Rosemary Barna  
barnar@bellsouth.net



MID FLORIDA MILERS WALKING CLUB



**"A Party At Walk  
Around Florida in  
Palm Harbor"**

# TRAILMASTER NOTES

Continued from Page 1 if we get enough prepayment). A party at Walk Around Florida in Palm Harbor 1-3 November.

So there are things happening and July-September events are listed elsewhere in Upcoming

Events. Please provide me an email or call mlanpher@cfl.rr.com/ 407.695.9181) if you are interested in riding a bus –

I am guessing \$800 for 9 hours and \$23/pp if we have 35 walkers, \$33/pp if we have 25 walkers.

"Funner" on a bus!

**SEE BACK PAGE FOR  
UPCOMING EVENTS**

# HOW TO FIND WHERE AVA WALKS ARE.....

Continued from Page 1

You can also find the information at the AVA web site ([www.ava.org](http://www.ava.org)). There are two ways. 1) select from "Events" header the sub menu item ""Interactive Map", then YRE/Seasonal Event. At the US map, click on down arrow for "Select Area", scroll to a state, & select it. The selected state will appear, but wait as the red pins come into view. (On left, use the scroll bar's +/- signs to zoom in/out to help separate the pins where they might be concentrated.) Click on any pin of interest to see basic info, but also click on "Details" to see much more detail information about the walk, such as driving direction to the Start Pt. where you would register, get walk directions/map, the stamp, and the walk's description.

2) Select "Search Events". In the new page choose the state via the "All States" down arrow. You can use other choices to find Traditional and YREs, when they occur (up to a year away), and even enter a city if you are going there (this is where a Map in the first method helps as there are walks in surrounding communities).

Try it by entering Florida. A great resource for you.

# New Mid Florida Milers Newsletter Editors

Hi Walkers

We are Dick & Diane Baumbach and we are proud to announce that we are your new newsletter editors.

Before we give you some background on us, we want to thank Mike Lanpher, Rosemary Barna and Letty Zook

for all they have done to get information out to you on a consistent and timely basis.

We admire their dedication to Mid Florida Milers and to the AVA.

Here's some information

about us. We have been married 46 years and have lived on the Space Coast for over 32 years.

Dick is a former journalist as well as the owner of a public relations and marketing firm. He also is the founder of Space Coast



Dick & Diane Baumbach  
dickanddiane66@bellsouth.net  
321-544-3440

City Guide, a totally online publication..

Diane is a registered nurse who specializes as a behavioral health case manager. She is employed by The Hartford insurance company.

We are both very active in Worldwide Marriage Encounter, a marriage enrichment program, and serve in national roles.

It is our commitment and desire to try and offer you newsletters that are as outstanding as those that have preceded our issues.

**WE WELCOME YOUR SUGGESTIONS & INPUT**

## The Truckmaster” Dave Shagaloff

To provide consistency Dave volunteered to manage the material requirements for all nine walks. His daily goal was to arrive at the walk site 15 minutes before the Walk Coordinator (sometimes beating that goal by an hour). The Committee rented a 5' x 10' cargo trailer from U-Haul. It was loaded with nine metal folding chairs, four 4' or 6' folding tables,

approximately ten plastic bins containing items specific to a work station, table sign stands (paint can, 5 ft pole and cross pole for signs), two canopies/awnings, 12 cardboard trash containers, and parking and start direction signs. Four large water coolers were replenished with water and ice each morning). The items in the trailer supported three main areas: the start point workstations received all the signs, posts, and materials needed for each position. After unloading these items he was off to

checkpoints with a tent/awning (if needed), chairs and tables, a water container, and plastic bin with stamps and check off lists. Then Dave walked or volunteered to wait until closing to repack the trailer. Dave's significant contribution was a tremendous help to the Committee and the walk coordinators. AVA President, Heinz Johnson, presented Dave an AVA



**“Dave’s significant contribution was a tremendous help to the Committee and Walk coordinators”**

### 2013 AVA Awards Presented to Mid Florida Milers

2nd Place	Newsletter – Kathy Bargar Editor
3rd Place	2013 Year Round Event Brochure
3rd Place	Picture Florida USA

### Milestones by MFM Walkers Event Milestones\*

Achievements by Milers

**Gloria Merwarth 9000**

**Mark Merwarth 9000**

Distance:

**The American Wanderer Jun-Jul 2913**

## AVA and FVA – what do they do?

It is hard to see what is this AVA thing that is on the flag and atop the walk instructions? FVA – what is that? These should be easy and relevant answers but as with many entities away from our home base, they are just there. AVA is the umbrella organization in the USA for the international organization, IVV. It is a sister organization to the Canadian, German, Dutch, Japan, and other national organizations that manage the Volkssport requirements that you see implemented at walks, sets fees, monitors non

profit status (a tough job by the way), and implements the policy. We all pay a fee at each event for the “credit” stamp in Event and Distance Books that helps fund the club expenses and the AVA headquarters and 10 Regional Directors. It is this structure that makes the AVA a different walking organization providing access to safe and secure routes throughout the USA.

The FVA (Florida Volkssport Assn) was formed in 1990 to further walking in Florida and grew initially to some 15-20 clubs. Now at nine clubs from Ft Myers to Pensacola, Amelia Island to Daytona/Port Orange and Port Orange to St Pete. It aims to grow walking in Florida by encouraging events in every club. As with many State organizations the disparate distances make inter club walks challenging (Walk Around Florida is an example of a successful one).

*Mystery Solved –AVA & FVA*

## Convention Inputs to the Florida Team

June 2013 inputs:

1. Mike - I attended the convention as a delegate from the Sound Steppers Volkssport club in Lynnwood, WA. It was my first convention and I wanted to thank you and your team for a fabulous week. The walks you folks put together were wonderful - they covered lots of ground (literally and figuratively) from swamps and reclaimed areas to city streets to beach walks. What a great way to be introduced to all that central Florida has to offer. In addition the get

together put on at the hotel were fun and the food was very enjoyable.

Thank you so much for making my first convention experience so memorable.

Sherry Ogur

Vice President and Delegate

Sound Steppers Volkssport Club of Lynnwood, WA

2. How are you all feeling now that you had a bit of time to recover? I just wanted to tell you all what a wonderful job you did with Footloose in Florida!! I just had a wonderful

time. Everything was good!! All the walks were great. The socials were fun and the food was wonderful and plentiful. And the accommodations were super! I just had a blast!!!

I also want to thank you for all the hospitality I've been shown every time I've been down there. You always made me feel so welcome. I definitely love it down there. Many thanks to all of you and super great job!!

Susan (Suzy Belle), 2011 Convention Chairwoman, 2013 Convention Deputy Chairwoman  
Susan Pinneke

“AVA is the umbrella organization in the USA for the international organization,”

## PHOTOS TO BE SHARED

Top Left: and Top Right: AVA Certificates Awarded

Center: AVA Auction Kathy's Quilt

Bottom Left and Bottom Right: AVA Auction Asheville Amblers Basket & Checking In for Altamonte Springs Walk



**“A picture is  
worth a  
thousand  
words!”**

A PUBLICATION OF  
MID FLORIDA MILERS  
WALKING CLUB

Rosemary Bama  
*President*  
Pete Fournier  
*Vice President*  
Sharon Axelrod  
*Secretary*  
Sharon Predham  
*Treasurer*  
Mike Lanpher  
*Trailmaster*  
Jackie Walchuck  
*Webmaven*  
Letty Zook  
*Publicity*  
Dick & Diane Baumbach  
*Newsletter Editors*

## Upcoming Events: July – September 2013

DATE	EVENT	START TIME
July 6	Maitland	8:00 – 8:30 am
July 20	Oviedo Sweetwater Park	8:00 – 9:30 am
Aug 3	Marks St. Senior Center	8:30 - 9:00 am
August 17	Orlando (Pour House Bar and Grill)	8:30 – 10:00 am
Sept 7	Trip to Ybor City	8:00 – 8:30 am
Sept 21	Lake Underwood Park	8:00 – 9:30 am

Underhill



Fun, Fitness, Friendship



We're on the Web:

Midfloridamilers.com  
midfloridamilers.org

## Walk Around Florida XXIII-update

**FLORIDA  
VOLKSWALK  
Volkssport  
ASSOCIATION**

(Walk Florida)

Mark the November 1-3, 2013, date.

For over 22 years we developed annual walks by the Central Florida Clubs. We consciously delayed the 2012 event to 2013 after the AVA Convention. The 2013 headquarters is at a Palm Harbor resort hotel on Lake Tarpon, the jewel of Pinellas County (or so the Information Center proclaims).

Plans are underway to enjoy four walks in the area, ascending the gentle hills of Anderson Park, wandering over the

boardwalks in Wall Springs Park, taking the Pinellas Trail to the quiet community of Crystal Beach and studying historic homes in Oldsmar. Under debate is whether to trek to Ozona, a quaint seaside village, or to tramp to the Suncoast Primate Sanctuary, an equally alluring destination.

Also in the works are plans for a poolside reception, a lakeside dinner, and a farewell picnic. These will be full of games (the first and probably last Duck Derby), delicious

refreshments, old and new companions, and a souvenir or two.

The picnic on Sunday will be free for the “Yellow Shirts,” convention volunteers who wore the butter-hued tops emblazoned with the word “STAFF” over the mascot, Floyd. So, if you have one, be sure to pack the shirt when you join us.

**SEE YOU SOON  
AT**

Palm Harbor