



Mid-Florida Milers Walking News

July_August 2009

Mid Florida Milers Celebrate 20 Years

August 14, 2009
MFM 20th Anniversary Lunch
Metrowest Golf Club

The anniversary walk repeats a 1998 walk inside Turkey Lake Park and will be a fun event with snacks and drinks available, some games, and friendship for all.

Following the walk the Mid-Florida Milers will celebrate our 20th Anniversary with a luncheon at the Metrowest Golf Club. At approximately 12:00 noon we should move to the Metrowest Golf Club which is about a mile north on Hiawassee at 2100 S. Hiawassee Road. Please leave the park so that you reach the golf club between 12:00 and 12:30.

This beautiful setting is the place for our annual meeting and lunch. There will be giveaways and a raffle. The raffle

Hot Time in Sanford!

On a hot Saturday, June 20th about 50 walkers came to Sanford to see the town and join all for lunch at the Willow Tree Restaurant. The walk of the 1991 2nd MFM walk 10K ended with a fun crowd of 36 folks eating at Hollerbachs Willow Tree Restaurant. After good German style food and drink the owner Theo, gave us two steins which we gave away by lottery.

Thanks to Lois, Gail, Roger, Rena, and Rosemary for manning the start and finish.



for \$1/ticket is a comfortable Camelbak Catalyst 28 oz. waist-pack hydration belt that supplies you with just enough water to keep you at your peak for an hour or more.

The agenda includes greeting the invited past Presidents, conducting the annual meeting, recognizing our members, the raffle, and other topics as needed.

Select your lunch entrees from the following: Marinated London Broil; Chicken Stuffed Crepes; Fruit Plate Trio. The cost inclusive of drink, tax, and tip is \$20. Please RSVP along with your lunch section at any walk event or to Rosemary at barnar@bellsouth.net, 407.894.3069 by 11 August.



Cooling off at the Willow Tree Restaurant

CLUB CONTACTS:

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*Mid-Florida Milers
Walking Club*

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Year Round Group Walks

We will continue having Group walks of our YREs once a month in 2009, moving in May to Saturday mornings at 9:00 (noted by asterisks on the walk schedule). Be there at least 15 minutes prior to walk start to register. Directions will be on the website. Enjoy walking and revisiting these great walks. We hope you can walk all 8 Orlando area walks by years end-twice!

Date	Location
4-July	Celebration (97)
18-July	Killarney Station (West Orange Trail (96)
25-July	*ORMC Orlando Lakes
1-Aug	Maitland Comm. Church
15 Aug	Bill Frederick Park at Turkey Lake (98) and 20th Anniversary Lunch
22 Aug	*Lake Buena Vista
	* denotes YRE walks

MFM Fast Facts

1 The club logo was drawn by Phil Jackson, a member of the Suncoast Sandpipers.

2 The state park walks program and many of the layouts were implemented by MFM members Frank DeMoli, Henry Arnett, and Bill Woolgar

3 The CDC says that walking can extend your life by several years.

Do you want to become more active in the Mid-Florida Milers?

Please be aware that there are many opportunities to volunteer to help our club. There are positions available for volunteers who would like to map out new walk routes, set up/breakdown at walks, staff the start / finish tables, and help Chef Rena prepare and serve her delicious meals.

Do you want a say in how the club is run?

At this time we are looking for members to fill the following volunteer positions:

- Vice President;
- Secretary;
- POCs for ORMC, Winter Park and Maitland
- Membership Committee Chairperson; and
- Volunteer Coordinator.

If you would like to volunteer for any of the above positions or have questions, please call Roger Poitras at (407)277-8012, email him at rpoitras@cfl.rr.com, or talk to any of the current officers at our next walk.

Hope to see you at a walk soon.

Interview with Past President Jan Varnon



Q. When was your term of office? Who were some of the board members during your term?

I am not sure exactly 2003-2007?
Ladd and Donna Duncan, Marcia Greathouse, Bob Varnon in addition to some people currently on the board

Q. How did you get interested in the Volkssport walking?

We did the first UCF walk because we saw it in the paper and our son was looking at it as a possible college. We liked the concept and since we have always been walkers saw it as a way to do what we liked, see new places, and meet new people.

Q. Tell us about the first few walks you enjoyed.

Each of our first walks in Orlando were new to us so we really liked them, but what got us really going was when we went on a vacation and found walks that we could do away from home. We have enjoyed almost all of them and have only come across a couple of clunkers but I guess my all time favorites would be Annapolis, MD; Princeton, NJ (we came upon a garden of tulips that just took our breath away); Hermann, MO (no longer a volksmarch); and St. Charles, MO.

Q. What were your favorite events with the club?

There were so many I can't seem to separate them in my mind. I really enjoyed meeting new people and getting to talk about volksmarching with someone who had no experience with it. I enjoyed the events when we would have lots of people in one place starting and finishing walks and grabbing one of Rena's wonderful lunches. I think the WAF weekend in Inverness was great and the Prevention Convention was a lot of fun.

Q. What message do you have for our current membership?

If you want Mid-Florida Milers to be there when you want them, then be active whenever you can. A volunteer organization cannot survive without lots of volunteers, just a few people can't keep it going, they will burn out and the organization will die off. Figure out where you can give some of your time and do it and walk when ever you can because it is a love of walking that we all share and it is a love of walking that will bring new people to join us. It is strange that Jacksonville just seems so far away from Orlando, but we will show up again at a walk someday and surprise you all.



Jan and Bob Varnon

I am thrilled to see how well our club [MFM] has continued to grow and put on outstanding events.

Glorida Merwarth

If you want to see the USA, become a Volkssport member.

Bob Nicholson

Please get involved and begin your climb by the hierarchal ladder and become a board member.

Bill Woolgar

TRAILMASTER'S topics:

By Mike Lanpher
mlanpher@cfl.rr.com/407.695.9181

Events

The summer sun is now with us and as we move into July and August we continue to have walks, some warm, some hot. Walking early is a good way to "beat (some of) the heat" on the Saturday morning walks.

On July 4th we will walk in Celebration on the route of the 1st walk event there in 1997. Celebration has consistently displayed a festive Fourth so this should be fun and a chance to eat at Columbia Restaurant after the walk (RSVP to me, please). Disney Communications requested we establish a walk as they officially opened Celebration and we started at Lakeside Park and have maintained a walk in Celebration since.

On July 18th we will walk from the West Orange Trail's Killarney Station into Oakland. You can also visit the Nature Center for an added couple of Ks. We had 2 bike routes and 3 walk routes there in 1996. Today the trail is opened to the west to Minneola and Clermont. We have a walk in Maitland from their Community Park on 1 August that is shaded and on 15 August our 20th Anniversary walk, lunch, and fun meeting – see the article in the newsletter. It will be great to see you there at this special event.

A special note of thanks to Ladd and Donna Duncan who "retired" as Celebration and Lake Buena Vista Year Round Event route monitors. Their long period of volunteering for these events and previously the Orlando YREs was a great help in maintaining and progressing our YRE routes. They were responsible for the Celebration walk being voted 6th best in the USA in 2008. Thanks Ladd and Donna!

That brings me again to volunteering. We always need you to assist when you can. Volunteers as President Gail discussed in a couple issues previously let us layout and mark routes, mark start and finish points, checkpoints, and greet new and old walkers

alike. Just let me know which walk weekend you can help and you can prewalk the route. Generally the "duty" is not more than 2.5 hours. Two members just volunteered for route monitor positions (three more YRE positions are available) and as a club would like volunteers for Secretary and Vice President at the 15 August meeting elections as AVA requires four officers for each club.



Walk Around Florida XX – November 13-15, 2009

Walk Around Florida is 20 years old. This year MFM, the Happy Wanderers, and the Suncoast Sandpipers will hold WAF XX in Orlando walking on the west side of town. The weekend of 13-15 November has been chosen and 4 events are planned with an optional dinner Friday after the walk, 2 walks and a dinner Saturday, and a walk Sunday through the Festival of the Masters from the LBV hotel. Look for the article in this newsletter and in The American Wanderer.





MID-FLORIDA MILERS

20TH ANNIVERSARY CELEBRATION

Saturday, August 15, 2009

Walk: Bill Fredrick Park at Turkey Lake

3401 Hiawassee Road, Orlando 32835

Registration: **9:00 - 10:00** am, finish by 12:00

Snacks and games provided until time for luncheon

Luncheon: MetroWest Golf Club

12:30 – 2:00 pm

2100 S. Hiawassee Road at Lake Debra Dr., Orlando 32835

12:30 pm

For luncheon reservations, please call or email Rosemary Barna
407-920-3174 or barnar@bellsouth.net

Cost: \$20 (includes entrée, dessert, beverage, gratuity)

Please provide a luncheon entrée choice with your RSVP.



Marinated London Broil

Grilled Herb Marinated London Broil Thinly Sliced and Finished with a Mushroom Demi-glace

Chicken Stuffed Crepes

Tender Chicken Breast, Herb and Garlic Cheese and Sweet Peas Stuffed into a Hand Made Crepe finished with a Tarragon Cream Sauce

Fruit Plate Trio

An Array of Fresh Seasonal Fruit, Egg Salad, Tuna Salad and Chicken Salad served with a Freshly Baked Blueberry Muffin



MFM WALK SCHEDULE:

July 2009

<i>Date</i>	<i>Event Location</i>	<i>Start Time</i>
July 4	Starbucks, Celebration	9:00-10:00
July 18	Killarney Station, West Orlange Trail, Winter Garden	8:00-9:30
July 25	Orlando Lakes, ORMC	8:30-9:00

August 2009

Aug. 1	Maitland Community Church	8:30-9:30
Aug. 15	Turkey Lake Park - 20th Anniversary Walk & Luncheon	9:00-10:00
Aug. 22	Lake Buena Vista - Pirates Cove Golf	8:30-9:00

For the specifics and directions on these walks visit our website:

www.midfloridamilers.org



Walks by other clubs

July 2009

<i>Date</i>	<i>Event Location</i>	<i>Club</i>
July 12	A1A Hammock Publix, Palm Coast	Happy Wanderers
July 19	Sunshine Bakery, Mt. Dora	Happy Wanderers
July 25	Breakfast Walk, Bicentennial Park, Ormond-by-the-Sea	Happy Wanderers
July 26	Walk/Bike YMCA Port Orange	Happy Wanderers

August 2009

Aug 2	Publix Palm Coast	Happy Wanderers
Aug 9	Volusia Library Deland	Happy Wanderers

September

Sept 12	Jax/San Marco	First Coast
Sept 26	Ft. Caroline	First Coast

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

www.happywanderersfl.org

www.firstcoasttrailforgerswalkingclub.org

www.home.tampabay.rr.com/sandpipers/sndpiper.html

Walk Around Florida Celebrates 20 Years!

By Presidents Marvin Stokes, Gail Brooks, and Alice Lawrence

November 13-15, 2009

Three Florida Volkssport clubs celebrate 20 years of walking in and around Central Florida. The Happy Wanderers (Daytona/Port Orange), Mid-Florida Milers (Orlando), and Suncoast Sandpipers (Tampa/St. Petersburg) have combined and co-hosted on one weekend 3 or 4 successful and fun events each year since 1990. This year's 20th Walk Around Florida coincides with the Mid-Florida Milers Walking Club's 20th Anniversary.

The clubs will host Walk Around Florida XX from the Holiday Inn Express on Palm Parkway in Lake Buena Vista. In addition to the four 5/10K walks, optional dinners on Friday and Saturday will be offered as in past years. Special guests have been invited to join the fun during the WAF weekend. We invited the FVA members to join us along with attending their semi annual meeting and the AVA National Executive Council (AVA elected officials and 10 Regional Directors) to hold their quarterly meeting.

The walking events are the best routes in west Orlando:

Nov 13, Celebration, hosted walk of a 2008 top 10 Year Round Event followed

by a (optional) dinner at the 100+ year old Columbia Restaurant.

Nov 14, Apopka's Kelly Park in the morning which includes Rock Springs Run, known for its tubing, with lunch available. This is followed in Winter Garden offering a walk on the rails-to-trails West Orange Trail and a view of Florida's 4th largest lake.

Dinner Saturday night will be a gala event arranged by the Suncoast Sandpipers.

Nov 15, Lake Buena Vista — with a journey through the Downtown Disney and the Festival of the Masters! — a unique event of juried winners from the past year's shows.

Look for more information this summer in the next issue or on line in late July! Everyone is invited to celebrate the 20th Walk Around Florida so mark the 13 to 15 November dates on all the calendars in your house—computer, phone, and the one hanging on the wall or frig!

Great Walks!

Great Food!

Great Friendship!



Langford Park Walk - May 16, 2009





It's Membership Time Again

It's that time of year again, when your membership needs to be renewed. If you wish to renew your membership, please fill out and return the application with your check to the address shown. or you may bring it to one of our walks.

At the same time you might want to go ahead and sign up to join us for Mid Florida Milers's 20th Anniversary Luncheon on August 15th. See details on page 5.

Event Awards:

Terry Sewell	30
Jacob Sewell	30
Roger Poitras	125
Jeanette Dolny	150
Jackie Walchuck	150
Kathy Rapcki	650
Donna Duncan	750
Sharon Predham	800
Dave Bundy	900

Distance Awards:

Jackie Walchuck	1,500
Gail Brooks	2,500
Donna Duncan	8,000
John McMahan	10,000



The Dolny's registering for the St. Cloud Walk

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.

Call Roger Poitras, VP (407.277.8012) with membership questions.

DATE _____ SIGNATURE _____