



# Mid-Florida Milers Walking News

May\_June 2009

## ORLANDO WETLANDS WALK - MARCH 7TH



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Walking Club*

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March 7th was a perfect day for our Orlando Wetlands Walk and Soup Buffet. Alligator and wildlife sightings were abundant. The walk was interesting and most walkers stayed afterwards to sample the variety of soups and desserts prepared by volunteers. Thanks to Rena and John McMahon for coordinating the Feast.

## Mid Florida Milers Celebrate 20 Years

*Reprinted from The American Wanderer*

Formed in October 1989 the Mid-Florida Milers celebrate 20 years of walking in the Orlando area of Central Florida. Flanked on the east and west by two other dynamic clubs, Volkssporting is alive in the central part of the peninsula. During the anniversary year, the Milers will offer a "Memory walk" each month using walk instructions from the early years of the club. At several of the walks a special lunch, always a popular item, will be

provided thanks to the Milers' imaginative "Chef", Rena McMahon. A new logo was designed by three members to commemorate the year's events. It reflects both the past logo and the club's move into the future. The Mid-Florida Milers newsletter celebrates 20 years of member service by featuring past club presidents. Current President Gail Brooks was able to interview four of the six former Presidents, giving a fascinating glimpse of the ideals, collaboration, and hard work that created and has maintained the Mid Florida Milers' successful Volksmarch club. The club's 20 Years of Walks included over 200 sanctioned events extending from

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Orlando as far west as Brooksville, south to West Palm Beach, east to Melbourne, and north to St. Augustine, Sanford and Lake Helen. The club was at the forefront in providing year-round events and now sponsors eleven permanent walks. In the past, the Mid-Florida Milers hosted the Prevention Magazine meeting walk at Walt Disney World in 1993, the Retired Air Force Nurses Association (2001), the AVA Executive Council (2006), the Military Comptrollers Convention walk (2008), and multiple Florida Volkssports Association semi-annual meetings. Thanks to the efforts of former Presidents Gloria Merwarth, Frank Kuhn, Bob Nicholson, Judy Madiaszg, Bill Woolgar, and Jan Varnon, along with the past and current members who volunteer at

walks or serve in various offices, the Mid-Florida Milers have maintained a path of success providing fun, fellowship and fitness to walkers of all ages and background.

The 20th Anniversary 2009 kickoff event was held in conjunction with the club's popular annual New Year's Day walk in Lake Buena Vista followed by a holiday lunch at the Crab House. On 17 January at Wekiwa Springs State Park the Mid-Florida Milers event replicated the club's first walk at Wekiwa Springs in 1990. The original walk hosted 380 participants! The Mid-Florida Milers invite friends and fellow-volkssporters to enjoy the club's anniversary celebration in 2009 by joining them for as many walks as possible.

### MFM Fast Facts

**1** The oldest club member is 91 years old. The youngest club member is 5.

**2** MFM managed the Prevention Magazine Walk at Disney's Contemporary Hotel in 1993.

**3** The first Celebration walk in 1997 was requested by Disney.

### Mid-Florida Milers - Website History Page

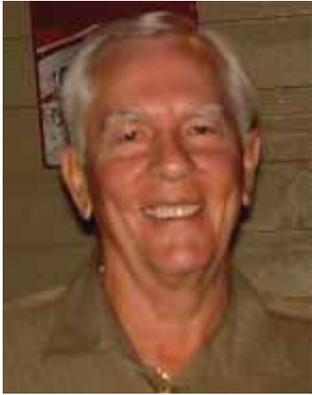
A reminder that the MFM History location is linked from our web site at [www.midfloridamilers.org](http://www.midfloridamilers.org). Review the newsletters from the 1990s, see who has walked all 50 states, look at the former presidents and officers, and see the 2009 event pictures and additional pictures dating back to 2002.

Please provide items from our history; email them to Mike Lanpher at [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com).

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
2-May	St. Cloud
16-May	Orlando (93)
*23-May	Altamonte Springs
6-June	Winter Park (00)
20-June	Sanford (91)
*27-June	Maitland
4 -July	Celebration
18- July	Killarney Station (West Orange Trail)
*25- July	ORMC Orlando Lakes

THE spirit OF WALKING



## Interview with Bill Woolgar

**Q. When was your term of office?**

1995 - 2003 I was president

**Q. Who were some of your board members?**

Barbara Lowery, Vice President, Mike Lanpher - Trailmaster, Bob Nicholson - Treasurer, Specialties - Rena McMahon, FVA representative - John McMahon, Joan Lanpher - Secretary, Nancy Horton, Iris Peterson and Barbara Lowery - Food and entertainment committee. There were many others who deserve a place of honor among our hard working and devoted board members.

**Q. How did you get interested in the volkssport walking?**

I became interested [in volkssporting] while in Germany from 1975 through 1980

**Q. Tell us about the first few walks.**

Wekiwa Springs and Blue Springs were memorable, along with just about every walk that we did.

**Q. What were your favorite events with the club?**

Going to convention every two years, dinner meetings, and escorting the German visitors on their walks.

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

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



*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 hierarchical ladder and become a board member.*

*Bill Woolgar*

## Miler Milestones

### Event Awards:

Peter Fournier	250
Jeanette Dolney	125
Lois Shannon	800
Bob Zook	1150
Letty Zook	1150



*Donna, Jackie and Rena showing off their new 20th anniversary shirts*



# TRAILMASTER'S topics:

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

## Events

As the year has progressed we have had an increase in walkers at almost all of our events. With 135 members we have averaged about 30% of members at most walks and our treasurer has noted that about 50%+ of the members have only walked 1 or 2 walks. There appears to be a core group of 30 or so walkers that attend regularly. This seems low to me and I wonder what we can do to increase the walking base to 60%+ of members (or 65 per walk) – send me some ideas on how we can get YOU to a walk! The good news is that we see 10+ new walkers every walk, with some joining the club and some continue walking without joining.

A special thanks to Rena McMahon (and John too) for coordinating the Soup luncheon at the 7 March Orlando Wetlands Park event.



Our only event that was under attended was the Downtown Orlando walk on Sunday, 15 March; the new Downtown route and large number of AVA special programs involved is great and our thanks to route monitor Kathy Bargar for the new route.

Coming up are some neat walks in St. Cloud where shaded routes visit the old downtown, pass historic churches and walk through a unique Veterans Park (10K). The 16 May walk features two separate events and the expanded registration time allows you to walk both as they replicate 1993 walks. Moving to June we have a great shaded

walk from Mead Garden and the repeat of the 2d club walk in 1991 (prepared by Jack Barati) in Sanford where we finish at Hollerbach's Willow Tree Restaurant for some great German entrees (RSVPs needed, see the web site).

## Volunteers (2nd request)

President Gail discussed the need for volunteers to manage small parts of setting up and conducting walk events, handling membership, or assisting at walks. I have sent requests to members a couple weeks ahead to ask for your help at a specific walk event. Please let me know quickly whether you can or cannot be there. We also need



interested folks to volunteer for club offices, route monitors (three walks need a monitor starting late this year). Call or email Gail or me and help us out.

## Walk Around Florida XX

Walk Around Florida is also 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 6-8 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 hotel. Look for more detail in the July newsletter and a flyer by late July. These 3 club events are always fun. The AVA Southeast Regional Director informed us AVA President Curt Myron is considering a National Council meeting in conjunction with this event. More information will be in the July-August Newsletter.



## MID-FLORIDA MILERS

### 20<sup>TH</sup> ANNIVERSARY CELEBRATION

Saturday, August 15, 2009

**Walk: Bill Fredrick Park at Turkey Lake**

3401 Hiawassee Road, Orlando 32835

Registration: 8:00 – 9:30 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](mailto: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-glacé*

***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*



# WALK SCHEDULES:

## May 2009

<i>Date</i>	<i>Event Location</i>	<i>Start Time</i>
May 2	Lakefront Park, St. Cloud	9:00-10:30
May 16	Langford Park, Central Blvd. Orlando	8:00-11:00
May 23	Sanlando Tennis Complex, Altamonte Sprgs Group Walk	8:30 - 9:00

## June 2009

June 6	Mead Gardens, Winter Park	9:00-10:00
June 20	Hollerbach's Willow Tree Restaurant, Sanford	9:00-10:00
June 27	Walgreen's, Maitland Group Walk	8:30-9:00

## July 2009

July 4	Starbucks, Celebration	9:00-10:00
July 18	West Orange Trail, Killarney Station, Winter Garden	8:00-9:30
July 25	Orlando Lakes Group Walk, ORMC	8:30-9:00

For the specifics and directions on these walks visit our website: [www.midfloridamilers.org](http://www.midfloridamilers.org)

## Walks by other clubs

### May 2009

<i>Date</i>	<i>Location</i>	<i>Club</i>
May 3	Courtyard by Marriott, Cocoa Beach	Happy Wanderers
May 10	Port Orange YMCA	Happy Wanderers
May 16	JAX Springfield	First Coast Trail Forg.
May 17	County Library Deland	Happy Wanderers
May 23	Valentine Park EVENT, Orange City	Happy Wanderers
May 24	Reed Canal Lake, South Daytona	Happy Wanderers
May 30	Ft. Clinch	First Coast Trail Forg
May 31	Blueberry Muffin, Indialantic	Happy Wanderers

### June 2009

June 7	City Island, Daytona Beach	Happy Wanderers
June 14	Buschman Park, Port Orange	Happy Wanderers
June 21	Publix Beachside, New Smyrna Beach	Happy Wanderers
June 28	County Library Ormond Beach	Happy Wanderers

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

[www.happywanderersfl.org](http://www.happywanderersfl.org)

[www.firstcoasttrailforgerswalkingclub.org](http://www.firstcoasttrailforgerswalkingclub.org)

[www.home.tampabay.rr.com/sandpipers/sndpiper.html](http://www.home.tampabay.rr.com/sandpipers/sndpiper.html)

## Volkssports Associate Lifetime Membership Benefits:

I have been a Volkssports Associate Life Member since 1999 and a volkssporter since my first walk in Germany in 1973. My cost for the AVA Volkssports Associate Lifetime Membership was \$350, plus \$100 for my spouse, Marlene.



There are many benefits to this Associate Lifetime membership. You never have to write a check again to receive "The American Wanderer" which currently costs \$20 a year. In our case, over the course of ten years, we have received \$200 back in benefits in "The American Wanderer" costs alone. Lifetime members also receive a 15% discount on the purchase of AVA specialties and "The Starting Point" on line at [www.ava.org](http://www.ava.org) (click on Merchandise Store). Life Members receive a pretty Gold Tone LIFE MEMBER pin and, as a Life Member, you get priority Award processing on your Distance and Event record books. You also receive discounts on Hertz, Budget, and Avis rental cars.

Another major benefit comes from attendance at the upcoming 16th Biennial AVA Convention in Richardson, TX, June 22-26, 2009. You can receive a substantial convention registration discount as an Associate Life Member. For example, a non-Associate member Total Convention Package costs \$420, the Associate member price is \$378, and the Associate Lifetime Member cost is \$357. Our savings for this convention alone totals \$126, or a \$63 discount of each of us. Add in the cost savings from other AVA conventions we have attended over the course of our 10 years of Lifetime membership, we have already received more than the price of our Lifetime membership back in monetary benefits.

More importantly, as a result of Associate Lifetime Membership, along with membership in local clubs, and by doing club sponsored walks; we have made life-long friends, maintained good health, and have stayed physically fit. We look at Volkssports Associate Life Membership as a way for all of us to show our gratitude to the AVA, our local clubs, and to all the hard working volunteers that help put on events. The AVA benefits by having the use of the Lifetime Membership fee up front to assist them in their daily operations, along with giving them the ability to further promote our sport

Lifetime membership fees vary depending on age, from \$500 if you are under age 30, to as little as \$250 if you are 70 or older. These savings are also available for your spouse for an additional one-time fee of \$100. Payment of life memberships can be made in 3 installments. For additional details, log on to <http://www.ava.org/membership/vajoin.htm>.

In summary, a Volkssport Associate Lifetime Membership, along with being a member of the Mid-Florida Milers, will guarantee you a "lifetime" of family fun, friendship, and physical fitness. See you on the trail, and hopefully at the AVA convention.

Nelson J. Cahill

## Walking Fun in Other Venues

Mike Lanpher

The Four-Plus Foolhardy Folks Volkssport Club in Washington State has many fun, though challenging events, seasonal walks and YREs that are sometimes in remote locations, National Parks, or are longer, higher areas. Not for everyone surely; Joan and I have done 4 – each memorable with photos from two we did last summer.

“In June we are offering two additional National Parks along with the second year at Glacier National Park. The new parks are Yellowstone and Grand Teton National Parks. Each of the three parks is sanctioned for three events. They offer altitude, difficulty, lowlands, spectacular scenery, diverse terrains, and some of the most beautiful and breathtaking views one can hope to experience in this grand country we call the United States of America. Native wildlife is also a possibility on the out-back trails. See the *Starting Point* for more information. The Glacier event will end this year in August. Yellowstone and Grand Teton will run for two years, 2009-2010.

From July 31st - August 2nd the club will host its annual three day Northwest Hiking Weekend in the Sawtooth Mountains of the Cascade Mountain Range. We will offer three or four events along scenic trails in the area of Osborne Mountain southwest of Mt. Rainier. The trails will take in High Rock, Cora Lake, and Bertha Lake. October 10th the Four-Plus Foolhardy Folks will host the Evergreen State Volkssport Association's quarterly meeting at Camp Long in West Seattle. The event site trail on the peninsula across Elliott Bay from the Seattle skyline will offer an easy stroll through the park and residential areas situated around it.

The club offers an EXTREME VOLKSSPORTING program ... and the club will begin the EXTREME VOLKSSPORTING II challenge in 2010. This phase of the program will include difficulty along with obtained summits hiked.”

Thanks to President Dorman Batson for his informative input. Their web site is <http://www.walkhappy.com/fourplusclub/>.



*Rosemary greets a good looking firefighter, overdressed for walking!*

The College Park walk brought out 51 walkers as well as some “invited” guests, aka Orlando Firefighters. Seems that one of our youngest walkers (name withheld until he is old enough to defend himself) found that the shiny red fire alarm would be fun to test! It was a very nice walk through some of Orlando's older and shaded neighborhoods.

## Mid Florida Milers Club Meetings

Club meetings are held almost monthly on the first Tuesday. All members are welcome to attend and provide subjects to be addressed. Please address questions to Gail by the last Friday of each month. If you want to attend, email Gail or Roger for the meeting time and location. Meeting minutes (as well as AVA National Executive Council reports are posted and can be found on the club's website.