



# Mid-Florida Milers Walking News

September/October 2009

## AVA 16th Biennial Convention

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What happens when nearly 400 enthusiastic people, representing more than 200 U.S. walking clubs, meet in Texas in late June? This is what three Mid-Florida Milers club members wanted to find out as they traveled to the AVA's 16th Biennial Convention, held this summer in Richardson, Texas, a suburb of Dallas. Our three representatives were Carl Cordes and Jim & Ginny Plummer. What they found was a lot of fantastic walking, fellowship with old and new friends, wonderful western-themed parties, and the opportunity to participate in the business sessions of the national AVA organization. As expected, the weather was very hot — delegates did five walks in five days, and the high temperature each day was between 100° and 105°F. Even the Dallas morning newspaper, which covered the convention, was asking why we were outdoors in that heat. They reported that "These are serious walkers, willing to withstand whatever the weather throws at them." The convention's hotel headquarters was located next to a train station, so we were able to use rapid rail transportation to all walk start points — a great convenience. The local clubs that planned the walks did



Convention attendees: Carl Cordes, Mark and Gloria Merwarth (MFM's Founding President) and Jim Plummer

a good job of laying out routes that offered some relief from the heat. Especially nice was the downtown Dallas walk that used the network of air conditioned, underground tunnels and skyways for most of the route. Many awards were presented during the course of the convention to recognize individuals and clubs for exceptional service to volkssporting. We were very proud to observe the number of Mid-Florida Milers (current and former) who were recognized [See article in this issue for a full listing]. As for the business sessions, an election of National AVA Officers was held, and the following were chosen for a 2-year period: President: Curt Myron (Oak Harbor, WA), Vice President: Wayne

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## MFM Business Meeting and Elections



*New VP, Peter Fournier*

During the August 15th meeting, conducted by Vice President Roger Poitras, the elections were conducted. This year the office of Vice President and Secretary were open. Volunteers stepped forward and Peter Fournier was elected to fill Roger's position and Rosemary Barna was re-elected as Secretary. Gail Brooks continues as President and Jim Plummer as Treasurer.

Next year the offices of President and Treasurer will come open.



*Rosemary Barna elected for another term as Secretary*

*Mid-Florida Milers  
Walking Club*

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By Mike Lanpher

The MFM 20th Anniversary walk at Turkey Lake Park in west Orlando was well attended by 66 walkers. The massive City of Orlando Park easily contained both the 5 and 10 kilometer walks. The pavilion preparation including signs displayed, tables covered, brochures distributed, and banners hung were all accomplished by Rosemary Barna, Gail Brooks, John and Rena McMahon and Ginny Plummer, while trail signs were placed by Jim Plummer and Mike Lanpher. Delicious quantities of muffins, rolls, donuts, and bagels, tea, Kool-Aid, and coffee were prepared by Rena, Rosemary, and Gail. Registration was managed by Gail and Jackie Walchuck (also the MFM Webmaster). The registration volunteers sent out

the first two early-bird walkers at 8:20am and 64 others rapidly followed within the next hour. Bob Zook was the official start-point photographer while also helping Letty greet the many new walkers who attended.

For the entertainment of returning walkers, Rosemary



provided an assortment of games and puzzles that kept some of us busy and most of us stumped. The brain teasers were a fun diversion for walkers waiting to attend the luncheon at the nearby Metrowest Golf Club. Walkers were welcomed back at the Finish Table by Joe and Georgie Pesek, who collected number cards and stamped IVV books with their usual efficiency and friendly smiles. All walkers returned by Noon and the "mop up" crew, including Mark Gill, Joe, and Carl Cordes, cleaned out the Pavilion #3 with perfection (we got



*Rena and Jackie compete in checkers*

our deposit back) and left for the luncheon before the rain hit.

After the luncheon Terry Sewell and Bob & Letty assisted Mike in retrieving the walk signs that took a beating from the 30-40 mph winds that hit the park about 1:00 pm. Thanks to one and all!



*Georgie and Joe Pesek*

# 2009 20th Anniversary Luncheon

20  
YEARS

By Letty Zook

The Metrowest Clubhouse, with its spacious windows overlooking the scenic golf course, was a beautiful setting for the Mid-Florida Milers 20th Anniversary Luncheon and Annual Business Meeting. A big vote of confidence and appreciation from all the club to Rosemary Barna who arranged the luncheon and worked out all the logistics to make it run smoothly. Folks were unanimous in opinion that the food was delicious and the table service outstanding.

To start things off, special guests from the AVA and FVA briefly spoke and extended their congratulations to MFM, while recalling good memories of their associations with the club. The special guests were: Marvin Stokes – Recently elected AVA Treasurer, past SE Regional Director for numerous, and presently President of the Happy Wanderers Club walking club. Dennis Michele – SE Regional Director and member of the Ashville Amblers, Carl Cordes – recently elected President of the FVA, and Duncan Brantley – former SE Regional Director and now President of the Georgia Walkers were also introduced.

Marvin Stokes, whose own past, and present, is so closely entwined with the Milers, summed it up by stating that the Mid-Florida Milers are not only one of the strongest clubs in Florida, but also one of the most active in the nation. All club members who carry out the chores necessary to keep a club energized can feel great pride in that statement.

Naturally a 20th anniversary is a time for reminisces. Some past club presidents graced our luncheon tables and recalled funny and frightening moments when they served in that sometimes lonely position at the top! The Mid-Florida Milers appreciate their dedication and service, and especially their willingness to “keep on keeping on” even when it wasn’t easy.

Our past presidents honored at the lunch included Bill Woolgar (1996 – 2004) and Bob and Barbara Nicholson (1992, 1994-1996). Gloria Merwarth (1989-1991) and Jan Varnon (2004-2007) were unable to attend, but sent notes of congratulation.

Mike Lanpher concluded the “good memories” by recalling the day the Mid-Florida Milers became an official AVA club in August 1989, with Gloria Merwarth as the founding mother. With her leadership and the support of the Patrick Pacers and Suncoast Sandpipers, the club’s first walk was held at Wekiwa Springs in 1990 and 300+ walkers participated. The club forged ahead; and in 1992 the club earned the AVA President’s Award for their management and participation of the Prevention Magazine Convention Event, spearheaded by President Bob Nicholson. While this was going on, Bill Woolgar, who later served as the longest-term MFM President, was blazing new trails with Frank Demoli and Henry Arnett by placing walks in Florida State Parks. The 16 FVA walks existing today are a direct result of the ingenuity and effort of these pioneers. In due time, the Mid-Florida Milers expanded their walk schedule by mapping out 11 permanent Year Round walks .

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*Jackie Walchuk, web-maven*



*Rena & John McMahon receive awards from Marvin Stokes*



*Rena McMahon chats with the Nicholsons and Stalworths*

# TRAILMASTER'S topics:

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



I would first like to thank the club members and club officers and route monitors for their support and generosity. Their organization and dedication to the club has made it prosper and grow. I also want to thank the club for the presentation of a personalized backpack to me at the Anniversary luncheon. At the luncheon on 15 August the AVA and club level awards made to deserving club members is a small token of the thanks needed for the significant and frequent work done for the club. A separate section

lists these deserving individuals.

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Of course, a 20th Anniversary celebration is a great setting to give out awards. At each biennial AVA Convention (recent one in June), the AVA National Headquarters awards members with many different types of awards. The Mid-Florida Milers swooped up numerous ribbons and certificates.

The Anniversary Luncheon was followed by the annual business meeting. The club elected two officers: Pete Fournier, Vice-President, and Rosemary Barna, Secretary (for a 2nd term). Gail Brooks continues as MFM President and Jim Plummer continues as MFM Treasurer. The club

Since the last Newsletter there has been a lot of activity with the AVA Convention where Treasurer Jim Plummer represented us. (See the Convention Article - Page one)

The walk attendance this year increased in numbers and we look forward to the final 4 months of our anniversary year with the events noted for the next 2 months and a fun November at Walk Around Florida XX (see a separate article). The visit of the Florida and National Executive members at the WAF XX events for their quarterly meeting is noteworthy.

I look forward to seeing you at one of the next walks.

meeting was enlivened by more awards given to many hard-working MFM club members.

A Surprise Award was bestowed! Mike Lanpher was awarded a personalized backpack for his years of faithful service and his leadership role that continues to this day. Joan Lanpher gets special kudos, not only for being the often unnoticed support ehind Mike, but also for creating the beautiful certificates and the artistic WAF display boards.

<b>AVA Meritorius Service Award for at least 5 years of service</b>	<b>AVA Certificate of Service Award for at least 3 years of service</b>	<b>MFM Volunteer Certificates</b>
Donna Duncan Ladd Duncan John McMahon Rena McMahon Jan Varnon Robert Varnon Bill Woolgar	Gail Brooks Kathy Bargar Robert Lazzell	Kathy Bargar Rosemary Barna Gail Brooks Ladd & Donna Duncan John & Rena McMahon Jackie Walchuck Letty Zook

# 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 walk events are planned. Though the change may have deterred some walkers who attended WAF events only in their own area, it continues the true spirit of the event. The three clubs join together to explore new areas in Florida, offer walks to residents who never heard of "volksporting," and enjoy the friendships that have remained strong for twenty years.

In 2009, Walk Around Florida XX moves to Orlando. The event will correspond with National Executive Council and Florida Volkssport Association meetings. The walks provide four very different venues; and the dinner at Black Angus Restaurant Saturday evening, preceded by an auction and mixer, will be the social highlight of the weekend.

Registration will be at the Holiday Inn Express Hotel at Lake Buena Vista. The hotel offers free breakfast and a room w/ microwave, refrigerator, and coffee maker



including free high speed Internet. Hotel reservations are made by calling 407-239-8400. Be sure to tell the hotel that you are part of the "Walk Around Florida" group in order to receive the discounted rate of \$72 + tax per room. Call Alicia at 407-584-4002 if there is an issue.

Preregistration is requested to help us plan for the events and to purchase one of the limited number of pin awards.

See the website for registration forms. The four walks during WAF XX are some of the best routes in west Orlando:

- **Nov 13** - Celebration, award-winning YRE. The walk can be followed by dinner at one of the many restaurants in Celebration.
- **Nov 14** - Apopka - Kelly Park, which includes Rock Springs Run, known for its tubing. Lunch will be available for a nominal cost.
- Winter Garden, the rails-to-trails West Orange Trail. Saturday night art auction/reception, then dinner at the Black Angus Restaurant.
- **Nov 15**, Lake Buena Vista, a journey through Downtown Disney and the Festival of the Masters!

## Miler Milestones

### Event Awards:

Mark Gill	10
Don Bouws	100
Joyce Bouws	100
Gary Fuller	150
Anna Fuller	150
Kathy Bargar	200
Joan Lanpher	550
Mike Lanpher	700
Bob Lazzell	800
Bill Woolgar	525

### Distance Awards:

Don Bouws	1000K
Joyce Bouws	1000K
Anna Fuller	1,500K
Gary Fuller	1,500K
Kathy Bargar	2,500K
Joan Lanpher	5500K
Mike Lanpher	7,000K
Bill Woolgar	7000K
Bob Lazzell	25,000K

THE Spirit OF WALKING

# MFM WALK SCHEDULE:



## September 2009

<i>Date</i>	<i>Event Location</i>	<i>Start Time</i>
Sept. 5	Winter Park Village Publix	8:00–9:30
Sept. 19	UCF - Applebees, University Blvd. (Lunch afterwards)	9:00–10:00
Sept. 27	Group Walk - Winter Park, Crosby YMCA	8:30–9:00

## October 2009

Oct. 3	Maitland Starbucks	8:00–9:30
Oct. 17	Clermont, Palatakaha Park	9:00–10:30
Oct. 25 (Sun)	Group Walk - Downtown Orlando YRE	2:30–3:00

## November 2009

Nov. 13-15	Walk Around Florida (See page five)	
Nov. 21	Kissimmee Lakefront Park	9:00–10:00

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

## Walks by other clubs

### September 2009

<i>Date</i>	<i>Event Location</i>	<i>Club</i>
Sept. 6	County Library Ormond Beach	Happy Wanderers
Sept 12	Jax/San Marco	First Coast
Sept. 13	Blueberry Muffin, Indialantic	Happy Wanderers
Sept. 20	City Island Daytona Beach	Happy Wanderers
Sept. 26	<b>Cracker Creek Event</b>	Happy Wanderers
Sept 26	Ft. Caroline	First Coast
Sept. 27	Winter Haven Park, Ponce Inlet	Happy Wanderers

### October 2009

Oct. 4	Cocoa Beach Courtyard by Marriott	Happy Wanderers
Oct. 10	Gainesville	First Coast
Oct. 11	Port Orange YMCA Bike/Walk	Happy Wanderers
Oct. 18	New Smyrna Beach - Publix Beachside	Happy Wanderers
Oct. 24	Atlantic Beach	First Coast
Oct. 25	County Library Deland	Happy Wanderers

### November

Nov. 6,7,8	Jekyll Island Weekend	First Coast
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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)



Hello Mid –Florida Milers. I’m Dennis Michele and I’ll be your AVA South East Region Director for the next two years. As such, I am the regions’ clubs and your representative to the National Executive Council of the AVA which sets all the rules and policies which govern our sport. While events in FL and NC are approved by their respective state associations, I approve all events in the other five states. I also ensure that we conduct safe events within the rules of the AVA.

I have been an active volkssporter since 1996 and this will be my second time as region director. I’ve held just about every position at the club and state level and my home club is the Asheville Amblers. I look forward to serving you again and you can contact me at serd1942@aol.com.

The South East Region, consisting of AL, FL, GA, MS, NC, SC and TN, is one of the more active regions of the 10 in the AVA and has a reputation of putting on quality, fun regular, year round and seasonal events. We have 27 clubs and two state associations who host over

200 year round/seasonal events plus a significant number of regular events. So, there’s always an event you can do about anywhere in the South East.

I encourage you, when you travel through our fine region, to check your Starting Point or the AVA website and see what events are available. If you want to walk on your at a time convenient to you, choose one of the year rounds or seasonals. You can contact the Points of Contact and let them know when you’re coming. Many clubs have members who will walk with you if you so desire.. If want the group experience and festivities of a regular event, check out The American Wanderer newspaper or the AVA website for these. I intend to publish a monthly schedule of regular events in the region and provide to the clubs. Check this list also. Whatever way you want, check what’s available and join the fun, whether its large event like Savannah weekend, Floribama and Tarheel 100 or one of the many single events, either regular or year round that are available.

Lastly, I want to congratulate the Mid-Florida Milers on 20 years of successful and fun volkssporting. May your next 20 be as successful and fantastic and your club continue to be one of the finest in the region.

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**WELCOME NEW MEMBERS**

- Doreen and Katelynn Walker
- Steve & Carolyn Denton
- Richard Lippert
- Pauline Lowe
- Jay Bradbury
- Annie Coffin
- Agnes Condon
- Bill & Barbara Kretzschar
- Susan Tolkes



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Holloway (Rescue, CA), Secretary: Pat Lucero (Newcastle, CA), Treasurer: Marvin Stokes (Port Orange, FL). We congratulate these volunteers for their willingness to champion our sport and work for its growth, especially to our neighbor and friend Marvin Stokes. National AVA actions included, (1). a new relationship with AARP that may attract many new local AVA members; (2). an initiative to rework and improve the AVA Web site as well as increasing use of the Internet to do paper-intensive tasks electronically in the future; and (3). programs to attract younger walkers by working with local schools to encourage student participation. Of importance to MFM was the AVA National Executive Committee's decision to hold its next meeting in Orlando this upcoming November. This will give us an opportunity to interact with the AVA national officers and regional directors

– a serious group of about 15 walking enthusiasts. We look forward to their participation in some of our activities while they are in town. The MFM's Founding President, Gloria Merwarth, and her husband Mark both attended the convention, and it was a pleasure to talk with them. They both still wear their MFM t-shirts with pride and were excited to hear about our 20th anniversary celebrations. We learned that Gloria and Mark are planning to attend our Walk Around Florida weekend in November. If you ever have a chance to attend an AVA Convention, we commend it to you -- the next convention will be 2011 in Des Moines, Iowa.



**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 \_\_\_\_\_