




Mid-Florida Milers Walking Club News

Issue 2, March-April 2016

This issue of the Mid-Florida Milers News is developed to provide walking info as well as club information. Your comments and requests for information are desired and welcomed.

President's Notes

I have discovered that I  walking. The Mid-Florida Milers Walking club has become one of my best treasures. The club gives me safe walk routes, an always changing vista, friends who love walking (and eating) as much as I do, ways to track milestones and reward myself for personal achievements, opportunities to interact with fellow walkers around the U.S., and a way to maintain my weight and improve my overall health. How has Mid-Florida Milers benefited you? You know, of course, that keeping our club healthy and running smoothly depends on each of us! When was the last time you volunteered to help at a checkpoint? Could you help us plan an after-walk picnic? Do you have a good idea for a possible walk route? Would you like to follow-up with new walkers to ensure that they love the club as much as we do? Please help us keep Mid-Florida Milers going

strong by being a strong, involved club member! See Rosemary, Sharon A, Sharon P, Dave P, or Mike if you want to add your enthusiasm and expertise to our wonderful walking club!

Rosemary

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Bok Tower at the Exedra Checkpoint. The couple to the left were married on 14 Feb - congratulations Bill & Gail



Mike presents the 20-25 year AVA Service award to Bill Woolgar (MFM Prez 96-04, WSSP route monitor for 23 years).

Rosemary Barna President
Dave Piatt Vice President & Membership
Sharon Axelrod Secretary & Volunteers
Sharon Predham Treasurer
FVA Representative Gail Brooks & SE FL
YRE Monitor
Trailmaster Mike Lanpher
Publicity Letty Zook
Webmasters Dan and Nancy Barnett
Newsletter Mgr & Editor: Vacant
YRE Route Monitors: Bill Paugh, JoAnne
Cross, Mary Ross, Gail Brooks, Terry
Sewell, Mike Lanpher.

Thinking about buying new walking shoes?

Contributed by Rosemary Barna

It's not just about cool colors and styles! What? Who knew? Read on!

The toe should be wide enough that toes aren't pinched. This is extra important if you have any foot issues like bunions or Morton's neuroma (a pinched nerve between your third and fourth toe). The shoe should be long enough that your big toe doesn't touch the end. Many walkers buy walking shoes a size larger than regular ones.

The heel should be flat and relatively straight. You don't need that big, wide, flared heel that some running shoes have for stability, since walkers land with less force.

Flexibility is key because walking is a rolling motion, and your shoes need to work with you. That means they shouldn't be stiff. Bend the shoe in half and twist it a bit to test its flex. It should give easily.

The shape should be a natural curve to facilitate walking's heel-to-toe motion. If you push the shoe's toe down on a flat surface, the heel should rise slightly.

The cushioning depends on your foot type. More cushioning increases comfort for someone with a high arch, for instance. If you have any issues with your feet, go to a store that specializes in walking or athletic shoes, and have a fitting expert help you find shoes that will likely work best. Fleet Feet in the Renaissance Center in Altamonte Springs can help you with one-on-one fitting.

The Fitting

Keep it personal. To determine the best shoe for you, a good salesperson will ask about your walking goals (how often, how far, on what surface) and observe your stride length. He or she will look for pronation (whether your foot rolls inward when you walk) and check out your arch type (high, low, flat).

The perfect match takes time. Even with expert help, you may need to try on lots of shoes to find the ideal pair. It's worth it. Wear the socks you plan to walk in when you try on shoes. Once you've narrowed it down to a couple of pairs, walk around the store in each one for several minutes (not a few steps). Repeat at home that night -- on carpeting, in case you have second thoughts about your choice or size.

Worry about the style last. You want to look good, yes, but feeling great during and after your 10,000 steps comes first. Choose the shoe that fits and feels the best.

Information paste this link into your browser:
<https://www.sharecare.com/health/walking/article/best-walking-shoes>

AVA National Program — Walking the United States

14 MFM members have walked the 50! Earn special recognition! Complete an AVA walk in all 50 states and/or in all 50 state capitals and Washington, D.C. The basic state or capital program earns a certificate. A separate book is required for each program — request two books if participating in both programs. An optional Deluxe Package is available upon completion that includes a state or capital certificate, a large patch, and a patriotic T-shirt. (see Newsletter Issue 1 for Kevin Muhs and Dad in tees). Details are on the back of each book. Order your "Walking the United States" record book at our walk or directly from AVA Headquarters, Attn: AVA Headquarters, 1001 Pat Booker Rd., Suite 101, Universal City, TX 78148-4147. [Email karen@ava.org](mailto:karen@ava.org)

April 30th you can help!

FVA, MFM, & HW clubs are upgrading Hontoon Island SP walk route (a Florida Volkssport Association walk) with posts so the rangers can place new FVA signs/arrows to mark the trail. We will have a 5/10K walk and do some trail work. Sign up on our web site about the first of April to be on the "crew". Bring a picnic lunch.

Jan 23- Ft. Gatlin Cool



Trailmaster Topics

By Mike Lanpher (mflanpher@cfl.rr.com)

The six walks this year have differences in attendance with three at 73 (NYD), 104 (Villages), and 98 (Bok Tower), and three others at 24 (Downtown), 24 (Ft Gatlin Park), and 22 (Maitland). Quite a difference. Two of the three lowest were Year Round Events. The highest was the new Year Round Event at The Villages. Lunch was very popular at the New Years walk and at The Villages. Pictures of the New Years Day event and lunch can be seen at this link: <http://tinyurl.com/NewYearsPicures>

So what is the point: Most club members do not attend the YREs that we hold on the 1st Saturday of each month nor separately throughout the year. 50% of the YRE walkers are out of the area. *We would like to understand the relatively low level of interest in these walks. We offer discounted fees to members for YREs. I solicit your inputs on what would make a more interesting event on the 1st Saturday or another day (e.g. Sunday, Tuesday, Wednesday).* Please send me your comments.

A special thanks to Betty Brown who was route monitor for Lake Buena Vista and left the state for fun and adventure. We would like a member to volunteer to replace Betty, as this is a dynamic time as Disney changes the Downtown Disney and West End to Disney Spring.

Looking ahead you can check out the events at Orlando north and Medical City from the VA Medical Center in March and the Lake Buena Vista walk and Winter Garden walk and bike in April.

PRESIDENT'S DAY WEEKEND 12-14 FEBRUARY in PANAMA CITY

By Mike Lanpher

Joan and I were at the event in Panama City, where previous years were in Perdido Key. The walks were exceptionally well done with our favorites being Watercolor and Camp Helen State Park (offered as an additional walk).

Conversation Park and Pier "Park" (a new shopping and eating area) were also good walks; for a nice and varied walk experience, calendar President's weekend 2017. Kudos to DJ Moore, President of Emerald Coast, for three of the walks and Annette Baisden, President of Pensacola Volkssport Club, for the 4th walk. The cool weather, made colder on Sat and Sun by a north wind, did not deter the 75 plus walkers. The AVA President, a RD & DRD and walkers from 7 states further north attended the event. A really nice walking weekend.

MFM Milestones* Congratulations!

Name	City	Events	Dist
Cathy Metherall	Orlando	125	1000
Betty Brown	Lakeland	150	
Michael Lanpher	Winter Springs	1050	

*The American Wanderer, Feb-Mar 2016. FVA Web Site (www.WalkFlorida.org) contains all Florida walkers' milestones for last 4 years.

MFM Events: March-May 2016

DATE	Upcoming Events	Registration Times
5 Mar	Celebration @ Starbucks	8:30-9:00
19 Mar	Medical City @ VA Hospital	8:30-10:00
2 Apr	Lake Buena Vista	8:30-9:00
16 Apr	Chapin Station Walk & Bike w/lunch in Winter Garden	8:30-10:00
30 Apr	Hontoon Island SP, work party, bring Picnic lunch	9:00-10:00
7 May	Orlando North @ Marks St. Sr. Center	8:30-9:00
21 May	Blanchard YMCA – Blanchard Park	8:30-10:00

Other Clubs' Events: March-May 2016

DATE	Upcoming Traditional Events	START TIMES
6 Mar (Sun)	Palatka - Azalea Festival	8-10:30
12 Mar	Indian Rocks Beach	8:45-9:00
26 Mar	Jacksonville Old Ortega	Register at 8:30
9 Apr	Palm Harbor	8-9:30 a.m
9 Apr	Jacksonville – Guana Tolomato Matanzas National Research Reserve	Register at 8:30
23 Apr	Jacksonville – Murray Hill	Register at 8:30
30 Apr	Florida Volkssport Association Meeting - DeLand	TBP
7 May	Jacksonville – Ft George	Register at 8:30



6 Feb Lake Sybelia,
Maitland 6/10K

Bok Tower on February 20 – A great turnout

A great weather day and 98 walkers “toured” Bok Tower’s gardens, Pine Ridge Trail, and 49 walked the new Preserve Trail. The host provided great support and we were able to set up outside the Olmstead House (Frank Olmstead Jr. designed the grounds) until 2pm. Visitors from Suncoast, Happy Wanderers, Emerald Coast president, and The Villages attended the walk. There were 46 free walkers including a group of 12 from Bushnell that read about it. Big thanks to 1st time volunteer Gretchan Kovac, long time volunteers JoAnne Cross and Jenny Thomas, and VP Dave and Treasurer Sharon. After the walk Rosemary attended a meeting with the AVA POC for Girl Scout interfaces along with MFM member JoAnne Cross. Other pictures are at

<http://tinyurl.com/BokTowerPictures>



Volunteers at CP



Volunteers at Finish

The Villages Year Round Event and Walking Villagers

By Jan Van Vlack

What a great start to The Villages Year-Round-Event (YRE) and our new walking club, *The Walking Villagers... Walking Volkssport and Fun Walks In and Around The Villages*.

The goal of *The Walking Villagers* is to encourage Villagers to walk more, to recruit Volkswalkers who live here, and to introduce Volkssporting to The Villages. We had 62 Villagers at an introductory meeting on January 12th, and have held Fun Walks twice a week since then, with 11 to 40 walkers at each walk. We are rotating days of the week and routes, as well as offering short and longer distances on each walk. The Villagers love it and the word is spreading. Our Website is <http://thewalkingvillagers.weebly.com/>

Mid-Florida Milers kicked off the new YRE here on January 30th with 104 in attendance! It was split pretty evenly between Volkswalkers and Villagers, and things were hopping at the start as it was a new experience for most of The Villagers. What a great opportunity for *The Walking Villagers* to experience a Volkswalk and mingle with other Volkswalkers. And an equally great opportunity for us to show off The Villages to our guests. It was a beautiful day, ending with 50 staying for lunch at the Red Sauce restaurant. Pictures at <http://tinyurl.com/TheVillagesPictures>

To date, eleven Villagers have joined MFM and gotten New Walker Packets, and several more are interested. Nine of us made the trip to the Bok Tower Garden event, and they enjoyed it so much they want to do more! The plan is to walk The Villages YRE once-a-month, and take one or two road trips a month to another MFM or other event. Look for us at upcoming events and make The Walking Villagers feel welcome.

And please come to walk our YRE anytime. We would love to have you.

March and April Events

Celebration, Medical City near Lake Nona, Lake Buena Vista (if you have not been there recently, lots of changes), and Winter Garden for our walk/bike event (first in many years) and a chance to see the farmer’s market and eat any any of the trucks or new restaurants.