




Mid-Florida Milers Walking Club News

Issue 3, May-June 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 still  walking because what's not to like about walking? It's free. It's easy to do, and it's easy on the body! According to the Arthritis Foundation, walking is good for you in many ways.

- **Walking improves circulation.** It wards off heart disease, brings up the heart rate, lowers blood pressure and strengthens the heart.
- **Walking strengthens your bones.** It can stop the loss of bone mass for those with osteoporosis. In fact, one study found that 30 minutes of walking each day reduced the risk of hip fractures by 40 percent.
- **Walking lightens your mood.** Walking releases natural painkilling endorphins to the body – one of the emotional benefits of exercise.
- **Walking improves sleep.** A study at a cancer research center found that women, ages 50 to 75, who took one-hour morning walks, were more likely to relieve insomnia than women who didn't walk.

Stay tuned for more benefits in an upcoming issue. Share these with coworkers, friends, and family members. Then bring them along to join us at our next walks May 7th and May 21st!

Rosemary rbarna1949@gmail.com

PS Donate May 3 to AVA

Club Shirts and Name Tags: We would like members to support the club and own a club tee. Tees come in men's, women's, and youth. The color is called Butter Yellow with the club logo on the front and Orlando Florida underneath. We will order tees with a prepayment of \$12. Tags for \$7.



Mike and Joan Lanpher celebrated part of their 50th Wedding Anniversary walking with MFM in Celebration on 5 March.



Rosemary presents Jan an AVA Certificate of Appreciation for her efforts at The Villages

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.

AVA Special Program: Make a Wish – Fountains that are in Florida YRE walks.

The AVA Special Programs are a way to focus on certain attributes of walks like Water Towers, Post Offices, Trees, walking in cities starting with A to Z (not easy), or completing all 50 states and/or capitals. Some can be started here in Florida in our weekend walks or Year Round Events. A list of these for MFM Year Round Events is on the Web site on YRE page and at each YRE walk box. For example in Florida: AVA Special Program – Water Fountains (you can get 15 entries at MFM walks).

AVA Description: Runs January 1, 2016 through December 31, 2018. Walk 20 sanctioned events that pass public water fountains or splash pads. Fountains can be natural or man-made. Fountains in yards will not count. The water does not have to be running. No drinking fountain, aerating fountain, or waterfall will count. The info needed in the book includes the date, the place where the fountain is found, city, and state. No duplicate stamps and only one qualifier perstamp. Patch: 3"x4". When requesting a book, include your email address for our information, if you have one. *Sponsored by Lawton Walkers, email walkingfan@aol.com, Sharon Snyder, 1714 NW 49th Street, Lawton, OK 73505. Or sebentley51@aol.com, Suzi Bentley, 1104 SE Alta Lane, Lawton, OK 73501.*

AVA National Program – Walking the United States 50 States

15 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). **MFM current members who walked the 50 are J. Cross, D. Bundy, W. Wollgar, K. Muhs, R. Poitras, G. & M. Merwarth.**

Event (as of 28 March)	Club
Boca Raton	Mid-Florida Milers
DeLand	Happy Wanderers
Delray Beach	Mid-Florida Milers
Dunedin - Historic Dunedin Stroll	Suncoast Sandpipers
Fernandina Beach - Historic Downtown	First Coast Trail Forgers
Flagler Beach	Happy Wanderers
Fort Myers	Meandering Manatees
Ft Lauderdale - Ft. Lauderdale	Mid-Florida Milers
Ft Walton Beach - Neighborhoods	Emerald Coast
Jacksonville - Riverside	First Coast Trail Forgers
Jacksonville - Riverwalk	First Coast Trail Forgers
Jacksonville - San Marco	First Coast Trail Forgers
Key West - Key West	Mid-Florida Milers
Largo - Belleair/Largo	Suncoast Sandpipers
Mt Dora	Happy Wanderers
Orlando - Altamonte Springs	Mid-Florida Milers
Orlando - Celebration Walk #1	Mid-Florida Milers

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MFM WELCOMES NEW MEMBERS

We had a lot of people join or renew during the first quarter of 2016. Many of these people are from The Villages. We currently have 85 family names and 129 members. If you see these people on one of our walk, please be sure to welcome them to our group.

Joyce Taylor	Mary Tutterow
Dave & Iris Kaitschuck	Becky Ragland
Patty Dunn	Jane Allingham
Sue Brown	Eileen Cummins
Judy Osowski	Charlotte Osowski
Marlene Taylor	Rose Ann Farley
Evelyn Welk	Dolores Mirolsky
Lydia LePinnet	Eileen Schoene
Barb Fieldman	Jeannie Gennich
Rachel & Tom Eichen	Herb & Debbie Burton
Debbie Gately	Gretchen Kovac

MFM Web Site – See what is There!

By Dan Barnett, Webmaster

Fellow volksmarchers, if you are like me, you love to get out in the fresh air and see what our area of Florida has to offer. The Traditional and Year Round Events supported by the Mid-Florida Milers gives us the opportunity to see parts of Florida we might have never seen on our own. You can get information on upcoming Traditional Events and the 17 permanent Year Round Events (of which 10 are in the Orlando area) by visiting the Mid-Florida Milers web page. It is located <http://midfloridamilers.org/>. So what is stopping you in joining us on one of our events? Enjoy what Florida has to offer and the walks supported by our club



Trailmaster Topics

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

March and April saw us in the west and east part of the Orlando Area with Celebration, Lake Buena Vista and Winter Garden to the west and Medical City in the Southeast part of Orlando.

We dropped attendance from February with 30+ at Celebration, 31 at Lake Buena Vista, and 25 at Medical City. The 1st club bike in 10 years at Winter Garden brought 3 bike riders and the parallel walk, 40 walkers (3 bikers did the walk). We will be repeating a bike in September in Minneola where we are hoping for a 500% increase. On April 30th at a MFM Group walk of the FVA event at Hontoon Island, we (Dan Barnett and John Hunter) assisted in replacing the 11 FVA signs that needed repair. Those that volunteered to support the FVA by "buying" a post raised >\$200. See you at Orlando North walk (Marks St. Sr. Ctr.) and Blanchard YMCA in May. Do not forget the IDrive Event at Pirates Cove Adventure Golf (on IDrive - not Lake Buena Vista) in June.

Make a Wish - Fountains (cont from pg 2)

Orlando - Lake Buena Vista	Mid-Florida Milers
Orlando - Lakes	Mid-Florida Milers
Orlando - Orlando North	Mid-Florida Milers
Orlando - Winter Park	Mid-Florida Milers
Ormond Beach - Historic Beach	Happy Wanderers
Palm Beach - Palm Beach	Mid-Florida Milers
Pensacola - Historic	Pensacola VC
Port Orange	Happy Wanderers
Safety Harbor	Suncoast Sandpipers
San Antonio	Suncoast Sandpipers
Sanford	Happy Wanderers
South Beach - Miami's South Beach	Mid-Florida Milers
St Augustine	Happy Wanderers
St. Petersburg - Central/Roser Park St. Pete	Suncoast Sandpipers
St. Petersburg - Northeast St. Petersburg	Suncoast Sandpipers
Tallahassee - Capital - FSU Campus	First Coast Trail Forgers
Tampa - Downtown Tampa	Suncoast Sandpipers
Tarpon Springs - Sponge Docks	Suncoast Sandpipers
West Palm Beach - West Palm Beach	Mid-Florida Milers

MFM Milestones*

Congratulations!

Name	City	Events	Dist
John Hunter	Orlando	100	1000
Robert Zook	Haines City	1500	
Letty Zook	Haines City	1500	
Jan Van Vlack	The Villages	1800	
Louis Albrecht	Avon Park		500
Jennifer Whitman	Altamonte		500

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

DATE	Upcoming MFM Events	Registration Times
7 May	Orlando North @ Marks St. Sr. Center	8:30-9:00
21 May	Blanchard YMCA - Blanchard Park	8:30-10:00
4-Jun	Winter Park at Phelps Park	8:30-9:00
19 Jun	Pirates Cove Golf - International Drive	8:30-10:00
2-Jul	Celebration #1	8:30-9:00
18 July	Moss Park	8:30-10:00
6-Aug	Altamonte Mall	8:30-9:00

Other Clubs' Events: May-June 2016

DATE	Upcoming Traditional Events	Start Times
7 May	Jacksonville - Ft George Walk Note 2	Register at 8:30
14 May	Jacksonville - St Nicholas Walk Note 2	Register at 8:30
4 June	Palm Coast Guided Bike Note 1 Group ride at 9 am	8:30-9:00
4 June	Palm Coast Walk Note 1 Group walk at 9 am	8:30-10
11 June	Indian Shores Note 3 Group walk at 9:15 am	9:00 am

NOTE 1: Happy Wanderers. <http://www.happywanderfl.org>. Additional walks on Sundays (YREs) & evening Wednesdays (fun walks) are conducted.

NOTE 2: Please see the First Coast web site

<http://www.firstcoasttrailforgerswalkingclub.org>.

NOTE 3: Please see the Suncoast Sandpipers web site

<http://www.suncoastsandpipers.org>. or.



Walking Fun in the Orlando Area

Walking Year Round Events as a Mid Florida Miler is easy and less expensive. The club picks up 33% of your \$3 payment so you can walk for \$2. Easy, buy the 10-walk packet from us at any walk (sorry, not available online). Just ask for our YRE coupons at a walk.



The Villages Year Round Event and Walking Villagers Update

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*. After 90 days for our YRE there have been 196 walkers with 120 being credit walkers (that helps pay for the walk set ups and supports our National Organization). Please drive here to walk our YRE anytime. We would love to have you.

The article and picture on the left and below is from The Villages community Newsletter.

Log Some Miles With The Walking Villagers



Walking is more than a casual hobby for Jan Van Vlack. When you've gone to every one of the lower 48 states to go on walks, you know that it's a serious business. Van Vlack has brought her love of walking to The Villages and formed the Walking Villagers group. They typically walk three times a week, with 3- and 6-mile options available. Many of the walks are fun walks, but there is also a special volkswalk, which starts at the Waterfront Inn at Lake Sumter Landing. It also has the 3- and 6-mile options. The volkswalk is a noncompetitive walk with a set of step-by-step given at the beginning. It's something you can do with a group or by yourself. There are volkswalks all over the country and many in Florida. The Walking Villagers will be doing the Waterfront Inn walk this morning at 8.

— Paul Jenkins, Daily Sun

JOIN THE FUN

The Walking Villagers will do the 3- and 6-mile volkswalk today starting at the Waterfront Inn at Lake Sumter Landing at 8 a.m. They also have upcoming walks Friday, March 14 and March 17. Contact Jan Van Vlack at thewalkingvillagers@gmail.com for more information.

WHADDYA KNOW?

Volksmarching got its name from its origins in Europe, specifically in the Bavarian region of Germany. Volkes can be translated from German for "people" and march from marsch for "walking" or "marching." It means "people's march" or "people's walk."

The AVA National Executive Council and the Strategic Planning Committee

Extracts of the AVA National Executive Council Minutes and The American Wanderer

The National Executive Committee met in January and the AVA Survey and recommended approaches developed by the Strategic Team were presented. The NEC then met and chose the following approach to develop new memberships and increase participation. The three phase approach provides for the AVA to adjust financials and maintain a cohesive path. After the June meeting of the NEC, MFM will provide detail of what is approved.

Savannah Bus Trip*

by John & Sheila McClellan

42 members of the Happy Wanderers, Mid-Florida Milers and Suncoast Sandpipers hit the road from March 11-13, destination: Savannah, GA. The chartered bus trip included a 2-night stay in Savannah with group walks of the year-round events (YRE) in the historic downtown Savannah area, Beaufort, SC and St. Mary's GA on the return trip - 3 walks in the "old South" supporting 3 different AVA clubs in the SE region. The bus trip was set-up by the Happy Wanderers as a way to get club members out to see our Savannah YRE, since the demise of our bi-annual weekend there a few years back. We engaged a local travel agency and sought help from the Mid-Florida Milers and their experiences running the "South Florida" trip in 2014. We also reached out to all the nearby clubs across the FVA, as there was no way we could garner enough participants from any one club to make the trip a "go" financially. Our minimum threshold was 40 participants. The trip priced out at \$115 per person (bus, water/snacks, walk fees and a \$20 BBQ buffet on Saturday night), plus a 2-night hotel stay at about \$300/room with taxes. Participants made their own hotel confirmations and paid direct after our agency secured a "block" of rooms at the Baymont Inns and Suites. The Baymont was affordable, and offered a van shuttle to/from downtown (about 3.5 miles away) all weekend. The weather was perfect, the walks delightful and the Volksmarchers AWESOME! Savannah never disappoints ~ the architecture, gardens, fountains and food! Returning we St. Mary's, GA (a First Coast Trail Forgers YRE). A Sunday morning stroll in this quaint town was a delightful way to bring our weekend to a close. *(edited for space) Page 4

Here we added a 5th page to show some of the event pictures and walkers.



Start at Celebration.



Start at Celebration.



Start at VA Med Ctr.



Laureate Park on VA Med Ctr. walk

Dave presented an AVA Certificate to Kelly of the VA Medical Center.



Yes! A Biker



Start at Chapin Station



Checkpoint - thanks Jenny and Dave



Dan fills a 1 post hole

Trailer park - Winter Garden



Mike places a post; Dan is ready to fill post hole