



# Mid-Florida Milers Walking Club News

Issue 6, November-December 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 to [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com).

## President's Notes

Happy Fall - finally,

Wow, what great walking weather we have been blessed with since Matthew left town! Please check out our remaining club walks and add them to your calendar now! In a crazy moment late last December, I signed myself up for a Walk 1000 miles group for 2016! I don't think I will quite make it to the magic 1000, but I have passed 700 and still have two months to go. The group has been very supportive and they post the most wonderful pictures of places they are walking! This challenge has made me look for little ways to increase my walking. I park one place and walk to all of my errands. Even if I get home from school tired, I go for a short walk. It actually gives me time to process the day and puts everything into perspective. And of course, the Mid-Florida Milers events are helping me add to my total! So 1000 or 100, I hope to see you at the upcoming MFM events!



[rbarna1949@gmail.com](mailto:rbarna1949@gmail.com)) *Rosemary*

### Biennial AVA Convention

5-11 June, 2017, Billings, Montana

Join MFM Treasurer Sharon Predham at this great walking event – see Page 5 & Flyer at MFM Web Site.

### Welcome our returning Members re-joining in Sep-Oct

Dave & Iris Kaitschuck and Jan & Joyce Voetelink

## Why We Need Volunteers

By Sharon Axelrod ([palmtreesax@gmail.com](mailto:palmtreesax@gmail.com))

Lake Buena Vista YRE monitor/POC

**Thanks to Joyce Taylor for stepping into the Lake Buena Vista Route Monitor position.**

(Ed Note: As Sharon said in the September-October issue these are open volunteer positions we need to fill.)

The following volunteer positions are ones needed for the support of the club activities. See the article on Trailmaster candidates on page 2. For further information or if you have any questions, call Mike for more details. 407.304.6394.

Mid-Florida Milers Bi-monthly Newsletter

**Editor:** Are you creative? Do you like taking charge and cracking the whip? We need a volunteer to request articles to be written by our members. Each newsletter contains a contribution from the President and the Trailmaster; and often an update from the Membership Coordinator, Treasurer, Publicity Coordinator, or Volunteer Coordinator. Articles may be requested from a member who has reached a milestone or accomplished a special achievement. And there are always club events and activities to write about and share with our readers. Be creative, make it your own!

**Publisher:** Are you a creative? Here is an opportunity to expand your talents. Using MS Word or Publisher formatting all the information that goes into each Newsletter such as articles, pictures, announcements and milestones, can be a fun challenge. Give it a try!

Year Round Event Coordinator – Orlando area YREs

This volunteer handles the annual review and updates required for each of the Year Round Events. Responsibilities include review and updates to the AVA Electronic Sanction System form, (ESS), the events' Special Programs; YRE Brochure information, and the events' information on the MFM website. The volunteer will also manage the annual printing of the YRE brochure and walk instructions. Here is a great opportunity to assist the club while learning about our YREs!

Club Historian We have a need to record what we do in each year and catalog this as part of the history of the club. If you can consolidate information and pictures – this would be fun way to capture club members and activities.

***Volunteering is fun and rewarding! And a great way to make friends and bond with other members of the club!!***

## Walk Around Florida 26

Even if you did not register for WAF walks and social events, drive to Tampa and enjoy any of the 4 walks Friday-Sunday. The information Brochure is on the MFM web site and Suncoast Sandpipers Facebook page. See Sharon's summary on page 5.

## FVA/HW Martin Luther King weekend, 14-16 January, 2017.

Walk 3 Morning Events (SAT, SUN, MON) at the local "Hot Springs" or nearby historic Volusia County towns

See the Manatees in their "winter quarters" at *Blue Springs State Park*, and walk a great nature trail and eat a Pancake Breakfast at *DeLeon Springs State Park!*

Walk a new route in DeLand.

POC John McClellan [johnmc82@cfl.rr.com](mailto:johnmc82@cfl.rr.com)



The Driggs win a stein

## Walking in Sweden

By Dan Barnett

Fellow MFM Walkers, my wife and two of our friends in September took a fantastic trip to Sweden and Denmark. Prior to going on our trip, I searched the IVV Web Site for any year round walks in both countries. Both countries have their own country Web Site, accessed from the IVV Web Site. In an IVV country remember that a Permanent Walk is the same as our Year Round Walk terminology. While both Sweden and Denmark have several Permanent Walks, our travelling party had to figure out which ones would fit into our itinerary. After identifying respective volkssport points of contact in each country, I emailed them to get information on the walks in Gothenburg, Sweden and Odense, Denmark. They had their walk box in businesses just like many of ours. The Gothenburg box was located in a hotel and the Odense box was in a gas station convenience store. Each box contained: event sign up page; directions in both their native language and also in English; volkssport stamp for our books; and also a box for us to place our money in local currency (the credit only fee was between \$2-3 in local currency). Our walk in Gothenburg took us through a lovely city park. The walk in Odense, took us through the city where Hans Christian Anderson lived. Each took us through areas we might not have seen otherwise. We highly recommend you look into volkssporting events during your future travels.

## Membership Renewal

Dave Piatt, Vice President & Membership Coordinator

As of October 15, 2016 we have 69 memberships and 101 members. This represents two new/renewing memberships since 9/1/16. It has been a slow couple of months for membership. Hopefully as the weather continues to get cooler and drier we will get more people out to join our walks.

## Trailmaster Candidates

By Mike Lanpher, MFM Trailmaster

A June 2016 change in the AVA policy for Trailmaster Certification provides us with an opportunity to get members involved in the planning, approval, layout, and execution of an event. Why now: Before the Region RD had to visit and conduct a test of a candidate and it was not happening as the RD's travels to various states was limited. Now any AVA approved trailmaster can approve a candidate, Why now: The past 20+ years we had members that prepared a walk and developed instructions, but not from A to Z. The club Bylaws provides for a Routes and Trails volunteer – the trailmaster - that has other sub tasks where volunteers are needed for set up, route signs placed, brochures, etc. The club's desire is to have 4-6 members qualified to execute a walk from start to finish; other members help by getting volunteers, prewalking the route, and assisting with set up and take down.

So would you like to assist the club and go through a process of developing a walk from scratch?

If so, I would like to speak to you and let you see if this is a fun task you would enjoy doing 1-2 times a year. Joan and I have done this for 23 years and it is still fun. The club would like additional qualified trailmasters to help maintain the club's 24-26 walks a year. I can be reached at [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com) or 407.304.6394 anytime.

### YOUR VOLUNTEERS

Rosemary Barna	President, Social Events, Facebook Page
Dave Piatt	Vice President, Membership
Sharon Axelrod	Secretary, Volunteers
Sharon Predham	Treasurer, Financial Management
Mike Lanpher	Trailmaster/ Operations -Event set Up, Newsletter Publisher and Editor
Nancy and Dan Barnett	MFM Web Master/Maven
Letty Zook	Publicity/eNews

Marcia and Mike Kepper	Routes & brochure copying
Ron Barna	YRE Route Monitor
Cathy Metherell	YRE Route Monitor
Jan Van Vlack	YRE Route Monitor
JoAnne Cross	YRE Route Monitor – 2; FVA Secretary
William Paugh	YRE Route Monitor – 2
Gail Paugh	YRE Route Monitor, SE manager for 7 SE Florida walks.
Joyce Taylor	YRE Route Monitor
Terry Sewell	YRE Route Monitor

## Trailmaster Topics

By Mike Lanpher ([mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com))

As we end the year the board developed a 2017 walk schedule that is diverse, added one new YRE (at Spanish Springs at The Villages), and switched to online reservations for the seven Southeast Florida Year Round Walk Events. We are walking at WAF in Tampa the 1<sup>st</sup> weekend of November followed on 12 Nov. with a Winter Park Walk starting at the AMTRAK station (the WP YRE starting at the 5K start and in the middle of the 10K), and at DeLand during their Art Festival on 19 November. In December we are at the Florida Volkssport Association YRE at Wekiwa Springs State Park followed two weeks later at Lake Nona YMCA with 5 & 10K walks. Jan 1 we return to Lake Buena Vista to tour a new Disney Springs. In 2017 there are two early multi-event weekends. See the info on page 2 for the Martin Luther King events and page 3 for the Presidents Weekend events. There are 3 and 6 walk events respectively on those weekends.

My thanks to Joyce Taylor for taking over Lake Buena Vista route monitor position; that was greatly appreciated. On a personal note Joan and I spent a week in eastern NC (accompanied by Julia (the storm)) and stayed near New Bern. There are quite a few walks within 40 miles from New Bern south to Wilmington and north onto the Outer Banks. New Bern was the original NC capital and was spared any destruction from the Civil War (Federals took the town 11 months after the start) and there is quite a bit of history there – besides we loved the 20 bear sculptures.



## Nov-Jan Walks at Florida's other Walking Clubs!

DATE	Upcoming Traditional Events	STARTS
Nov 11	HW Port Orange on Veterans Day – a guided night walk.	5:30 pm
Nov 12	FCTF Julington-Durbin Creek Preserve	9 am
Nov 19	FCTF Jacksonville Univ North Florida	9 am
Dec 3	FCTF Jacksonville - University of North Florida (UNF)	9 am
Dec 17	FCTF Fernandina Historic YRE Group Walk)	10 am
1 Jan	FCTF Jacksonville Beach Sunrise	7 am
14-17 Jan	Martin Luther King weekend walks in Blue Springs, DeLand, and DeLeon Springs	Varies

See HW, SS, and FCTF web sites for Saturday and Sunday group walks of YREs  
 Happy Wanderers. <http://www.happywanderfl.org>. Additional walks on Sundays (YREs) & evening Wednesdays (fun walks) are conducted.  
 Please see the First Coast web site <http://www.firstcoasttrailforgerswalkingclub.org>.  
 Please see the Suncoast Sandpipers web site <http://www.suncoastsandpipers.org>. or <https://www.facebook.com/suncoastsandpipers>.

Mid-Florida Milers Walks – Nov-Jan		
Date	Events	Registration Times
4-6 Nov	Walk Around Florida 26 – Tampa YRE	12:30-4 pm
5 Nov	Davis Islands and Tampa Heights	8 am – 2 pm
6 Nov	Gadsden Park, Tampa	8-9:30 am
12 Nov	Winter Park	8:30-9 am
19 Nov	DeLand (Library)	9:30-10 am
3 Dec	Wekiwa Springs SP	8:30-9ish
17 Dec	Lake Nona YMCA	8:30-10 am
1 Jan	LBV @ Pirates Cove Golf	9:30-10 am

### MFM Milestones\*

*Congratulations!*

Name	City	Events
<p><b>This is the first time ever no Milers were listed in The American Wanderer Milestones walked section.</b>  <b>If you are hoarding your walk event and distance books, get those mailed off to AVA (I know at least two hoarders –names not published yet–ed).</b></p> <p style="text-align: center;"><b>See other club's members on the FVA web site.</b></p>		

\*The American Wanderer, Oct-Nov 2016. FVA Web Site ([www.WalkFlorida.org](http://www.WalkFlorida.org)) contains all Florida walkers' milestones for last 5 years.

## 2<sup>nd</sup> Annual Presidents' Day weekend, 17-20 February, Panama City Beach

STAY: Hampton Inn, located at 13505 Panama City Beach Parkway in Panama City Beach. Cut off date for registration is January 10, 2017 for the rate of \$109 per room, blocked under "WALKS".

WALKS: 6 walks on or near the sugar white sands around the Panama City Beach area, one Friday, two Saturday, two Sunday and one Monday PLUS nearby YREs.

SOCIAL: Friday evening, 6:30 pm – 8:00 pm

DJ Moore, 850-628-4016 or  
[dj.tyc1949@gmail.com](mailto:dj.tyc1949@gmail.com)

## Walking Fun with your Miler Membership

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.

### How We Became Volkssporters

By Letty Zook, MFM Publicity

In 1989, when Bob & I lived in Lancaster, PA, we saw an interesting announcement in our local newspaper. A group of walkers called the Penn Dutch Pacers were starting a “Volkssport” club. Being of PA Deutsch descent, the words “Volkssport” and “Volksmarch” caught our attention. Since we were seeking motivation to walk more, I called the contact number to inquire exactly what it all meant. The eager Volkssport Contact diligently explained Volksmarching...keeping American Volkssport Association event/distance books and joining a local club. Puzzled, I asked, “If I can keep the books without joining a club, why should I join the club?” His instinctive answer was, “Because we need walkers willing to help with the work!” Though the wordage is not what I would use to new walkers (and we still laugh when remembering it), he was speaking from the heart! The club really needed walkers who were sold on Volkssporting and wanted to help keep it going.

The result of that phone call was that we drove to Lancaster County Central Park to try our first Volksmarch. And despite the reason-to-join gaffe, Bob & I not only bought the books but also joined the club that day. We wanted to join the fun everyone seemed to be having, and we wanted to help out where we could.

We have a couple fun memories from that Zook day in history! First, we thought hiking in a forested park with hills might take us 4-5 hours (maybe we thought it was 10 miles instead of 10 kilometers), so we came with stuffed backpacks. Also, about those hills... We were huffing and puffing up one of them when some Volkssporters overtook us. We decided to hold our breaths and just wave, so they wouldn't know how out-of-breath we were! Of course, it only took a walk or two before we realized Volksmarching really WAS a sport for all ages and physical abilities.

We walked with the Mid-Florida Milers during vacations before moving to Florida in 2000. And after we moved here, we joined almost immediately. The rest is history! Hopefully this explains why I was drawn to sending out event announcements to newspapers and setting up the MFM eNews so I could not only publicize walks, but also be a personal contact for any walker, new or experienced, who needs a question answered.

Now that I've revealed I did not start out as some Super Walker, what about YOU! We'd love to hear how you became a Volkssporter. Send us your story! We'll edit and include it in one of the future bi-monthly MFM Newsletters. (Editor's Note: Bob and Letty have over 1600 walks and 16,000 kilometers since that 1989 date).



Minneola Lake Trail 10/17 (Bob Zook)

Fellow Volksmarchers—we work diligently to ensure our club website has up to date and accurate information. Please let Dan and Nancy Barnett ([dnlcssb@aol.com](mailto:dnlcssb@aol.com)) know if there is any area on our club web site which you feel can be improved upon. Continue having fun walking! Thanks, Dan and Nancy

## 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 these with a prepayment of \$12.

We think it helps for folks to have nametags and they are shown in the picture. They have a very strong magnetic clasp to protect clothing. If you would like to have a club nametag, we will order one for you with a

prepayment of \$7. These will be available to order at any walk or download the form from the MFM website and providing

payment to the Treasurer, Sharon Predham, 26807 River Watch Ct., Leesburg, FL 34748.



## WAF Attendance

by Sharon Predham, MFM Treasurer

Walk Around Florida (WAF) 26 is being held next weekend in Tampa. As of October 28, the preregistered and prepaid attendance is 94. The breakdown of the attendants' clubs is as follows:

This compares with 97 pre-registered in 2015 and 72 in 2014. Also, note that 12 attendees are from out of state this year. The Southeast RD, Southwest RD and past AVA president are attending

Suncoast Sandpipers	32
Mid Florida Milers	19
Happy Wanderers	22
First Coast Trail Forgers	2
Meandering Manatees	2
Emerald Coast	1
Pensacola Volksmarch Club	1
East Tennessee Wanderers	2
(Maryland) Freestate Happy Wanderers	2
(Texas) Randolph Roadrunners	2
(Washington) Interlaken Trailblazers	2
Stuttgart German American Wandering Club	2
Mult	4
None	2
	94

**June 10th, 2017.** After the completion of the work of the convention, head southwest to the small mountain town of Red Lodge, Montana. The huge small-town feel is wonderful. The trail explores the downtown as well as the beatific countryside.

**June 11th, 2017.** Continue to the southwest towards Yellowstone National Park to Cody, Wyoming. Walk through the city, around a couple of lakes. Take time to explore the Buffalo Bill Center of the West, a complex of five western themed museums that share stories, facts and legends of the west. Spend the evening enjoying the Cody Nite Rodeo.

## 20th AVA Biennial Convention Stepping Out of Bounds in Billings

The American Volkssport Association is America's Walking Club. Every two years the membership gathers together to conduct the business of the organization including election of officers. Walking Events are from June 5 to June 11; meetings 7-9 June.



Registration for events and socials: registration for the convention will be available in January 2017. It will be available online at <http://2017avaconvention.org>. The convention hotel is full. Alternate hotels can be viewed at:

<http://2017avaconvention.org/newhotels.html>

Walks: June 5- Buffalo, WY; June 6-Little Bighorn; June 7-Billings Yellowstone River; June 8-Billings Brewery Tour; June 9-The Rims; June 10-Red Lodge; June 11- Cody WY.

**June 5<sup>th</sup>, 2017.** You will be walking on the William J. Mentock Trail just outside of Buffalo, Wyoming, following Clear Creek. It is a natural surface trail through the forest. The Ponderosa Pines exude a fragrance of butterscotch. It will be an out and back, so be prepared to stop and talk to everyone you know. Take your time and enjoy the wilderness.

**June 6<sup>th</sup>, 2017.** The battle of Little Bighorn was fought in the afternoon of June 25th, 1876. Little Bighorn Battlefield National Monument explores the sites of the battle and hosts monuments to the soldiers and Indians from that fateful day.

**June 7<sup>th</sup>, 2017.** As you arrive in Billings, head to Walk Central at the Convention Center and start your walk by the Yellowstone River. Explore the new housing areas, Riverside Park, Norm's Island, and of course, the Yellowstone River.

**June 8<sup>th</sup>, 2017.** After a successful day of meetings, enjoy an evening stroll through downtown Billings. You will encounter many of the local breweries (partaking is optional) and several city parks in the twilight.

**June 9<sup>th</sup>, 2017.** Start your day with a stroll through Boothill Cemetery and up onto the limestone bluffs over the city. Be prepared for some spectacular views of the five mountain ranges, the Yellowstone River, and the city of Billings.

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Our picture page shows October 22 event pictures and walkers.

Some lunch attendees at Willow Tree Café

