



Mid-Florida Milers Walking Club News

Issue 1, January-February 2017

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 mflanpher@cfl.rr.com.

President's Notes

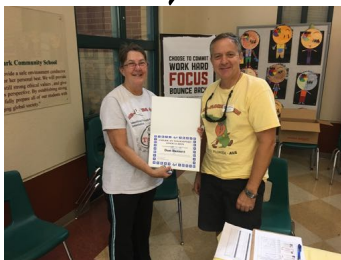
Happy 2017! Hope to see you walking with us every chance you get! Now, a word about those New Year Resolutions! DON'T make any!! Choose ONE WORD instead. Every year I choose a word: one single word that I focus on throughout the year. It becomes the subject of my study, the focus of my thoughts, and it defines the path I want to follow in that year. My word becomes part of me that year. It's a fun idea and much more effective than New Year's resolutions. In our busy stressed-filled world with tons of distractions, research shows that 9 out of 10 people will fail with their resolutions. But ONE WORD sticks. No goals. No resolutions. Just one word that gives you focus and purpose. Last year my word was *simplify*. I haven't decided on my word for 2017 yet, but here are a few you might want to consider: balance, strength, faith, joy, confidence, healthy, discipline, contentment, courage... you can see that the list is endless. I'll let you know on New Year's Day what my ONE WORD for 2017 will be. I hope you'll share yours with me, too!

Rosemary presents 2016 President's Award to Jan



Rosemary presents an AVA Certificate of Appreciation to Webmasters Dan and Nancy (not present).

Rosemary



We offer our condolences to the families of avid volkssporters Jim Lawrence and Larry Middleton who passed away in December.

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

Walk 3 morning Events (SAT, SUN, MON) at the DeLeon Springs, DeLand (new route), and Blue Springs (be there early) to see the Manatees in their "winter quarters". Saturday walk a great nature trail and eat a Pancake Breakfast at *DeLeon Springs State Park!* Sunday come out for the DeLand walk from the hotel and then Monday enjoy Blue Springs State Park. Day schedule on page 3.

POC John McClellan johnmc82@cfl.rr.com

Presidents Day Weekend weekend, 17-20 February, 2017.

Walk 6 Events (Fri PM thru Monday) at the Panama City Beach and surrounding areas. One Friday and Monday and 2/day Sat & Sun. These walks are great ways to see the area. 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". DJ Moore, 850-628-4016 or dj.tyc1949@gmail.com. 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 MFM proposes a bus trip if enough interest develops. \$105 leaving Friday AM, returning Monday late. POC Mike, mflanpher@gmail.com.

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.

NEW The Villages YRE 2017

A new event in The Villages starting at the Spanish Springs Center is available on 1 January. The POC Gerry prepared the route with Jan and it is different from the Lake Sumter Landing event. We will have an initial Group Walk there on 4 March. Back to The Villages!

Walking Crazy Horse

By Lou Albrecht

In early October 2016, I joined the Walking Adventures International group for its South Dakota tour. The highlight of the week for me was taking part in the semi-annual VM Walk at the Crazy Horse Memorial. This walk is sponsored by the South Dakota Black Hills Chapter of the AVA, and has a well deserved rating of 4C. In order to meet the 10k, the walk starts out with a number of ‘ups, downs’ and ‘arounds’ in the terrain surrounding the monument. Needless to say, I was quite tired doing the preliminary part of the trek at that 5000 ft elevation, before getting to the real challenge of the final climb. There were about 4,000 people that day, including parents pushing strollers or carrying their child, along with children and very healthy runners making it all the way to the top. It was not crowded, given that walkers started out throughout the day. It was definitely a worthwhile endeavor, and there will be an ideal opportunity to do it if attending/ driving to the AVA Convention in Montana.



Route to top from left bottom clear area



Membership Renewal

Dave Piatt, Vice President & Membership Coordinator
As of December 1, 2016 we have 74 memberships and 109 members. This represents six new/renewing memberships since 10/15/16.

Welcome to our new Members

Howard Daughtrey, Paul Errickson, Ryan Gray, Ann Patton and returnees Kevin and Tammy Muhs

Why We Need Volunteers (and say it often)

By Sharon Axelrod (palmtreesax@gmail.com)

Traditional Events: Volunteers for Start Table, Checkpoint Table and Finish Table

The Mid-Florida Milers would like to thank all the volunteers who have assisted us this past year during our monthly traditional walks by volunteering to help with registration, checkpoint, and stamping books. Our walks would not have been successful without your participation. To all our members and walking friends: Volunteering at our once a month traditional events is a great way to meet your fellow walkers and to learn more about the Mid-Florida Milers Walking Club. We need you! Please think about volunteering during 2017. Thank you!

Volunteer Positions Currently Available (Still): We are in urgent need to fill the volunteer positions below.

Mid-Florida Milers Bi-monthly Newsletter

Editor &/or Publisher: Contributions to the newsletter are made for each edition by the club President and the Trailmaster; and often updates from other Board Members and Club Coordinators.

Year Round Event Coordinator – Orlando area YREs

This volunteer handles the once a year review and updates required for each of the Year Round Events. Requires knowledge of MS Word and coordination w/route monitors. Must upload to Online registration site.

Trailmaster Candidates needed

An AVA policy change last year has made it possible for any approved trailmaster to approve a candidate for trailmaster. The basis of a walking club is to develop and provide routes – in accordance with AVA policy. We need new Trailmasters. Call Mike, 407.304.6394.

Club Officers: each year 2 officers are elected. In 2017 the VP and Treasurer are elected, in 2018 the President and Secretary are elected. In 2018 the President and Secretary will have served 6 years in position. Please consider how you can help.

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, Online Walks Coordinator, FVA we site.
Nancy and Dan Barnett	MFM Web Master/Maven
Letty Zook	Publicity/eNews
Marcia and Mike Kepper	Routes & brochure copying
FVA Secretary	JoAnne Cross
YRE Route Monitors	Ron Barna, Cathy Metherell, Jan Van Vlack, Gerry Vannienwenhove, JoAnne Cross, William Paugh, Gail Paugh, Joyce Taylor, Terry Sewell

Trailmaster Topics

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

Wishing all of you a prosperous 2017 and a chance to walk in many different places in 2017. About 30 walkers attended the walks in December and November with the exception of Wekiwa Springs State Park where less than 20 did. The Deland walk was quite interesting as we were there during their 150+ vendor art festival that was well attended. There are Year Round Event changes in 2017 that includes a new walk at The Villages starting at the TownePlace Suites in Spanish Springs Center. The seven Southeast Florida events from West Palm Beach to Key West are now only available online. Palm Beach and Delray Beach have new routes. To access these or any of the 48 walks nationwide online events you start at www.cva4u.org and register (you are signing the same waiver as we do at any walk). Once you have an account you are able to download the event information (location, parking, instructions, and map straight to your PC, your phone, or your tablet. The cost by credit card thru PayPal is three dollars for credit and two dollars if no credit is needed; insert cards are downloaded after the walk. In January MFM will be walking New Year's Day at Lake Buena Vista starting at Pirates Cove Adventure Golf at 930, followed on the next Saturday at Orlando's Marks Street Senior Center, and then on 21 January at Blue Jacket Park in Orlando. In February to the first weekend on the fourth is at Beardall Senior Center for the Orlando Lakes Walk and on the 25th in north Maitland at Kewannee Park. Two BIG multiwalk events outside our club are the Martin Luther King weekend walks in the DeLand area starting the 14th at DeLeon Springs State Park, on the 15th in DeLand, and on the 16th, Monday, a walk at Blue Springs State Park. In February the Emerald Coast and the Pensacola clubs combine to put on six walks in the Panama City Beach area starting at the Hampton Inn. Reservations at the hotel for \$109 can be made up to 10 January, after which the cost rises. To support the walk in Panama City Beach we are offering a bus trip if we can get enough travelers to make it cost effective. If you're interested, please call me at 407-304-6394. Do not forget the AVA Convention with a couple tour groups offering walks to and from the convention; check Walking Tours International and Tater Tours linked from the AVA web site. Since the convention events start the next day after the semiannual Crazy Horse event on 3-4 June (read Lou's article on page 2), many on a tour or driving will be able to do that event as it is about 6 hours to Billings.

Jan- Feb Walks at Florida's other Walking Clubs!

DATE	Upcoming Traditional Events	STARTS
1 Jan	FCTF Jacksonville Beach Sunrise	7 am
14 Jan	FVA/HW Martin Luther King weekend walk DeLeon Springs	8-11 am
15 Jan	FVA/HW Martin Luther King weekend walk Deland (new Traditional walk)	8-11 am
16 Jan	FVA/HW Martin Luther King weekend walk Blue Springs	8-11 am
28 Jan	FCTF St. Augustine - Palencia	9:30 am
11 Feb	SS Pass-A-Grille St. Pete Beach	See FVA Web Site
17-20 Feb	Presidents Day Weekend events –By Emerald Coast & Pensacola VC. See article	1pm Friday
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 – Jan-Mar

Date	Events	Registration Times
1 Jan	LBV @ Pirates Cove Golf	9:30-10 am
7 Jan	Orlando North @ Marks Street Sr Ctr (enter from Orange Ave)	8:30-9 am
21 Jan	Orlando Blue Jacket Park	8:30-9 am
4 Feb	Orlando Lakes-Beardall Sr Ctr	8:30-9 am
25 Feb	Maitland Kewannee Park	8:30-10 am
4 Mar	The Villages at Spanish Springs Center – new event 2017	8:30-10 am
18 Mar	Oakland Nature Preserve	8:30-10 am

MFM Milestones (ref AVA TAW)

Name	City	Events	Dist
Laurie Hauptman	Orlando	50	
Cathy Metherell	Orlando	175	1500
Charles Gregg	Orlando	200	
Joan Lanpher	Winter Springs	900	8000
Kathy Rapacki	Gainesville	950	
Mike Lanpher	Winter Springs	1100	
Perry Rawson	Hendersonville NC	1600	
Jan Van Vlack	The Villages		22000

*The American Wanderer, Dec-Jan 2017. FVA Web Site shows Florida walkers' milestones in last 5 years.

Walking Fun with your Miler Membership

Walking Year Round Events as a Mid-Florida Miler is easy and less expensive. For the 11 YREs in the Orlando and The Villages 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 a YRE coupons at a walk.

How We Became Volkssporters by Mike and Joan Lanpher

We were at Spangdahlem Air Base (western central Germany, 20 miles from Luxembourg) in 1976 and having just returned to Germany after 8 years. We were unaware of volkssports and even its introduction into the US in 1976. As we settled into work, new schools for the kids, the locals asked if we wanted to attend a volkssmarch. Sure! No football on Sat or Sun (as there was no American TV) and it was a chance to see other places in the area. So with a 5 year and 8 year old in tow, we headed to our 1st walk 60 minutes away (by map - where was Google when we really needed it). So to make a long walk short, after 3+ hours up and down hills we return to the large “fest” tent and a band, food, and cokes for the kids/beer for the dad. With multiple events per weekend in the area, there were many to choose from. We gathered brochures and since all had awards of plates, statues, or medals, you could attend by selecting the award you wanted, the distance, or a location of interest. We returned to the US for 18 months and even in DC there was no volkssporting information. When we returned to another area of Germany, there were even more walks each weekend. As the daughters were a bit older, walking with dad and mom was not as much fun. We moved two more times in Germany so did get to see many different areas. By the time the kids were in high school, dad was almost on his own or with friends to go to the events. Back in the USA we still had no idea there was an AVA and while in El Paso a club was formed (Fred Sheets was one lead) but was unknown to us. We moved to Winter Springs in 1987 and at a social in October 1992 a discussion with a race walker gave us information and a MFM brochure. We attended our 1st MFM walk November 1992 in Sanford’s Mellon Park. We have been involved since and currently Joan and I have 1100/800 events and walked 43 states – a fun part of volkssports. As a note 2 grandsons have walked over 90 events and 20 states.

What is your “How I/We Became Volkssporters” story? Email me at mflanpher@cfl.rr.com with your story for the next newsletter.

7 States in 7 Days by Sharon Predham, MFM Treasurer

For my vacation this year, I decided to go to Burlington, **Vermont** (home of Bernie Sanders) and take part in Road Scholar’s “Best of Burlington, Shelburne, and the Champlain Islands” tour. Burlington is the most populous (42, 417 residents) of the 255 municipalities in the state. It lies 45 miles south of the Quebec, Canada, border and 94 miles south of Montreal. Burlington is home to the state’s flagship public university, the University of Vermont (UVM), and well as two small private colleges. It lies along the shore of Lake Champlain, which is 125 miles long and 14 miles wide. We had walking tours of the city, including UVM, the performing arts center, the waterfront and the ECHO Lake Aquarium and Science Center. We toured the Intervale Center, whose mission is to strengthen community food systems. One of the ways they do this through new farm incubation. We drove north along the Champlain Islands to Isle La Motte and Saint Anne’s Shrine, which began as a French fort in 1666. We drove south to Shelburne Farms, a 3,800-acre farm established in the late 19th century, which is now dedicated to conservation education. Also nearby is The Shelburne Museum, one of the finest, most diverse, and unconventional museums of art and Americana. Some of its exhibits include a lighthouse, a covered bridge, the 518-foot-long hand-carved miniature Arnold Circus Parade, and the 220-foot steamboat Ticonderoga. I rented a car at the airport and drive back to town to start my 7-state Volksmarch adventure. The plan was to walk first thing in the morning then drive to the next state. I chose to walk the Burlington 5K, which visited some of the historical sites of the city. Next New London, **New Hampshire**, where the Twin States Volkssport Assn. held their 40th anniversary walk. New London is a small town settled in about 1773, known today for Colby-Sawyer College, a small liberal arts school, through which we walked. In the Kennebunk area of **Maine** the weather on **Sunday** morning was 32 degrees, but comfortable with clothing layers. The walk went through the grounds of St. Anthony’s Monastery, founded by Lithuanian Franciscans in 1947, and across the bridge into the very touristy town of Kennebunkport. Monday in Ipswich, **Massachusetts**, I was at the Ipswich YMCA where the front desk had no idea what a “walk box” was. Frustrated, I went to the car to find an alternate walk, and then there was a rap on the window. The employee had gone to the AVA web site and then, while discussing the situation with a coworker, saw the box under the counter. Ipswich is an old colonial town, incorporated in 1634, famous for its clams, and for the expression “No taxation without representation”. The walk passed by more than 30 homes and sites from the seventeenth and eighteenth centuries. On **Tuesday** morning in Mystic, **Connecticut**, a village in the extreme southeastern part of the state first settled in 1653, it was raining at 7 AM. I walked around the Elm Grove Cemetery, 22 acres of land in the shape of an elm tree. I walked past the Mystic Seaport Museum, the top tourist attraction in the state, and Mystic Pizza. On to Newport, **Rhode Island**; the city was founded in 1639, and is best known as a summer resort for the extremely wealthy during the Gilded Age. Many of these mansions are now a part of Salve Regina University, and can be seen from the Cliff Walk, overlooking Easton Bay and the Atlantic. Newport has one of the highest concentrations of colonial homes in the nation, and the walk passes a number of them, before and after the Cliff Walk. On to Rhinebeck, **New York**, a picture-book village nestled in the rolling hills of the scenic Hudson Valley, comprising one of the largest districts of historic homes around. It was founded in 1686. On **Wednesday**, I walked past many historic homes as well as the Dutchess County Fairgrounds and the Rhinebeck Cemetery. On the way to Saratoga Springs, I visited the Martin Van Buren National Historic Site, his birthplace in Kinderhook, 20 miles south of Albany. On **Thursday** morning, starting from the Hilton Garden Inn, I walked the Saratoga Spa State Park walk. The park is known for its mineral springs, bath houses, and the Saratoga Performing Arts Center. The park contains the only active spouting geyser east of the Mississippi River. In the afternoon, doing the Saratoga Springs city walk, I walked past the National Museum of Racing and Hall of Fame, with its bronze statue of Secretariat. The second half of the walk took me onto the Skidmore College campus. The school is a private, independent liberal arts college. I flew home **Friday** from Burlington.

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.

YRE Attendance at MFM Events

The next newsletter will detail the 2016 attendance at 17 YREs that we sponsor. For 2017 the change made to Online Registration for 7 of the walks can be compared to previous years. Planning on walking in SE Florida, see the YRE page on MFM web site for details.

New to a YRE? Not sure what/where to go. Steps to follow:

1. Follow directions on the YRE Brochure, MFM web site or AVA site to a start place.
2. At a location find the file box-the "walk box".
3. Use the registration book and complete the form (same as any walk). (if free, go to 6).
4. Place fee (\$3) in envelope if for credit & mail
5. Stamp books if credit walker.
6. Take instructions from file. Enjoy

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) 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, MFM webmasters

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.



Mid-Florida Milers Walking Club
AVA / IVV
"Walking since 1989"

First Last

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 5th, 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 6th, 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 7th, 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 8th, 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 9th, 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.

<<<<<< Continues

Our picture page shows November and December Event Pictures and walkers.



Our YREs at Miami Beach and Palm Beach

WAF 26 – Tampa Nov 4-6



Walking in DeLand

DeLand Art Festival

DeLand YRE at the Deland house



Walking in Lake Nona



Photos credits C. Metherell, L. Zook