



# Mid-Florida Milers Walking Club News

Issue 2, March-April 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 [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com).

## President's Notes

By Rosemary Barna, [rbarna1949@gmail.com](mailto:rbarna1949@gmail.com)  
Hello, Mid-Florida Milers! Spring is here and our walks are beautiful right now with all of the spring flowers in bloom! We have an extra incentive for you to get those steps in! Healthy Central Florida is a local community based partnership, founded by Florida Hospital and the Winter Park Health Foundation. They are sponsoring a **Move 60 Challenge** that starts on March 1 (that's next Tuesday) and runs through April 29<sup>th</sup>. You can sign up as an individual participant and also join our Mid-Florida Milers Team! It's very easy to log your steps and if you forget, you can go back and log for any date. To register, go to [www.healthycentralflorida.org](http://www.healthycentralflorida.org) and look for the scrolling banner advertising Move 60. Fill in your information and search under teams for Mid-Florida Milers.

Besides staying motivated to walk and log steps each day, you might also win one of the weekly prizes – movie tickets, gift cards, Fitbits, and more. Tom Carter, one of our regular walkers, won a membership to RDV SportsPlex in the competition last October-December, Move 90. I'm in! Ready to start logging my steps! Hope you will join me and let's have a fun spring and see how far we can walk together!

*Rosemary*



### **4 March - The Villages NEW YRE 2017**

COME north to the new The Villages walk. We will have a kickoff/initial Group Walk & lunch there on 4 March at 9-10 at the TownPlace Suites.

### **12 April - Celebration NEW 2017 YRE Walk**

with the VolksSouth group from Bradenton  
followed by lunch

### **13 May - HW-MFM Bike the Seminole-Wekiva Tr**

We are combining bikes to have a group bike event from Lake Mary to Altamonte Springs – 26 glorious kilometers, 2 tunnels, Starbucks at 13 Km –what would keep you away. This is just before National Bike Week 15-20 May.

### **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.**

### **HOW TO WALK a YRE EVENT**

New to a YRE? Not sure what/where to go?

The steps to follow:

1. Follow directions in the YRE Brochure, on the MFM web site, or FVA web site to a start place.
2. At a location find a file box-the “walk box”.
3. Take a start card, sign the registration (same as any walk). (if free walker, mark free, go to 6).
4. Place fee (\$3) & start card in envelope & mail or leave in Used Envelope section.
5. Stamp books if a credit walker.
6. Take instructions from file. Enjoy

## Membership Renewal

Dave Piatt, Vice President & Membership Coordinator  
As of 2/1/17, we have 76 memberships, which represent 112 members. We have had two new memberships this year. This is down slightly from our 80 memberships at the same time last year. Most of the difference is probably due to a large increase of new members from The Villages when we started our YRE there. In 2014/2015 we had 75 members at the same point in time.

**MFM Most Frequent YRE Walkers - 2016**  
See all the YRE and Traditional results on page 4.

### 14 Notable YRE Walkers (20 or greater)

Gerald Vannienwenhove	68
Jan Van Vlack	49
Dave Bundy	43
Cathy Metherell	36
Tom Carter	35
Charlie Gregg	35
Mike Lanpher	31
Denny Fryman	26
Joan Lanpher	26
Bill Paugh	23
Rosemary Barna	22
Bob Zook	22
Letty Zook	22
Sharon Predham	20
	<b>458</b>

### **Walking in Southeast Florida – no preregistration required.**

The walks in SE Florida are now available only by Online registration. Need a vacation, you can register and download instructions when you want and use them on a smartphone or print them. The great thing is you can be at a walk location and decide to walk there in Florida and in many other venues on the east coast and west coast and get instructions from the “Online Start Box”. So far there are at least eight Floridians that have online accounts. The process is not difficult for many (15 have completed walks in SE Florida by 6 Feb and another 15 are registered, but not completed a walk yet). Help is available on screen and by email/call to [mlanpher@gmail.com](mailto:mlanpher@gmail.com) /407.304.6394.

## **Spring into action! -It's time to take the leap! The Mid-Florida Milers need YOU!**

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

- *The success of our walking club depends on the participation of all our members.*
- *We invite our members to learn more about our club while assisting us in achieving our goals.*
- *In addition to enjoying our walks you have the opportunity to join the many MFM volunteers whose support behind the scenes continues to ensure that The Mid-Florida Milers is a proud member of America's Walking Club (AVA).*
- *Your skills and knowledge may be exactly what our organization is seeking to fill one of our open positions*
- *Volunteering will give you an enormous sense of satisfaction and raise your awareness of the issues and challenges facing a non-profit operation. Thank you!*

**ONE-WAY you can help: Year Round Event Coordinator**  
for 11 Orlando area YREs.

This volunteer manages the 11 YRE events by coordinating with 8 Route Monitors, coordinating printing of instructions as needed, updating the YRE brochure once a year, causing a review of the web site pages, maintaining listings of AVA Special Programs, updating and print at year end all YRE instructions. Requires coordination by email, knowledge of MS Word, and coordination of walk box requirements.

Other areas you can help are Mid-Florida Milers Bi-monthly Newsletter editor/publisher, be our Historian, or becoming a Trailmaster candidate.

**Saturday March 18 at Oakland Nature Preserve**, 747 Machette Trail. MFM will need two volunteers for the Start Table, one volunteer for the Checkpoint and two volunteers for the Finish Table.

**Saturday April 15 at Lake Mary @ Liam Fitzpatrick's**. MFM will need two volunteers for the Start Table, two volunteers for the checkpoint and two volunteers for the Finish Table.

Sign up online at MFM web site for both events.

<b>YOUR VOLUNTEERS</b>	
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, YRE events coordinator, Online walks coordinator, FVA web site webmaster.
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

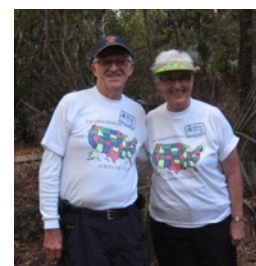
**Trailmaster Topics** By Mike Lanpher ([mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com))

For first 2 months of 2017 three regular (i.e Traditional) events were attended by about 30-40 walkers each. New Years, Jan 21 and Feb 25 were very nice walking days with each walk in great weather. NYD saw us drive to the Disney Springs Orange Garage and walk entirely in the new Disney Springs – we will make that the new YRE route later this year. Thanks to John Gehring for volunteering at the finish on 21 Jan. The tight parking at Kewannee Park was accommodated and the new route on the Kewannee Park & Trail. Additionally we had another “Chamber” weather day for the Orlando Lakes walk on 4 February.

• Where are our 100+ members walking? There are core club walkers comprising about 20 walkers and I estimate these walkers walked the YRE events 500+ times (See page 2). The remaining 80+ members seldom walk the YREs. Info from page 4 walk data is the 10 YREs in The Villages and Orlando area last year had 1060 walkers. The YREs of the 1<sup>st</sup> quarter 2016 provided 45% of the annual walkers. In weekend Traditional Events (TE) there were 528 walkers including 7 bikers. Here again the 1<sup>st</sup> quarter provided the largest (43%) number of the years TE walkers. In southeast Florida’s seven walks there were a total of 234 walkers – 90% from other than MFM members. My commentary here is to ask **what can we do to have members join the monthly walks or walk on their own?** • The FVA web site ([www.WalkFlorida.org](http://www.WalkFlorida.org)) provides data on event and distance milestones met by Florida Walkers. Since January 2011 in Florida there have been 51 new books (10 event books) submitted to AVA. This is 10/year of new folks walking in all of Florida. Florida has over 75 YREs to be enjoyed so this is a low number of new first book walkers. My commentary here is this is a low number for all Florida clubs – **are event books not being submitted or not used?**

**How We Became Volkssporters** by Gloria Merwarth

In 1986 I read an article in Reader’s Digest about how the US soldiers stationed in Germany enjoyed Volkssporting there and brought it back to the United States in 1977. Oddly enough, Mark and I had a camping membership in Helen, GA. The little town was developing the look and feel of Germany and decided to host a Volksmarch for the first time to bring tourists to town. So we went! I really didn’t think I could walk 10 KM for the first time, but the woods and quaint surroundings enchanted me so we walked all the way to the end. At the finish line Mark noticed that people were stamping books and there was an organization (AVA) table. We wanted to see if there were walks in Florida so we joined. Through that newsletter (TAW) we discovered there was a club on the east coast – Patrick Pacers, and another club on the west coast - Suncoast Sandpipers. We contacted those clubs and got notices from them when they scheduled a walk. We went to a few and enjoyed it. Oddly enough we got a notice from those clubs about a scheduled meeting in Orlando on the shore of Lake Eola. We went and learned, along with other walkers from the area, that the two clubs wanted another walking club like theirs in Central Florida. Since I was working at Winter Park hospital at the time I volunteered to host a meeting at the hospital. At the meeting we started the Mid-Florida Milers and (who knew?) I became the first president. I am so proud of the progress this club has made through the years! I am also proud of the incentive walking gave us. We saw this beautiful country of ours by walking all 50 States.



**Florida’s other Walking Clubs! March- May Events**

DATE	Upcoming Traditional Events	STARTS
25 March	First Coast: Palm Coast - Washington Oaks Garden State Park	9:00-10:00 a.m. Group walk at 9:30
8 April	First Coast: Green Cove Springs – (Comment-this is a nice event, Ed)	9:00-10:00 a.m. Group walk at 9:30
6 May	First Coast: Fleming Island	8:30-9 a.m. walk at 9.
See HW, SS, and FCTF web sites for Wednesday, Saturday and Sunday group walks of YREs		
Happy Wanderers. <a href="http://www.happywanderfl.org">http://www.happywanderfl.org</a> . Additional walks on Sundays (YREs) & evening Wednesdays (fun walks) are conducted.		
Please see the First Coast web site <a href="http://www.firstcoasttrailforgerswalkingclub.org">http://www.firstcoasttrailforgerswalkingclub.org</a> .		
Please see the Suncoast Sandpipers web site <a href="http://www.suncoastsandpipers.org">http://www.suncoastsandpipers.org</a> . or <a href="https://www.facebook.com/suncoastsandpipers">https://www.facebook.com/suncoastsandpipers</a> .		

**Mid-Florida Milers Walks – Mar-May**

Date	Events	Registration Times
4 Mar	The Villages at Spanish Springs Center /TownePlace	9 -10 am
18 Mar	Oakland Nature Preserve	8:30-10 am
1 Apr	Winter Park @ AMTRAK Sta	8:30-9 am
12 Apr	Celebration #1 (new) with visit from VOLKSSOUTH Group	8:30-9 am
15 Apr	Heathrow @ Liam Fitzpatrick’s and Lunch	8:30-10 am
22 Apr	Earth Day @ Wekiwa Spgs with Happy Wanderers	8:30-9:15 am
29 Apr	Maitland @ Walgreens	8:30-9 am
6 May	Lake Buena Vista	8:30-9 am

**MFM Member Milestones**

Name	City	Events	Dist
Bernadett Kirchner	Winter Springs	10	
Michael Kirchner	Winter Springs	10	
Rosemary Barna	Orlando	325	2500
Gerry Vannienwenhoven	The Villages	700	

*The American Wanderer*, Feb-Mar 2017. <http://www.WalkFlorida.org> provides Florida walkers’ milestones for the last 5 years.

## Walking Fun for less with your Miler Membership

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

### How We Became Volkssporters

by Tom Carter

I started participating in Volkssports while stationed in Wurzburg, Germany, as an Army Chaplain 1970-1973. We enjoyed the weekend walks as a family as a way to exercise, meet new people, and getting to know Germany. It was a challenge to walk during the wintertime in all weather conditions. I did not participate in walks after returning to the USA. I next connected to Volkssports while stationed in Hawaii and was active in the club there; much nicer weather for walks. My next duty station was Fort Polk, LA and we started a club there and sponsored two yearly walks. My next duty station was Fort Monroe, VA and enjoyed participating in the regular walks in the Norfolk area. My follow on assignment was Mannheim, Germany, and there I became a serious walker. I walked 86 marathon walks, three 100 km walks in France, and numerous year round walks. Following retirement from the Army provided limited opportunity for walks. Moving to Florida 1 ½ years ago has given me renewed opportunities to participate in Volkssports. I am now working on my 25,000 + distance book and 900 + event book. My original interest in exercise, meeting new people and getting to know the local area is being met by walking regularly here in Central Florida. *(Editor: Tom and wife Judy live in Winter Park, Tom was the individual 1<sup>st</sup> place winner in the Walk 90, Oct-Dec 17)*

What is your "How I/We Became Volkssporters" story? Email me at [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com) with your story for the next newsletter.



## 2016 Walk Results -1822 total

by Sharon Predham, Treasurer

The information from our walks in 2016 is prepared to discuss what walks work, the origin of walkers registrations, and, as you saw on page 2, the 14 YRE walkers who contributed significantly to the totals.

### 2016 Year End YRE Totals

	Total Walkers	MFM Walkers	%	Non-MFM Walkers	%
Altamonte Springs	57	39	68%	18	32%
Boca Raton	19	5	26%	14	74%
Celebration #1	154	71	46%	83	54%
Celebration #2	58	22	38%	36	62%
Delray Beach	16	5	31%	11	69%
Fort Lauderdale	29	7	24%	22	76%
Key West	33	4	12%	29	88%
Lake Buena Vista	107	53	50%	54	50%
Maitland	88	63	72%	25	28%
Orlando Downtown	63	55	87%	8	13%
Miami South Beach	21	3	14%	18	86%
Orlando Lakes	98	66	67%	32	33%
Orlando Marks St.	93	82	88%	11	12%
Palm Beach	21	7	33%	14	67%
The Villages	280	138	49%	142	51%
West Palm Beach	17	1	6%	16	94%
Winter Park	140	99	71%	41	29%
<b>Total</b>	<b>1294</b>	<b>720</b>	<b>56%</b>	<b>574</b>	<b>44%</b>

### 2016 Year End Traditional Event Totals

	Total Walkers	MFM Walkers	%	Non-MFM Walkers	%
Orlando Universal 1/1	73	39	53%	34	47%
Ft. Gatlin 1/23	24	24	100%	0	0%
Bok Tower Gardens 2/20	98	32	33%	66	67%
Orlando Medical City 3/19	33	19	58%	14	42%
Winter Garden Bike 4/16	3	2	67%	1	33%
Winter Garden Walk 4/16	40	27	68%	13	33%
Orlando International Drive 6/18	38	30	79%	8	21%
Orlando Blanchard YMCA 5/21	29	25	86%	4	14%
Maitland Community Park 7/16	41	32	78%	9	22%
Lake Mary Luigino's Restaurant 8/20	46	24	52%	22	48%
Minneola Trailhead Walk 9/17	29	23	79%	6	21%
Minneola Trailhead BIKE 9/17	4	2	50%	2	50%
Sanford Willow Tree 10/22	42	23	55%	19	45%
Orlando Lake Nona YMCA 12/17	28	24	86%	4	14%
<b>Total</b>	<b>528</b>	<b>326</b>	<b>62%</b>	<b>202</b>	<b>38%</b>

## 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 is 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 25<sup>th</sup>, 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.

**June 10<sup>th</sup>, 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 11<sup>th</sup>, 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.

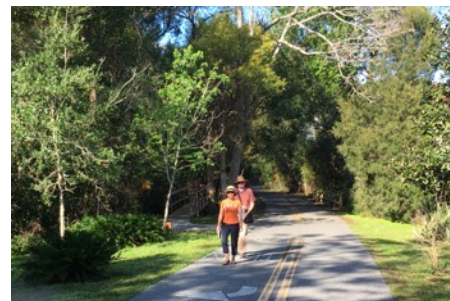
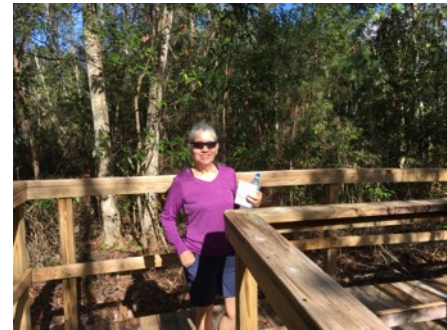


Order your MFM Club Tee or name tag (\$12/\$7 respectively). Email Sharon at [skpredham@embarqmail.com](mailto:skpredham@embarqmail.com). Give size and type (M/W/Y) & how you want your name.



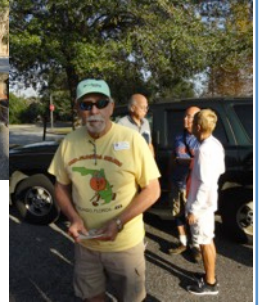
## Mid-Florida Milers Walking Club AVA / IVV "Walking since 1989" First Last

Kewanee Park, Casselberry, Walkers





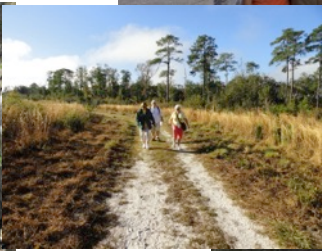
^ New Years Day LBV Blue Springs v



Blue Jacket Park ^ Deleon Springs v



Pier Point Park



Rosemary Beach residences



^ Panama City Beach Kewanee Park v and >



Sharon and Dave at Checkpoint



Joan & Deva (Cleveland Club President and new member) at Checkpoint



Mike presents Certificate of Appreciation to AJ, Walgreens Manager v



Join the Mid-Florida Miler's Team by signing up, keep track of your activity (any activity) and see what the Miler Team can do. [MOVE 60](#) is the link. Read Rosemary's article, Pg 1.



Tater Tour 10kers at Celebration

