



Mid-Florida Milers Walking Club News

Issue 3, May-June 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.

President's Notes

By Rosemary Barna, rbarna1949@gmail.com
Happy Summer! It has arrived with blazing days! Not that that will stop us! Just remember to wear cool clothing, a hat, and drink lots of water. I want to congratulate the 21 MFM members who joined our Move 60 team in the competition sponsored by Healthy Central Florida. The completion ran from March 1 – April 29. Those of us who participated had a great time posting our walking, biking, swimming, gardening and other activities and watching our progress as we virtually walked around Florida. We watched our overall team standing slowly climb to 5th place – those 10K YRE walks really helped boost our progress. Both Tom Carter and Jan Van Vlack contributed substantial points to our effort since not only do they walk, but swim and garden as well. Tom ended up in 2nd place in the individual competition with 2, 879, 597 steps and Jan finished in 7th with 1,866,830 steps. Healthy Central Florida will sponsor another activity in the fall, so be on the look-out for information on how to join us in the next competition! A final quick thanks to all who volunteer at our walks and behind the scenes. We can't thank you enough! *Rosemary*

RENEW your membership in JUNE. Send a check to MFM, PO Box 4575, Winter Park, 32793 or pay at any event.

Annual Walk, lunch, meeting is August 19 at Urbain 40 in Delaggio Plaza on W. Sand lake Rd. Meal is \$18.15 paid in advance (avoids tax). More in July.

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.**

Altamonte Mall YRE is Back

Due to a lost Start Box and the Mall Management decision not to renew the walk, it was on hold. Now you can walk from the new start at Starbucks in Renaissance Plaza near Whole Foods.

The Big Give 2017 is 4 days away!!! On May 4th, celebrate with us the joy of giving by visiting the Big Give website at

<https://www.thebiggivesa.org/organizations/american-volkssport-association-inc> and make a small contribution to the AVA. Help us reach our \$60,000 goal by making a gift to your favorite walking organization - AVA: America's Walking Club. With AVA, you're not only improving your physical health, but you are also creating long lasting friendships all while rediscovering the world around you. Help us continue to bring Fun, Fitness and Friendship to our community by making a small contribution to the AVA on May 4th through the Big Give! Don't want to wait that long? This year, donations can be made through the Big Give website beginning April 27!! THANK YOU FOR SUPPORTING THE BIG GIVE 2017. See MFM eNews dated 23 April also.

Annual AVA Fund Raising. Give online April 27 - May 4, 2017.
Here is the AVA President: [AVA President Video](#)

Membership Renewal

Dave Piatt, Vice President & Membership Coordinator
 As of 4/1/17, we have 79 memberships, which represent 115 members. We have had two new memberships in the last two months. This is down slightly from our 91 memberships at the same time last year. New Members are:
 Steve & Louanne Holmberg Deva Simon

How I Became a Volkssporter

by Jan Van Vlack

From Bicycling to Volkssporting

I was an avid bicyclist, trying to ride in every state and doing benefit rides. In 2008, I became more interested in walking, maybe because carting the bicycle around and changing flat tires was getting old. I started reading books on the benefits of walking and learned about Volkssporting in a book 10 years out-of-print. Certain it wasn't still around, I Googled it and was surprised to find a walk that weekend in Indianapolis where I lived. I often walked 10 miles at a time, so I knew 10 Km would be a breeze. It literally changed my life. I started walking every weekend. Being centrally located made it easy to travel to other parts of Indiana, Ohio, Kentucky, Illinois, and even Michigan for one-day trips. I was hooked.



It gave me reasons to travel and places to walk, sometimes with others, many times by myself. I made new friends and saw new places. It was so much safer than bicycling in unknown areas on my own. With Volkswalking, I knew where I was going and even had directions, so I only bicycled in states I hadn't conquered. I mapped out long trips to cover unwalked states. When I moved to Florida in 2014, I lacked nine states and 10 capitals of the Lower 48, all out west. In 2015, I mapped out a trip to the AVA Convention in Oregon. It was the most exciting and incredible trip I've ever taken. I drove almost 12,000 miles, walking 740 miles for 87 Events, and bicycled in New Mexico, the only state I was missing in the Lower 48.

In 2016, facing a hip replacement and possible cardiac surgery, I was determined to finish the USA. I booked two cruises, almost back-to-back, and not only Volkswalked in Hawaii and Alaska and their capitals, I also bicycled down Haleakala in Hawaii and near the Hotel Alyeska in Girdwood, Alaska. I had accomplished my goal to Volkswalk and bicycle in every state.

Fun, Fitness, and Friendship don't begin to describe my passion for Volkssporting and the wonderful adventures and many friends I have made. My only question is... where next?

ED: What is your "How I/We Became Volkssporters" story? Email me at mLANPHER@cfl.rr.com with your story for the next newsletter.

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". The process is not difficult for many (20 completed walks in SE Florida in the 1st Quarter). Help is available on screen and by email/call to mLANPHER@gmail.com /407.304.6394

Mid-Florida Milers Volunteer Opportunities (still open!)

By Sharon Axelrod, Secy & Volunteer Coordinator
 As each month goes by the need to fill the open Mid-Florida Volunteer positions becomes more imperative. For this newsletter I would like to address the two positions we feel are in urgent need to be fulfilled. In addition to all his responsibilities as our club's certified Trailmaster, Mike Lanpher is also managing these responsibilities. I encourage you to contact Mike to find out in detail the duties and time requirements involved with these positions. Mike may be reached at mLANPHER@cfl.rr.com or 407,304.6394.

Mid-Florida Milers Bi-monthly Newsletter

- Editor: Articles for each newsletter are provided by the club President and the Trailmaster. Photos taken during our walking events are submitted to the editor from members. Editor will include milestones reached by members and may request a member to write about a special walking trip/vacation they had taken.

Talk to members, get ideas, be creative.

- Publisher: Formatting all the information that goes into each Newsletter such as articles, pictures, announcements and milestones, can be a fun challenge.

Trailmaster Candidates

Now is the time to learn a new skill. Learn how to execute an AVA Walk Event from start to finish. We are looking for a few people who would be interested in taking the Trailmaster course on their own time and with the guidance from our master of the trail, Mike Lanpher. Upon completion, assist us once or twice during the year by creating and developing a walk event.

Volunteers Needed For May and June

May 20 at Winter Park Village: 2 each for start, checkpoint, & finish.

June 17 at Big Tree Park: 2 each for the start, checkpoint, & finish.

Sign Up link / detail is on the MFM website.

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, YRE events coordinator, Online walks coordinator, FVA website 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)

Last issue I asked why there were relatively few (% of membership) club YRE walkers; unfortunately no responses were received. I congratulate the Kirchners on completing their second book at 30 events and Carlson Sharpness on 50 events – following his grandfathers tradition. In January 2018 the First Coast Trail Forgers sponsor walks in St Simon Islands. This can be a fun time to expand your walking and join a bus trip there on MLK weekend. Because there needs to be 45-50 on the bus to make it affordable, we will need your commitments by the fall –HEADS UP and save the date. Speaking of fun, Walk Around Florida-27 is in St. Augustine – the hotel is taking reservations and go ahead and commit for Friday – Sunday (Oct 27-29) for 4 walks, a dinner and lunch. Two new walks and the Flyer is on the MFM web site. The brochure is coming at the end of May.

Would you attend a MFM Christmas party? Respond w/Party in subject to my email: 1) Would you like a Christmas Dinner at a restaurant Saturday 12/9 evening. 2) Would you like Christmas luncheon at a restaurant following walk on Saturday 12/16. 3) Would you like to have a \$10 white elephant grab bag? yes/no; 4) I am not interested in a MFM Christmas Party.



How I Became a Volkssporters by Dan Barnett

Like many volksmarchers, I became acquainted with Volksmarching when I was stationed in Germany in 1983. Shortly after arriving in Germany, while still awaiting the arrival of my car, some of my coworkers asked me what I would be doing on the weekend. They mentioned they were going on a volksmarch. I had to have them explain. I was hooked after that first walk and even got my wife and children to participate. My parents (Warren and Mia Barnett and my brother Ron Barnett) visited frequently so I invited them to go on several walks. They enjoyed it so much, when they got home they became very active with the Patrick Pacers Volksmarching Club. My brother was the President of this club for many years. I have remained active in volksmarching throughout the years and have done walks in all 50 states; Canada, Germany, Ireland, Sweden and Denmark; and I have accomplished the AVA Centurion Program every year since its inception. What has attracted me the most to volksmarching is being able to see parts of our beautiful country and other countries that I may not have taken time to visit. While I have been able to enjoy so many walks over the years, I always have to remember that walks do not happen without the work of many dedicated volunteers...to whom I say thank you very much for your time and efforts! I have served as a Club Vice-President, the MFM Webmaster, and a walk volunteer. To those of you who regularly walk, I encourage you to continue to do so. To those of you who don't walk regularly, consider giving it a try...you'll be glad you did. To all who haven't yet volunteered, consider donating some of your time to this great sport.

(Editor: Dan and Nancy live in Merritt Island. Dan and Nancy manage the MFM Website).

Florida's other Walking Clubs! March- May Events

DATE	Upcoming Traditional Events	STARTS
13 May	Happy Wanderers bike from Lake Mary (info on HW and MFM web sites)	9:00-9:30 a.m. Group bike at 9:30
See HW, SS, and FCTF web sites for Wednesday, 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 – Mar-May

Date	Events	Registration Times
6 May	Lake Buena Vista Pirates Cove	8:30-9 am
20 May	Winter Park Village Publix	8:30-10 am
3 June	Celebration @ Starbucks	8:30-9 am
17 June	Big Tree Park - Longwood	8:30-10 am
1 July	Altamonte Mall Starbucks (New start point)	8:30-9 am
15 July	Oviedo @ Long Lake Park	8:30-10 am
29 July	Orlando Lakes	9:00-9:30 am

MFM Member Milestones

Name	City	Events	Dist
Bernadett Kirchner	Winter Springs	30	
Michael Kirchner	Winter Springs	30	
Sharen Driggs	Eustis	50	
Carlson Sharpless	Altamonte Sps	50	
John Hunter	Orlando	150	
Cathy Metherell	Orlando	200	
William (Tom) Carter	Winter Park	900	
Sharon Predham	Leesburg		12000

The American Wanderer, Apr-May 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.

Find Volkssport Events Near & Far

By Letty Zook

How do you find Volkssport events in your area? Or if you are traveling, how would you find walks that are along your way? Don't let it be hit-or-miss, a just a hope you'll hear what's happening. Here are web resources, plus a few details about how to use them!

Mid-Florida Milers website – www.midfloridamilers.org. When you enter this web address, the home page of MFM will open. The right column lists all the Milers one-day (Traditional) events that are officially organized at that time and sanctioned by the IVV/AVA. Just click on those that interest you. If you wish to walk the MFM Year-Round Events in your own time, look at the left column and click on the link that is titled *Permanent MFM Walks (YREs)*. All the information you need to find these walks is found there. Of course, there are all sorts of others interesting links on the MFM website you'll want to check out!

Florida Volkssport Association - http://walkflorida.org/Walk_Florida/Walk_Florida.html. This web address will take you to all the clubs and walks, Traditional & Year-Round Events, happening in Florida. The web menu is found in the left column on the home page. There is even a special section for all the *Walk Florida State Parks* events. Perhaps reading over the various walks throughout Florida will make you feel adventurous and want to plan a trip to a more distant area. Our three sister Central Florida clubs, Happy Wanderers, Suncoast Sandpipers, and First Coast Trail Forgers, are all close enough for a day (or two) trip.

American Volkssport Association – ava.org. This enormous website might seem intimidating at first glance, but it contains a tool to find walks anywhere in the United States! Here are the steps:

1. At the top of the Home page, hover on the word *Events* and click on *Search Events*.
2. A form in which you can enter queries appears. You do not need to fill in every blank.
3. For instance, say you are traveling to Pennsylvania sometime in the next 12 months, and want to find out any type of walks that are available in that state. In the first box, you would choose Pennsylvania. Don't change *All Event Types* in the third box. Don't change *Within Next Year* in the fourth box. Then click Search. Warning...it takes several seconds, so be patient and don't be put off by the fact that the words *No Events Found*, do not immediately disappear.
4. If you want to be more specific about a type of walk, a town as well as a state, and a smaller time-frame, simply use the drop-down options to narrow your search. There's even an entry-box to find walks for those special *Programs* in which you are participating.

(Editor's tip: You can also select Interactive Map and search states for events by Map. Useful if you are traveling). Letty and husband Bob live in Haines City; Letty publishes the biweekly walking eNews.

It's A Small World

by Howard Daughtrey

Besides reaping the obvious benefits of participating in a Volkssport walking event, occasionally one may also have the rare opportunity to become acquainted with another with whom you discover a shared and very special past. That very thing happened on an MFM YRE walking event in The Villages on 4 March this year when I ran into Jan Van Vlack at the Registration area that morning. Jan was greeting arriving walkers. When she introduced herself to me, somehow the subject of Cuba came up. We quickly discovered that we had both attended the DOD elementary school at the same time on the Naval Base, Guantanamo Bay, Cuba in 1955 and 1956! Not only that, but we also played in the school band together, her the trumpet and myself the baritone! After 61 years, it was a hoot sharing in the memory of such a great place to grow up as a kid prior to Castro taking over. Back then, the base had a multitude of amenities to keep kids happily occupied, such as swimming beaches, two olympic-sized swimming pools, an outdoor roller skating rink, an indoor movie theater, two outdoor movie theaters, Little League baseball, Scouts, and buses which nearly any age kid could safely ride to anywhere on the expansive base property. While I only a few months ago began Volkssport walking, Jan has been walking for about 9 years now, and is a consistent, dedicated Pro Volkssport walker - with many Special Events to her credit. Keep walking MFM! You can never tell who you might run into. It's a surprisingly small world, after all!



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 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.

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.

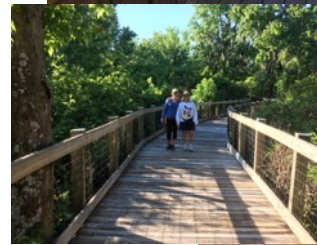


Order your MFM Club Tee or name tag (\$12/\$7 respectively). Email Sharon at skpredham@embarqmail.com. Give size and type (M/W/Y) & how you want your name on the tag.



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

Oakland Nature Preserve

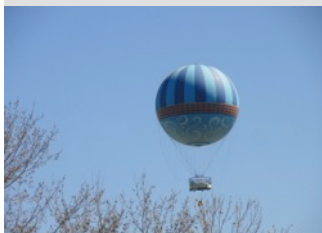


Rosemary presents Mona \$200 donation



Our picture page shows March and April Walking Pictures.

See the new Disney Springs walk and balloon 6 May



Mike and Joan on Tampa YRE



Gainesville YRE a bit off route: "Gus" on globe



1879 Church-Green Cove Springs



Sharon stamps Charlotte's 10th Walk at Celebration 12 Apr



Celebration 12 Apr VolksSouth Visits from Tampa



Lake Mary Start Sharon, Rosemary, Jenny

Lake Mary CP Dick, Sharen, Jenny, Dave, Sharon

Lake Mary Finish at Lunch Jan, Sharen, Rosemary, Joyce



Panoramic of WAF 27 World Golf Village Walk Start

Bill, JoAnne, and Cathy present AVA Certificates of Appreciation to Winter Park YMCA, Beardall Sr. Ctr., and Marks St. Sr. Ctr. Jim of Pirates Cove is shown on right.

