



Mid-Florida Milers Walking Club News

Issue 4, July-August 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, walking friends! I hope you are able to get in some walking between the summer downpours. We have our annual meeting coming up on August 19. As always, we would like to use the business meeting to update you on our club records. We also want your input for ideas on places to walk and special events you'd like to see. In addition, I would like for you to give some serious thought to how we can recruit volunteers to work at our walks. I have noticed in the past few months a trend in two organizations to which I belong. I love both of these groups and **VOLUNTEER** many hours working for each. However, it seems that only a few members contribute their time to keeping the organizations running smoothly. The majority show up to a sponsored event, participate, say thank you and good-bye. Mid-Florida Milers can NOT continue to be a top-notch walking club without the participation of all of its members. At a recent walk in June, we did not have one single person volunteer to work! The club officers, of course, worked the greeting, start, finish, and checkpoint. None of the club officers got to walk that day! Outstanding clubs need participation from everyone to stay outstanding. **Please, make a personal commitment to volunteer at least twice a year at one of our walks.** We will train you, help you, and have immediate phone contact available for any questions you might have. It is fun to get to visit for a few minutes with all of our club members instead of just heading out with your usual walking group. Thanks for reading and I hope to see you at our annual meeting in August!

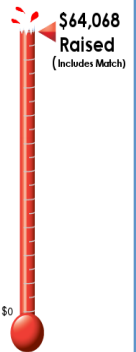
Rosemary

Read about the WAF 27
and the Team Contest on page 2

Read about the Biennial Convention on page 5
by MFM delegate Sharon Predham

Annual Walk, lunch, meeting is August 19 at Urbain 40 in Dellagio Plaza on W. Sand lake Rd. Meal is \$18.15 paid in advance (avoids tax). We will have two Guided walks, a 10K and a 6K. These are led by volunteers and provide a set pace for all that is not fast, nor slow. A route trail volunteer makes sure no one is left behind. The 10K start at 9:30, the 6K at 10 am. Please attend and make your vote count in elections and other matters that arise. See the web site or brochure for details.

The Big Give 2017 raised over \$64,000 for AVA. THANK YOU FOR SUPPORTING AVA IN 2017.



Altamonte Mall YRE is Back **Join the 1 July group walk**

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.

There are or will be new event routes for you to walk at Maitland, Orlando Lakes, and Winter Park 5K YREs this quarter. MFM replaces the FVA Wekiwa Springs SP YRE effective 1 July.

Membership Renewal

Dave Piatt, Vice President & Membership Coordinator
It is time to renew your membership in Mid-Florida Milers for the 7/1/2017- 6/30/2018 year. Our membership fee is still unchanged from last year. Single memberships are \$8 and family/couple memberships are \$13. If you are simply renewing your membership and your contact information is the same then you do not need to fill out a new membership form. Simply pay your membership dues to our Treasurer (Sharon Predham).

WALK AROUND FLORIDA 27 – St. AUGUSTINE

by Alice Lawrence, Rosemary Barna and John McClellan

Reservations are now available at the Southern Oaks Inn (southernoaksinnstaug.com), our WAF 27

accommodations. Call 904-342-2354 and say, “Walk Around Florida” for the discounted rate of \$119/night plus tax. Find your fountain of youth this October 27-29, with an AVA multi-event weekend in St. Augustine, Florida. Whether walking or swimming; beaches, bird-watching, shopping or golf - we have it all at WAF 27 along with good food and drink, good friends and great memories. And, there will literally *be* fountains, along with many other sights and attractions for your Special Programs or sight-seeing pursuits!!

The elusive search for eternal youth or curative healing from flowing springs is an ancient folktale that gained even more widespread acceptance with the “discovery” of Florida by the Spanish Conquistador, Juan Ponce DeLeon. And though much of the story of Ponce DeLeon’s “quest” has been historically de-bunked, many among us continue to seek the secrets to health and longevity. The volkssporting events at WAF27 will challenge and fulfill your quest for personal fitness, reduced blood pressure, stress-relief and your personal fountain of youth. Our Friday afternoon event departs directly from the hotel and takes you to, or across the causeway to Vilano Beach and the pier where you will find excellent vistas previewing your Saturday explorations of the city itself. Our Friday night mixer will no doubt include special elixirs with magically restorative powers of their own! Two walks and a swim on Saturday will highlight downtown St. Augustine with visits to the Mission of Nombre de Dios, the Castillo de San Marcos, Flagler College, and the Lightner Museum on one, and The Bridge of Lions, and St. Augustine Lighthouse & Maritime Museum on the other. Both trails provide ready access to pedestrian-only St. George Street, the downtown focal point for shopping and restaurants. Our Saturday night social and banquet dinner will be in the wonderful Milano Room of Amici’s Italian Restaurant. On Sunday morning, we’ll check-out and head to the nearby World Golf Village, home of the World Golf Hall of Fame. For all the duffers out there, this is the center of the universe and looks to be a great walking venue with an on-site lunch in the works. The Hall of Fame will be open soon after the walk for those who want to visit, and you can hit a golf ball at the island green!

WAF27 – Conquer the Castillo! A Team Contest

WAF27 organizers have decided it’s time to launch an attack against the venerable fort!

Participants who are pre-registered for WAF27 or register upon arrival on Friday afternoon will be enlisted into forces with the flags of Spain, England, or the United States blazoned on their name tags. From Friday afternoons opening event through Saturday afternoon and serving under a English Commodore, a Spanish Conquistador, or a US Commander, all combatants who engage in the events, social activities or volunteer for support duties will rack up points needed to Conquer the Castillo. Special bonus points may also be found for team members that complete extraordinary quests like completing the Swim event, crossing the Vilano beach causeway, finding an actual Fountain, or climbing the 219 steps to the top of the Lighthouse. A final skirmish will ensue at the Amici Restaurant battlegrounds on Saturday night to determine the victorious team. The prize for the conquerors? What most sought in the New World: a treasure chest of Gold!

Mid-Florida Milers Volunteer Opportunities

By Sharon Axelrod, Secy & Volunteer Coordinator
As The Mid-Florida Milers celebrates its 28th anniversary, we want to thank all the volunteers over the years. Because of those volunteers MFM has prospered and is proud to be celebrating 28 successful years.

Volunteers needed for July: Saturday, July 15th we will be at Long Lake Park in Oviedo. We will need 6 volunteers for the start, the checkpoint, and the finish table. Please go to the event information on the MFM website to access the Volunteer Sign Up sheet.

Volunteer Positions still open

Year Round Event Coordinator: NOW is the time to volunteer to be our YRE Coordinator. At this time every year we need to begin our review of the YRE walk information in preparation for January renewal. Since the position is not staffed the Board of Directors and the Trailmaster will be doing the review and updates. So it is the perfect time for us to train you! We will be working with the 9 Route Monitors who manage the 11 Orlando area events, reviewing the MFM web site pages, AVA Special Programs, AVA system information, and YRE brochure.

Mid-Florida Milers Bi-monthly Newsletter Editor and Publisher: Mike Lanpher is currently handling these positions. Please contact Mike to find out how much fun you are missing and to volunteer.

Trailmaster Candidates: Become a walk developer and learn to lay out an AVA Walk Event from start to finish. MFM could use a few people to do one or two walks a year. What a great way to expand your skills and embark on a new adventure.

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)

I congratulate the Howard Daughtrey and Rebecca Winkle on completing their first book at 10 events. Speaking of fun, Walk Around Florida-27 is in St. Augustine – the hotel is taking reservations -- go ahead and commit for Friday – Sunday (Oct 27-29) for 4 walks, a dinner and lunch. The brochure is available on the MFM Web Site and at the WAF 27 Facebook Page. And if attending **WAF**, be a **Volunteers**. It takes many volunteers to ensure the success of our Walk Around Florida events. The volunteer opportunity event list will be available in August. If everyone was to sign up for just one event, we will have all the events covered. So please be on the look-out for the Sign Up link. See the separate article on WAF and please register early. Kudos to Paul Ericson and Deborah Boyette who combined to "trailmaster" the September Montverde walk. Great effort, accurately done!

In January 2018 the First Coast Trail Forgers sponsor 5 walks in St Simon Islands. We are starting to develop prices for a bus trip that will get us to the hotel, deliver us to walks and restaurants. We will set up a sign up list when we get prices.

Why Volkswalking change my life

By Deva Simon

I had learned thru "Rust Out Burn Out" course and pre-retirement seminars that if you don't exercise regularly, the stress will go to weakest part of body and if you don't maintain an exercise regimen, you will not be able to maintain your health. I hate exercise but I love to travel and see things. For that reason volkswalks met their advice. I first saw the sport in Badlands where I asked at 6 a.m. in the morning what were they doing? They replied doing a 10k walk and at the end would get a cute pewter award. Our schedule was such couldn't do that one but began looking in Ohio and found in August the Zoar walk. Then I did my first walk with Valley Vagabonds that October in Cuyahoga National Park. I was hooked. Here is a sport which provided some interesting sights to see while you walk. My husband, Al, and I join the Valley Vagabonds in 1991. It was an unusual year that fall because all the officers died but their relatives and others stepped up to take their place.

Since that fateful day in the Badlands, my husband and I walked all 50 states, 51 capitols, all provinces of Canada and 6 continents with that sport. When my husband had knee surgery he was back doing 5k in 3 months. Unfortunately poor lung health ended his volkswalk career at 1450 events but he still went with me and enjoyed the camaraderie of meeting fellow volkswalkers around the world. To this day the doctors can't believe that at my age I can do 10 k walks. Since I am a snowbird, I joined your club because the club over the years have had such wonderful walks and camaraderie. The rest of the year I am President of Valley Vagabonds in Cleveland, Ohio, where we have 4 event walks and 8 seasonal/YREs. It is a sport that changed my life in many ways but it certainly helped me to become active and healthy.

Florida's other Walking Clubs! July-September Events

DATE	Upcoming Traditional Events	STARTS
23 Sep	FCTF Jacksonville, Avondale	8:30-9:00 am
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
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
5 Aug	The Villages – Lake Sumpter Landing	9:00-9:30 am
19 Aug	Dellagio Plaza, Urbain 40 Restaurant – Guided Walks	10K 9-9:30 am 6K 9:30-10 am
2 Sep	Orlando North @ Marks St Ctr,	8:30-9 am

MFM Member Milestones

Name	City	Events	Dist
Howard Daughtrey	Belle Isle	10	
Rebecca Hinkle	Windermere	10	
Nancy Barnett	Merritt Island	125	1500
Sharon Axelrod	Orlando	200	2000
Joan Lanpher	Winter Springs	950	
Michael Lanpher	Winter Springs	1150	
Sharon Predham	Leesburg	1150	
Daniel Barnett	Merritt Island	1250	14000
Dave Bundy	Orlando	1700	
Jan Van Vlack	The Villages	1900	

The American Wanderer, June-July 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 in Canada and the UK

In the last issue Letty Zook provided an informative article on the method to find walks in any US state that allows you to do walks and enjoy different areas when you take a Florida Day trip, when traveling, or visit other locations. Below is information if you are in or close to Canada (need a passport or a passport card) and the UK (need a passport). The data below is courtesy Doug Reynolds, Empire State Volkssport Club and VolkSouth coordinator.

Visit the Canadian Volkssport Federation web page (<http://www.walks.ca> & enter it into your browser). Click on the menu item "Permanent Trails" (like our YRE), then if you want Vancouver, select BC, British Columbia. Scroll down the list to the "Vs" & make your choice(s) for walks on your own. If you would like to meet up for a group walk, on the opening page of "walks.ca", rather than selecting "Permanent Trails", pick "Calendar of Events" then a month; scroll the list of scheduled gatherings (like our VolkSouth get-togethers).

If planning a trip to Edinburgh (or other places in the UK), go to the web site for the British Walking Federation (<http://www.bwf-ivv.org.uk> & use browser). Scroll down past Permanent Trails (like our YRE) & click on Scotland. Select either of the walks available. If you are interested in a group gathering like our Traditional (weekend) Events, on the British Walking Federation web opening page, go to "Walking Events & select the month of your interest. Scroll the list of options.

Editor's Note: The IVV web Site at <http://www.ivv-web.org/home.en.php> provides links to many IVV countries.

How I Became a Volkssporter *By Paul Kramer*

My first introduction to Volksmarching was my second tour in Germany starting in 1974. I was blessed with an earlier tour in Germany starting in late 1966 when stationed at Ramstein AB after completing a tour in SEA. Since Volksmarching didn't really get started until the late 60's in Germany I left in 1969 never knowing much about it. After one year in England and four long years at the Pentagon I was ready for a "change of scenery" and new experiences. That came in spades being assigned to Munich with the Army and Air Force Exchange Service. Volksmarching was very popular in that part of Germany and most GIs embraced it. At McGraw Kaserne a large German/American Volksmarch Club was already well established. It didn't take long to get "hooked". Besides Bavaria being ideal for this type of non-competitive sport almost every town had a Sport Club or VM Club and would sponsor at least one or two marches a year. Each weekend you had as much as a dozen events available within 30 - 40 miles of Munich. A few of us soon had a weekly routine most every weekend in which 2 or 3 of us would start early, usually around 6 a.m. and run a 10 or 20 km event. We would then return, freshen up and go out mid-morning with our spouses and kids and do another event, walking this one. Our kids, as young as four, would participate and what made it fun was doing it with other kids and it became a great family affair. Grant you every walk didn't always go smoothly with kids becoming cranky and some having to be carried. Getting little sugar candies at the beginning of each event and at most control/check points was also an incentive. Besides having events at some neat locations with lots of great scenery many events ended with some type of festival or fun activity to follow. Typical German food was always available including masks of beer even when it was still breakfast time and the event awards/medals were beautiful. Some Americans would do four events a weekend and soon had to have cases made to accommodate all their awards. After three years I left Germany with over 200 awards/medals and that didn't count the ones the kids earned. I did two marathons (42 km) while in Germany and even one overnight mountain event where you stayed in a lodge high in the Bavarian Alps. Despite returning to the states in 1977 and spending five more years at the Pentagon I continued VMing in the DC area as there was a very active Volksmarch Club headquartered at Andrews AFB in Maryland. This was also the time that the AVA was expanding and many VM clubs and events were being formed and embraced throughout good portions of the US. Volksmarching didn't end for me after leaving the DC area in 1982 as I was fortunate to find several other GIs in Hawaii who were introducing the sport in the middle of the Pacific. We had events each year and also made arrangements with a German Tour Company to bring Germans over on package tours and do all kinds of events including swimming, biking and even a marathon as part of their stay in "Paradise". From Hawaii I headed further west and spend four years at Kadena AB on Okinawa. Guess what, several of us with the support of MWR (Morale, Welfare, Recreation) introduced Volksmarching to over 40,000 Americans GIs (more than half being young Marines) stationed on the island together with family members. Finally, one more opportunity to VM in an unusual place was in 1991 while deployed to Saudi Arabia right at the end of "Desert Storm". Hardest event I ever did was the first and may be only one ever done in that part of the world. It was a 10K event in over 100 degree temps and matching humidity (very unusual for that part of the world) with the first 5 kms in loose and deep sand. They had stacks of liter water bottles placed every half km as it was so exhausting. Took me over 2 hours to recuperate after I finished. Probably should not have jogged the first half of the event in the sand. But I was happy I participated and my award while simple still was very significant to me. For the last 25 years since I retired from the Air Force most of my VM activity has been participated in YREs around the country whenever we took the RV out for extended vacations. Volksmarching for my family and me was very much part of our lives with great memories and provided many blessings! That's my story! Happy Trails!

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

By Sharon Predham, MFM Convention Delegate and MFM Treasurer

The 20th AVA Biennial Convention held June 7-9, in Billings, Montana, is now history. There were two pre-convention walks, three convention walks, a general membership meeting, social functions, and two post-convention walks.

The first walk, on Monday, 6/5, was in Buffalo, WY. We started at Prosinski Park, in town, only to be bused to the actual trailhead. The walk was along Clear Creek, which was overflowing its banks due to heavy spring snow melt. The all-natural trail gradually rose in elevation, through meadows and trees, with several mud patches. The route was an out-and-back, with some rerouting necessary due to flooding of the trail. In the afternoon, I walked the Mountain Plains Heritage Park YRE. The park itself featured a pioneer cabin and a look at pioneer life on the plains; chronicled the railroad system which helped to settle the west; and encompassed a wildlife preserve, a part of which was impassible due to the same Clear Creek we walked along in the morning. After the park, the 12K trail passed through parts of the city of Buffalo to the Willow Grove Cemetery, which marks the resting place of many local heroes.

On Tuesday, we walked at the Little Bighorn Battlefield National Monument, in Crow Agency, MT. To review your high school history, this is where Sitting Bull defeated George Armstrong Custer and five 7th Cavalry companies in about ½ hour. The route went along the Deep Ravine Trail, where some fighting had taken place, and back up to the main road, and then went along the road, and back through an Indian monument.

In Billings, the Wednesday morning walk on the Yellowstone River eliminated part of the walk onto Norm's Island, a dog park, due to flooding. In the afternoon, the General Session began. Since they had no competition, Nancy Wittenberg was elected Vice President, and Sam Korff was elected Secretary. Candidates for President, David Bonewitz and Bob Wright, and Treasurer, Bob Morrison and Candy Purcell, each gave short introductory speeches. There was voting on some by-laws amendments: the only one to pass was to change the name of the NEC to a Board of Directors. Afterwards, there was a Meet & Greet in the hotel's grassy courtyard.

On Thursday morning, workshops were held. I attended HQ Operations, The New AVA Database, and wanted to attend Club Operations Training, but it was cancelled. We had a deli lunch in an icy cold room, and then the second General Session began. The Treasurer reported on the AVA's financial situation: a projected \$70K loss this year. The convention committee was introduced (all of 6 people!!). The results of the voting for AVA mascot was announced – none of the above. (Or maybe that means none at all!). Many awards were announced – none for MFM this year. A local historian gave a presentation on Billings' history and then we went walking. We were bused to the Western Heritage Center and walked one-way to Veterans' Park, through the downtown area and some residential neighborhoods. There were many breweries near the beginning of the walk. Probably would have been better if they were near the end of the walk.

Friday's walk was at Sword Rimrocks Park, above the city of Billings. A bus dropped us off at the foot of the cliff; we walked up, along, and back down to the bus pickup. The highlight was supposed to be the burial site of Yellowstone Kelly, a famous frontiersman (Clint Walker played him in the 1959 movie of the same name), but it was still under construction, but the trail went right through the construction site. After a box lunch, the third General Session began. We voted for President and Treasurer by secret ballot, and a donation was made to a local charity. The candidate for the site of the 21st AVA Biennial Convention gave their presentations and Albany NY won. Officer election results were announced – David Bonewitz is the new President, and Bob Morrison is the new Treasurer. Our new Southeast Regional Director will be John McClellan. The outgoing President, Dennis Michele, gave some closing remarks – he doesn't like YREs; we should do more traditional events. The meeting was followed by the evening bash.

Saturday morning, we drove to Red Lodge, MT for the first post-convention walk. We started at the high school, walked through town, then to the top of a ridge, where we walked around the fairgrounds and the airport, and then back down to town.

The second post-convention walk was in Cody, WY, on Sunday, but I did not go there. Instead, since I was headed to Idaho, I drove to Virginia City, MT for the seasonal YRE in a remarkably well-preserved old west Victorian gold mining town 20 miles west of Yellowstone National Park. The elevation was at about 5700' to begin and went a little higher, walking through cemeteries, along Alder Gulch, with its detritus of mine dredging still piled up, and on into Nevada City, another old mining camp, and then back. On Monday, I walked at Massacre Rocks State Park, on the Snake River just west of American Falls, ID. This is located on a famous spot along the Oregon Trail (and the California Trail just before the split) which wends its way through a narrow passage among boulders (laid down during the catastrophic Bonneville flood of 14,500 years ago) along the south bank of the Snake. In 1862, there was an Indian attack on an emigrant wagon train, in which ten emigrants died. The 11K trail, rated 3, was composed of seven trails strung together, which ran the gamut of trail rating 1 up to trail rating 5.

I spent a week at a Road Scholar program on the Geology of the Snake River Valley, in Jerome, ID. On my way back to Salt Lake City airport I walked the Ogden River Walk, in Ogden, UT. This is a beautiful walk on sidewalks and a paved scenic trail, which follows the Ogden River from a few blocks from the start point to the mouth of Ogden Canyon. It passes through a botanical garden and a dinosaur park. Four more states walked; only 33 more to go.



Our picture page shows May and June Walking Pictures.

The new Disney Springs tethered balloon



Joan on Nags Head Preserve YRE



Winter Park Village Volunteers & walkers May 20 2017



Winter Park Village Mike K. at CP



Winter Park Village In Mead Garden



Winter Park Village Cathy, Jackie, JoAnne, Letty



Winter Park Village Paul on the route



Celebration 2 on 6 June



Big Tree Park



Big Tree Park-2010 and 2017 Senator



Big Tree Park



Panoramic of WAF 27 World Golf Village Walk Start