



Mid-Florida Milers Walking Club News

Issue 5, September-October 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

How many of you use a pedometer or activity tracker (Think FitBit or something similar)? Did you know that if you regularly keep tabs on how far you walk, it's almost guaranteed that you'll up your activity level? A study in *Medicine & Science in Sports & Exercise* showed that men and women walked 15 percent more each day when they wore pedometers and recorded their daily steps in a diary than when they just wore pedometers but didn't track their progress. The walkers who logged their strides also often tried to beat, or at least maintain, their step counts from the previous day. MFM has two opportunities to log those steps coming up this fall. 1- Winter Park Health Foundation will be sponsoring a fall event.

2- AVA: America's Walking Club is also working to implement a virtual tracking chart using Walker Tracker. I hope that when the time comes, you will join our Walker Tracker teams and watch the benefits of tracking your steps add up!

Rosemary

Thanks to Dave

Dave Piatt was Vice President for the last two years and the club officers thank him for his dedication, involvement, and contributions to the club and volkssports. He managed the membership and volunteered at most of the walks. His focus on the club and volkssports provided a unique view that assisted in the management of the club.

Thanks Dave: Rosemary, Sharon, Sharon, Mike.

Read about Volunteer help, pg 2; new walks, pg 3; our Annual Meeting, pg 6; pics, pg 7.

**REGISTER for
WAF 27
And be enrolled
in a Conquer the
Castillo Team**
See page 2

CALL TO ARMS!



Under which flag will you compete?

Return to the Mont, Montverde, on 16 Sept

Join us for lunch prepared by fellow members at the Community Center. **Sign up – so there are few left overs** – and bring a salad, dessert, or veggies. Lunch cost is \$5 and will be after the walks that register between 8:30-10. Enjoy this town that has hosted Montverde Academy since 1916, views of Lake Apopka and Lake Franklin, and friendly folks.

Preregister for Walk Around Florida -27-29 Oct

This is an easy way to register, have a name tag register for walks only, walks and lunch, and walks and social/dinner. Then you just show up, Friday, Saturday or Sunday, get your name tag and walk.

GOLDEN ISLES – 5 walks in 4 days walking in Darien, Jekyll Isl, St Simon's Isl, and Brunswick. Days Inn and Suites, 60 S Beachview Dr, Jekyll Island, GA 31527, (912) 635-9800, Call the hotel directly and ask for the Walking Club group rate.

Welcome to New Members

The following are new members since June 1, 2017. If you see them at a walk, be sure to take a moment to welcome them to the club.

Melody Eddy, Sandra Hulst, Sharon Oxford, Sandra Rose Schunk & Pedro Aravjo, Peter & Sharon Weiss, Carolyn Wilken, Grace Wilken-Yoder.

WALK AROUND FLORIDA 27 – St. AUGUSTINE

WAF 27 – Conquer the Castillo! A Team Contest

Castillo de San Marcos, the nation's oldest masonry fort, built 107 years after St. Augustine was founded, never fell to besieging forces. Control of the imposing Castillo peacefully changed several times, with a variety of sovereign flags flying over the coquina walls. Now a national monument, the Castillo peacefully guards the city. But no more! WAF 27 organizers have decided it's time to launch an attack against the venerable fort! Participants who are preregistered for WAF social and Volkssport events will be pressed into forces flying flags of Great Britain, Spain and the USA, with designated insignias blazoned on their name tags. From Fri to Sat, serving under a British Commodore, a Spanish Conquistador, or a US Commander, all combatants who engage in social activities, volunteer duties, and walk/swim events will rack up points needed to conquer the Castillo. A final skirmish will ensue at the Amici battle grounds on Sat night to determine the victorious military power. The prize for the conquerors? What most of them sought in the New World: **GOLD!**

Membership by Dave Piatt, Membership Chair

As of August 1, 2017, Mid Florida Milers had 44 memberships compared to 66 at the same time last year. This represents 64 members this year and 95 members last year. The reasons for the drop in membership are not clear. A small part of the drop is due to the excitement of the new walks at The Villages last year. In order to encourage members who have not renewed yet, a personalized e-mail was sent on August 2 to 34 people who were members last year. So far 3 response were received. Last year a personalized e-mail had been sent out to members who had not renewed. In the 3-week period following the personalized e-mail we had 17 renewals.

Lastly, it may be that the heat of the summer is just discouraging some of our fellow walkers from coming to the walks and once the cooler fall temperatures arrive they will renew.

As a reminder single memberships are \$8 and family/couple memberships are \$13. Membership forms can get obtained at any walk or downloaded from our website (midfloridamilers.org). 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 at a walk your membership dues to our Treasurer (Sharon Predham) or mail to PO Box 4575, Winter Park, FL 32793.

VP Dave and officers Sharon and Sharon present an AVA Certificate of Appreciation for hosting The Villages YRE to the Waterfront Inn Manager on August 5..



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. September 16, for the walk in Montverde we will need two volunteers for the start table, two for the checkpoint, and one more for the finish table. On October 21, we will be walking at Langford Park, where volunteers will be needed for set up & start, check point, and finish.

The Volunteer Sign Up link for WAF 27 will be available shortly. If everyone attending volunteers for at least one position, we will be able to cover the numerous spots that need to be filled in order to make this WAF weekend successful. Sign up on our web site.

It has been a year since we began looking for these positions. And we are not going to stop now.

- *We are looking for a person or persons to edit and publish the Mid-Florida Milers Bi-monthly Newsletter.*
- *We are looking for a volunteer to work with the YRE point of contacts as the Year Round Event Coordinator.*
- *Trailmaster certification is available –be a part of what we do*

Come up to bat and take a swing!!

YOUR VOLUNTEERS	
Rosemary Barna	President, Social Events, Facebook Page
Joan Lanpher	Vice President
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

2017 Pre Walk Volunteers

Thanks to these who made or proofed walks: Paul Erickson, Deborah Boyette, Dave Piatt, Dave Bundy, Laurie Hauptman, 4 club officers, Bill Paugh & Gail Brooks, Terry Sewell, Johnathan Sewell, Rebecca Winkle, Dan Barnett.

How We Started (and Restarted) Volkswalking

By Mike and Bernadette Kirchner

We walked in our first Volksmarch in Ingolstadt, Germany over 30 years ago, when we were visiting with Bernadette's uncle, who lived in Garmisch, about 2 hours south of Ingolstadt. I recall it being out in the countryside, with quite a few people. When we returned from Germany, we walked a couple of more times in Northern Virginia, but I don't remember those very well. I guess you could say that life got in the way. Then, in 2014, we were reading the Orlando Sentinel and saw in the Things to Do section a Volksmarch on December 13, 2014. It was advertised as an auspicious day because that date would be the last sequential date of the 21st century: 12/13/14. I recall it was a nice day, a Traditional Walk, I think, that started in Mead Gardens, went around the museums, back across Mills and through the neighborhood and around lakes. We had a great time – and we met Mike Lanpher, who accompanied us, and many other “walking friends.” After the Pi Day Traditional Walk at Orlando Wetlands Park, we were hooked. Looking ahead for other special dates, the nearest “sequential date” is 11/13/17 – November 13, 2017, a date composed of sequential primes. Unfortunately for the club, that falls on a Monday. Our last walking adventure was a two-week vacation of hikes and IVV-sanctioned walks in Montana and Canada in June including the AVA Convention walks. We are looking forward to more walking when we retire soon. *Ed: The Kirchners live in Winter Springs.*

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

Panoramic of WAF 27 Lions Bridge Walk on Inlet Dr.



Join us for this fun event Oct 27-29

Florida's other Walking Clubs! September-October Events

DATE	Upcoming Traditional Events	REGISTER
9 Sep	FCTF Ponte Vedra Beach - Guana Park	8:30-9:00 am
23 Sep	PKVC Pensacola	11:00 am -2:00 pm
23 Sep	FCTF Jacksonville, Avondale	8:30-9:00 am
7 Oct	FCTF Jacksonville – Neptune Beach	8:30-9:00 am
7 Oct	HW DeLand @ Hontoon Island & BBQ Lunch	8:30-10 am
14 Oct	HW Deltona Green Springs Park 25Km Bike to Osteen	9-9:30 am
27-29 Oct	WALK AROUND FLORIDA 27 – Register by 26 Sep for hotel, 10 Oct for events	See MFM web site

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.firstcoastrailforgerswalkingclub.org>.

Please see the Suncoast Sandpipers web site <http://www.suncoastsandpipers.org>, or <https://www.facebook.com/suncoastsandpipers>.

Mid-Florida Milers Walks –Sep - Oct

Date	Events	Registration Times
2 Sep	Orlando North @ Marks St Ctr,	8:30-9 am
16 Sep	Montverde @ Kirk Community Center; Lunch	8:30-10 am
30 Sep	Orlando Downtown Walk@ Beardall Center	9:00-9:30 am
7 Oct	Hontoon Island & BBQ Lunch	9:00-9:30 am
21 Oct	Orlando @ Langford Park	8:30-10 am

MFM Member Milestones

Name	City	Events	Dist
Rebecca Hinkle	Windermere	30	
Jenny Thomas	Davenport	75	
Sharon Axelrod	Orlando		2500
Perry Rawson	Hendersonville	1700	

The American Wanderer, Aug-Sep 2017, <http://www.WalkFlorida.org> provides Florida walkers' milestones for the last 5 years.

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How I Became a Volkssporter by Cathy Metherell

I first heard about AVA and Mid Florida Milers through Jackie Walchuck sometime in 2009 when I met her through my job. I keep hearing her say something about Volksmarching. I finally asked her one day what it was all about. My first walk I did was late 2010 or early 2011 at Lake Mary Panera Bread on the east side of I 4. I did one or two more walks before I bought a new walker packet from Letty Zook at Maitland Senior Center in 2011 where I received my first stamp. So far I have done almost 230 events that includes walks in twelve states and several in England. My favorite Mid Florida Miler walks are the Celebration ones. Outside of the MFM walks in Florida Naples one ones I enjoy the most. I enjoyed walking along Lake Superior In Two Harbors MN. In a North Carolina walk I climb 257 steps to the top of the tallest lighthouse in North America at Cape Hatteras. In England I did two walks London and one in Cambridge. The buildings of Cambridge University were amazing. I have enjoyed walking with members of MFM and getting to know them. For some odd reason I like stamping books.



Ed: Cathy is the Orlando North Route Monitor. Cathy and husband Alan reside in Lake Nona.

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 \$20 10-walk YRE coupons packet from us at any walk (available by mail for \$21).

MFM YREs January – June 2017 from Sharon Predham's data

There were 768 walkers at 18 YREs and 50% were MFM members. Of the 50% 8 club members walked 57% of those or 216 walks. In the Villages there were 171 walkers (28% of total) and both route monitors, Gerry V. and Jan VV. walked 48% of those). In the Orlando area Celebration had the most (helped by a group walk and VolksSouth visit), and Orlando had the highest non members at 53% followed by Lake Buena Vista at 53%. Cathy M was our sole member to walk one of SE Florida's 7 events where there were a total of 53 walkers. Non-members from Tater Tours visit in February raised the total for The Villages and 4 Orlando walks (150 walkers) being 30% of the 6 walks they did. Bottom line is the numbers in the 2d half may be less so we encourage you to get out & walk these YREs as many have new routes and things to see. Also take a weekend trip on a tankful to SE Florida for 2-3 of those fun walks.

	Total	All Walkers	MFM Mem
Southeast	53	7%	0.1%
The Villages	208	27%	16.0%
Orlando (3)	167	22%	12.6%
Celebration (2)	129	17%	6.9%
WP, Mait, Alta S	122	16%	9.6%
Lake Buena Vist	89	12%	4.7%
	768		50.0%

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

The annual meeting elected Joan Lanpher as VP and reelected Sharon Predham as Treasurer. Urbain 40 did a great job in a very nice setting. WAF 27 registration is to be mailed by 10 October or given at a walk to Sharon Predham. It makes it easier to manage attendance and easier for walkers if you are preregistered. These events have always been fun and you will see lots of Volkssporters including the AVA President this year. About 100 walkers are registered at the Southern Oaks Inn.

In January 2018 the First Coast Trail Forgers sponsor 5 walks in the Golden Isles.

Come to Montverde on 16 Sept as the club prepares a great lunch after the walk. Sign up online at the web site and if bringing a salad or dessert or veggies, add that in the comment column, or send what you are bringing to Sharon A. at the email on the signup.

#OptOutside on 24 Nov will be a walk in Mt Dora.

New Years Day will be at Universal at the Ale House.

This page will be used for similar accounts of walks YOU like and submit to
MFM Editor at mnanpher@cfl.rr.com

Volkswalking in Florida on a Tankful by Mike and Joan Lanpher

One of the fun things about walking the many weekend walks and permanent YREs here in Central Florida is that each is an adventure. The distances from downtown Orlando to many of the great walks laid out by the Happy Wanderers, Suncoast Sandpipers, and First Coast Trail Forgers are a **round trip** of 350 miles (to Fernandina Beach) and a minimum of 110 miles to Port Orange. The Sarasota walks are less than 300 miles and Tarpon Springs is 230 miles. Why walk there? Joan and I found that these day trips allow us to stop at other places of interest or spend a night in a new town like historic Fernandina (there are 4 walks there). These day trips are both relaxing and a fun way to get away. Remember that MFM's Palm Beach and west Palm Beach walks are online and available – 300 miles round trip. Alternatively as you are travelling North or West, spend the 1st night in Tallahassee (FCTF Walk on FSU campus and the capitol) or Pensacola to visit the Naval Air Station walk or Savannah for the HW walk there. We recommend a nice Veterans Day memorial event and evening walk at 6 PM when you join the HW on 11 November for their annual event. Details on these events are on the walkflorida.org and Happy Wanderers websites.

San Francisco GG Bridge Walk by Nancy Grzesik

I left my heart in San Francisco and every couple of years my husband and I venture west to “The City” to see if we can find it. The last time we were in San Francisco we wanted to walk a 5K and couldn't decide where to go; we were staying on Nob Hill so we hopped on a bus and ventured through the city neighborhoods and somehow ended up in the Presidio, which is close to the Bay Bridge. The decision was made; we were walking across the Golden Gate Bridge. The bridge is 1.7 miles in length and the views are spectacular. We walked on the right side of the bridge going north and as we looked over to our left we saw miles and miles of gorgeous blue water and mountains at the far side of the bridge. It was a clear day and we could see forever. On our right was the San Francisco Bay and a fantastic view of

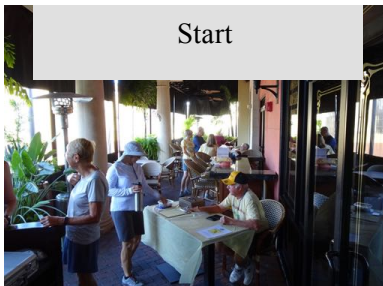


the city. About 60% of the way over the bridge, you can look down and see the Treasure Island Naval Complex and Yerba Buena Island. The walk was relaxing and refreshing as not only did the day bring bright blue skies but there was also a lovely breeze. Rather than returning the same way, we ventured over the mountains to Sausalito. At Vista Point on the north side of the bridge, we ventured down into the valley. Lots of hills and rough walking but

well worth the trip...an adventure we won't forget. Ultimately, we ended up on Alexander Avenue and upon arriving in Sausalito, it was obvious that we made the right decision. There are so many restaurants to choose from...over 30, maybe even more, and there are shops galore if you are interested in shopping for your favorite t-shirt, jewelry, toys, clothes, and practically anything else. My favorite was the Waterstreet Company; it's an old-school hardware store. Walking home...no way. We walked to the water's edge to the ferry terminal and hopped on the boat. We just sat back, relaxed and enjoyed the views of the water, including Angel Island, Alcatraz and of course, the skyline of San Francisco. Our 5k adventure turned into a 5-mile walk and we loved every minute of it. If you are ever in San Francisco, we highly recommend walking over the Golden Gate Bridge...you will cherish the experience.

Ed: The Grzesiks live in Winter Park. If you have a favorite, let us all know- email mnanpher@cfl.rr.com.

Our 28th Anniversary Walk, Lunch and annual meeting held at Urbain 40 Brasserie was a great time. Elections for treasure reelected Sharon Predham as Treasurer and elected Joan Lanpher as Vice President. The President's Award was presented to JoAnne Cross, MFM Certificates of Appreciation presented to route monitors pictured below, an AVA Certificate of Appreciation to Laurie Hauptman for her detailed audit of the club finances, and a stein given to MFM by the HW went to Dan Barnett as he walked over 35 HW events. Two club tee shirts were raffled and the early renewal (before 1 July) gift card was won by the Kirchners. The lunch was in a great setting, well served, and tasty.



Start



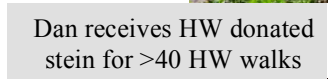
Kirchners win early renewal gift card.



10 K Guided Walkers at start & CP (below)



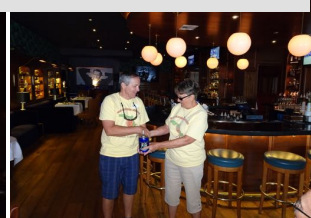
Letty won 2d raffle, JoAnne the 1st



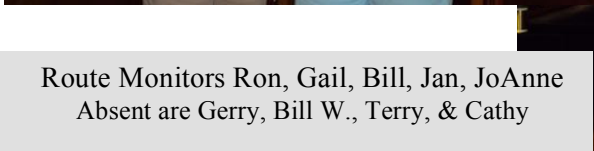
Dan receives HW donated stein for >40 HW walks



JoAnne receives the President's Award



Laurie receives AVA Certificate of Appreciation



Route Monitors Ron, Gail, Bill, Jan, JoAnne
Absent are Gerry, Bill W., Terry, & Cathy



Our picture page shows May and June Walking Pictures.

15 July in Oviedo from left
Peter, Melody, Jackie; Bernadette, Mike; at CP Mike, Sharon, Bill, Gail, Sharon, Paul.



15 July in Oviedo from left
John, Sandy on 10K, new members Grace, Kathe, Carolyn



Orlando Lakes 29 July
Mike, Marcia, Sharon, Sharon, Gail



Orlando Lakes 29 July
House on Hollywood Row



The Villages @ Lake Sumter Landing 5 Aug
Registration

