



Mid-Florida Milers Walking Club News

Issue 6, November-December 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

Is Sitting the new Smoking?

Sitting has been branded the “new smoking” for its supposed public health risks, especially for people with sit-down office jobs or sedentary lifestyles. There are many articles discussing the sedentary lifestyle of most Americans and the adverse health risks. Countless studies have correlated chronic sitting with an increased risk for type 2 diabetes, cardiovascular disease, and issues related to obesity.

Actually, there is nothing inherently wrong with sitting. Placing your body in a seated position is not doing any serious damage in and of itself. The serious damage comes when your body is chronically in the same position with little or no movement for 60-90 minutes or more at a time.

The key to better health is constant movement throughout the day. Simply reducing inactivity by increasing the time spent walking is a more effective way to help reduce certain health risks than one hour of physical exercise.

Here are some simple ‘Easy Wins’ to be more active with little to no extra effort:

- Step away from your TV or computer every hour and take a 5 minute activity break
- Park your car as far away as possible in the morning (or if possible, walk to work)
- Take the stairs instead of the elevator
- Walk during phone calls (I’ve gotten 7500+ steps on a single call)

Rosemary

Read about 3dQ YRE numbers, pg 2; Walking in Maine and upcoming events, pg 3; new walks and Walk the USA program, pg 4; 1Q 2018 events and walk info, pg 5.

WALK AROUND FLORIDA 27 St. AUGUSTINE

WAF 27 – A great weekend event with 121 preregistered, 69 walk-ups on the 3 days, 101 for dinner Saturday, and 76 for lunch Sunday. The team winning the Conquer the Castillo, Great Britain, guided by “Admiral” D. Barnett (OBE, CAF), who led his team to the final skirmish at the Amici battlegrounds on Saturday night. Their prize of a small treasure chest for conquering the Castillo was what most of them sought in the New World: GOLD! WAF 27 highlights included 120 walkers on Friday, 27 swimmers Friday & Saturday, 127 and 115 walkers at 2 events Saturday, and 108 walkers Sunday. Participation by the AVA President and two Regional Directors was appreciated.

Return to the Mont, Montverde in March

Irma is GONE. Join us for lunch prepared by fellow members at the Community Center. Enjoy this town that has hosted Montverde Academy since 1916, views of Lake Apopka and Lake Franklin, and friendly folks. Details in January.

GOLDEN ISLES – 5 walks in 4 days REGISTER NOW

With walks in Darien, Jekyll Is, St Simon’s Is, 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. See FCTF Web page: <http://www.firstcoasttrailforgerswalkingclub.org>

Welcome to New Members

The following are new members since August 1, 2017. If you see them at a walk, be sure to take a moment to welcome them to the club.
Terri & Dave Edwards, Jeanie Gennrich

MFM Year Round Event statistics – 3rd Quarter 2017

by Sharon Predham

Due to the summer heat and humidity, not to mention a hurricane, the number of total walkers for our 19 Year Round Events has decreased significantly in the third quarter (July, August, and September) from the first and second quarters. The five with the highest numbers all had the benefit of a group walk at one time during the quarter. They are Lake Sumter Landing at 55, Orlando Lakes at 34, Orlando North at 26, Altamonte Springs Mall at 21, and Orlando Downtown at 19. There was only one other location with more than 10 walkers – Spanish Springs with 18. After this, with between five and 10 walkers, we have Winter Park with 8, Celebration #2 and Maitland with 6, and Celebration #1 and Lake Buena Vista with 5. Bringing up the rear, we have Delray Beach and Fort Lauderdale with 2, Boca Raton, Key West, Miami South Beach, and West Palm Beach with 1 lone walker each. There were no walkers at all at Palm Beach and Wekiwa Springs this quarter.

Now that we have had our first cold front of the season, there should be increased numbers at all of our walks. Consider walking at one of our 19 Year Round Events when you want to take advantage of the weather that you waited all year for.

Mid-Florida Milers Volunteer Opportunities

By Sharon Axelrod, Secy & Volunteer Coordinator

Many thanks go out to all who volunteered at Walk Around Florida 27: Perry Rawson, JoAnne Cross, Bill Paugh, Gail Brooks, Paul Erickson, Joan Lanpher, Rebecca Hinkle, Sharon Axelrod, Sharon Predham, Dave Piatt. Your time and efforts were much appreciated!!

More volunteer opportunities will be available at the Mid-Florida Milers traditional walks November 18th at Dr. Phillips YMCA and December 16th at Altamonte Mall. We will need coverage for the Start Table, Checkpoint, and Finish Table. Look for the Volunteer Sign Up links on our website.

On-going volunteer positions are still open for:

- Publisher/Editor Mid-Florida Milers Bi-Monthly Newsletter
- Mid-Florida Milers Year Round Event Coordinator
- Trailmaster Assistants – complete training program available

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).

Membership by Dave Piatt, Membership Chair

As of October 1, 2017, Mid Florida Milers had 56 memberships compared to 68 at the same time last year. This represents 81 members this year and 99 members last year.

While the membership numbers are behind what we had last year, we cut the difference in about half. I believe we have pretty much finished with the renewals from last year. The one exception to this possibly people who will be returning from their homes up North now that the weather is about to turn cooler (or so the weatherman claims!)

As we get into the best walking weather of year, this would be a good time to remind anyone who might be interested in joining us on a walk, that we will have a number of enjoyable walks planned. It is also a good time to get a head start on walking off some of those extra holiday calories that we are planning on consuming.

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.

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.
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

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

I Walked Maine's YRE Events

By Rebecca Hinkle

I joined MFM and AVA in January 2017 and enjoy all the friendly people I have met on the Orlando area walks. As usual I spent the Memorial Day holiday in Maine. This year for the first time, I completed the 5 year-round walks sponsored by the Southern Maine Volkssport Association.

Going from south to north, the first is Kennebunkport. The walk includes the grounds of a monastery, an Atlantic Ocean beach and downtown Dock Square for ice cream and shopping. I especially liked the boat shaped planters filled with colorful flowers along the sidewalks.

Next, going up the coast is the South Portland walk. It follows a walking path to Bug Light Park. The 5 km turnaround is at a lighthouse with pretty views of Portland Harbor. The 10 km continues to a beach.

The third walk is Portland City with Longfellow's childhood home and a church built in 1632. The church is the oldest stone building in Maine and was used to hide runaway slaves. There are many opportunities for ice cream, seafood and shopping along the waterfront. The weather was stormy and a chilly 53 F when I walked in May.

North of Freeport (the L.L.Bean and outlet shopping mecca) is Brunswick. This walk is designated 2A but the hills are truly small. Sights along the way are Civil War hero General Joshua Chamberlain's house, museum, and grave; Harriet Beecher Stowe's house where she wrote Uncle Tom's Cabin; Bowdoin College campus and the Perry-MacMillan Arctic Museum.

The fifth and northernmost walk is Augusta-the state capitol. This walk is truly a 2 rating - hills are not small like in Brunswick. I really liked the arboretum that is the start/finish point. In front of the State House is Capitol Park-the mustering ground for civil war troops from all over the state. My maternal great grandfather, Stephen Reed, came from Garland, Maine before leaving for points south.

Ed: Rebecca joined MFM while living here and now lives just north of Pensacola. Where did you walk? Let the club know what you liked and send the description to mlanpher@cfl.rr.com.

DATE	Florida Upcoming Traditional Events	REGISTER
4 Nov	FCTF Historic Gainesville	1:00 pm
11 Nov	HW Veteran's Day Walk	5:30 pm
18 Nov	FCTF Historic Downtown Jacksonville	8:30 am
10 Dec	FCTF St. Johns Town Center	5:00 pm
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 – Nov-Dec		
Date	Events	Registration Times
4 Nov	Celebration 1	8:30-9 am
18 Nov	Dr. Phillips YMCA	8:30-10 am
2 Dec	Winter Park @ AMTRAK	9:00-9:30 am
16 Dec	Altamonte Spgs Mall Starbucks	9:00-9:30 am
1 Jan	Kirkman Ale House & Lunch @Universal Studios	9:30-10:15

MFM Member Milestones			
Name	City	Events	Dist
Howard Daughtrey	Belle Isle	30	
Bernadette Kirchner	Winter Springs	50	
Michael Kirchner	Winter Springs	50	
Jeremy Sewell	Oviedo	50	
Laurie Hauptman	Orlando	75	
Jacob Sewell	Oviedo	100	
Johnathan Sewell	Oviedo	100	
Terry Sewell	Oviedo	100	
Gloria Merwarth	Fernandina Beach		10000
Mark Merwarth	Fernandina Beach		10000
Michael Lanpher	Winter Springs		11000
<i>The American Wanderer</i> , Oct-Nov 2017, http://www.WalkFlorida.org provides Florida walkers' milestones for the last 5 years.			

WALK THE USA A TO Z: Walk 26 cities — A to Z. **Start this easy Special AVA Program.** For example walk in Apopka for A, Ponce Inlet for P, etc. The program will continue indefinitely as long as there is interest. Mail payment of \$8.00 (includes shipping) to AVA below to purchase an event book. Once you have completed the event book you qualify to receive a beautiful patch. Note: X is a wildcard and can be a walk at any event that is not already marked for the program. Xenia OH is still an option. Make a copy of your book prior to mailing the original to: AVA Headquarters, Attn: A-Z Program, 1001 Pat Booker Road, Suite 101, Universal City, TX 78148-4147. Look for Traditional Weekend Walks that provide non-YRE letters.

Walk these YRE letters in Florida	SE towns outside FL	Other Towns in USA
A Altamonte Springs, Apopka		
B Bellaire, Bagdad, Boca Raton		
C Cocoa Beach, Celebration		
D DeLand, Daytona, Delray Beach, Dunedin		
E	Edenton NC, Elizabeth City NC, Elkin NC	
F Flagler Beach, Fort Myers, Fernandina Beach, Ft Lauderdale, Ft Walton Beach		
G Gainesville		
H	Huntsville AL, Helen GA	
I		Ione CA, Independence OR
J Jacksonville		
K Key West		
L Largo		
M Maitland, Miami South Beach, Milton, Mt Dora		
N New Smyrna Beach, Naples		
O Orlando, Orange City, Ormond Beach		
p Punta Gorda, Pensacola, Panama City, Port Orange, Palm Beach, Palm Coast, Ponce Inlet		
Q Quincey		Quantico VA, Quechee VT
R	Raleigh NC	Rapid City SD, Rogers AR; Rogersville TN
S Sarasota, Sebring, Seaside, Safety Harbor, Sanford, San Antonio, Sanibel Island, St Augustine, St Petersburg		
T Tallahassee, Tarpon Springs, Tampa		
U		Uvalde TX, University Place WA
V Venice, The Villages		
W Winter Park, West Palm Beach,		
X Any City	Any City	Xenia OH
Y		Yuma AZ, Yorba Linda CA
Z		Zamora CA, Zion UT

New YRE Walk locations

We have renewed all the MFM Year around Events for 2018. These 19 events are at a maximum for management and the club officers will evaluate 2017 attendance by non club and club members to judge if any walks should not be renewed in 2018. The accounting in 2016 and 1st 3/4 of 2017 shows that club members are not using the YREs. A new event for us is Wekiwa Springs State Park that we took from FVA that became inactive. While our walk locations for the remaining 18 have not changed, the routes are updated regularly or "tweaked" due to road issues.

Trailmaster Topics

By Mike Lanpher

The walks this last two months were The Villages, Downtown Orlando, Orlando's Langford Park, and the WAF 27 in St Augustine. Pictures will be from the great weekend in St. Augustine. For 2018 events we kick off on 1 Jan at the Kirkman Ale House and walk in the Universal Studios area followed by lunch at the Ale House. Count on being there and join the fun.

Event planning for our 2018 walks began at the annual meeting where the following suggestions were made: Plant City, Edgewater, Lakeland (Include Florida Southern College), Howie In The Hills (include Yalaha Bakery), Magnolia Park, Lake Apopka, and for 2019 a YRE –Seasonal in Kissimmee Old Town.

We will maintain the practice of one traditional event on the 3d Saturday of each month. The 1st and any 5th Saturday's will be for YREs of ours or maybe neighboring clubs or an occasional traditional if a local event merits it. The First Coast Trail Forgers Golden Isles 5 walk events are 12-15 January 2018; we would like everyone to be able to try to support the great walks in Georgia on the Golden Isles east of Brunswick. The five walks will be unique and a way to see an area of the country that does not have any walks. There is no preregistration and walks are all \$3. INFO: See <http://www.firstcoasttrailforgerswalkingclub.org>.

MFM's big event in the fall is to host the Walk Around Florida 28. Right now investigating Lake Mary Kissimmee, West Palm Beach areas. Decisions soon. Will need your help so save some dates in late Oct, early Nov. For January-March and events are as follows: 1 Jan Kirkman Ale House followed by lunch

6 Jan Maitland and 20 Jan Longwood

3 Feb Orlando South (Lakes) and 17 Feb Barber Park

2 Mar Lake Buena Vista, 16 Mar Montverde, 30 Mar Plant City with Suncoast Sandpipers



Friday Vilano Beach Checkpoints
Vinny's and Beach Pavilion



Friday Vilano Beach & Tapas Party
Sharon & Sharon Gail and Bill



Saturday Lions Bridge and Historic St. Augustine



Check In & Finish Sheila & Lucy



Sharon A. & Bill Ellis



Registration Joan, Stollbergs, & AVA Pres

10/28 Social @Amici Restaurant



Bill and Gail (L) & friends



Allen and Cathy Metherell - the USA Team Commander



Some Milers

10/29 Sunday Walk



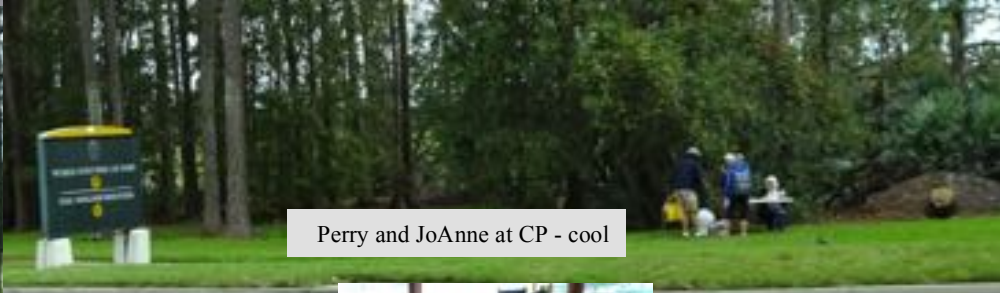
Sunday WGV Registration



JoAnne receives award from AVA President



Selling an award?



Perry and JoAnne at CP - cool



AVA Prez stamping



Hall of Fame Cafe



Bill at lunch



Joan & Alice & June (SS)