



# Mid-Florida Milers Walking Club News

Issue 1, January-February 2018

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)

Happy New Year, everyone! As you make plans for 2018, I hope you will schedule time for walking with MFM friends as often as possible! The third Saturday is always set aside for a new, one-time only walk. The first Saturday offers a chance to enjoy one of our Year-'Round-Events. Both of these walks as well as social outings depend on volunteers. We always need help with set-up, registration, check-points, finish, pre-walking routes, and planning social events. While government and politics cause more than a few groans these days, MFM has the perfect way for you to put democracy in action. You vote in elections once a year (or every four years), but when you volunteer, you vote every day about the kind of community you want to live in. Let's join together and make central Florida a wonderful walking community by volunteering! Speak to Sharon, Sharon, Joan, Mike or me today and let's get started!

*Rosemary*

**HELP Wanted:** We need a new social chair to coordinate lunches and other non-walking activities starting 1 Feb. Contact Rosemary at 407.920.3174. We need a Route Monitor for Celebration starting 31 Jan. For details on responsibilities, call Mike at 407.304.6394.

**Walk Around Florida 28** will be in Orlando on 2-4 November and we are the Host. We will be asking for your help as we detail the plans and events.

**NEW YEARS DAY** – come out and enjoy the Universal Studios and area around it. Register 900-945 & lunch follows at Kirkman Ale House.



**Add your name for Lunch - still time**

### **TIME TO COMMIT**

**GOLDEN ISLES – 5 walks in 4 days**

**January 12-15 2018**

**GET a HOTEL ROOM NOW**

With walks 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. Walk any walk any day; group walk times **HERE**.

### **Return to the Mont, Montverde, on 17 March**

Irma is GONE. Join us for a pot luck lunch prepared by fellow members at the Community Center. **Sign up – so there are few left overs** – and bring a salad, dessert, or veggies. Details in January. 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.

### **Welcome to New Members**

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

Bob & Lorraine Huffaker

**Trailmaster Topics** By Mike Lanpher

Walks for the next 3 months are set for New Years Day, Longwood, Orlando’s Barber Park, Montverde, and Lakeland. Additionally walks at Winter Park, Celebration and Blue Springs are scheduled. Join us as we start out the year with lots of activity. This last two months had us in Dr. Phillips YMCA and Altamonte Springs. 32 were at the YMCA for a nice walk in Bay Hill but only 19 members attended the great walk Rosemary developed in Altamonte. Eleven did stay for a very nice lunch at Café Murano where Bob Zook and Sharon Axelrod won the two give away prizes. We have lunches planned for New Years Day and Longwood –sign up and join the fun.

**Crazy Horse Adventure Event  
Custer South Dakota**

Heads up for 2018 Crazy Horse Event (courtesy Black Hills Volkssport Assn.): On October 1, 2017, We had 4148 walkers including participants from 20 different states. Plan ahead for next year’s Crazy Horse Volksmarch events.

The spring Crazy Horse Volksmarch will be Saturday and Sunday, June 2 and 3. The fall walk is Sunday, September 30 & the Buffalo Roundup will be Friday, September 28. *Editor note: I walked this with our daughter and 2 grandsons – it was fun and an EXPERINCE-2000 walkers and 5-10 year olds passing you!*

**Mid-Florida Milers Volunteer Opportunities**

By Sharon Axelrod, Secy & Volunteer Coordinator  
Two longtime route volunteers/members are leaving and the Kirchners volunteered for Winter Park. We need Route Monitor for Celebration starting very soon. For details on responsibilities, call Mike at 407.304.6394. We also need a new social chair to coordinate lunches and other non walking activities. Call Rosemary for details. More volunteer opportunities are available at each Mid-Florida Milers traditional walks. These only take a couple hours and provide time to walk –or you can walk ahead of the date. 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 of 12 walks in the Orlando area
- Trailmaster Certification – complete training program available
- Checkpoint set up/tear down on some walk dates

**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 12/1/17, we have 58 memberships and 85 members. This compares to 73 memberships and 107 members at the same time last year. We are definitely in the cool part of the year and the weather is very conducive to walking. So come out and join us at our next walk and if you have not renewed your membership yet you can join for the rest of the fiscal year (through June 30) for only \$4 for individual and \$7 for family memberships after January 1.

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, Florida Walks website webmaster.
Dave Piatt	Membership
Nancy and Dan Barnett	MFM Web Master/Maven
Letty Zook	Publicity/eNews
Marcia and Mike Kepper	Routes & brochure copying
YRE Route Monitors	Ron Barna, Cathy Metherell, Jan Van Vlack, Gerry Vannienwenhove, JoAnne Cross, William Paugh, Mike & Bernadette Kirchner, Joyce Taylor, Terry Sewell

**Walking in Alabama – Montevallo**

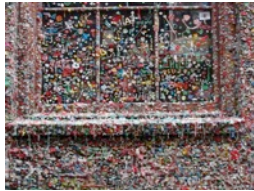
by Mike and Joan Lanpher

Joan and I delivered our granddaughter to ‘BAMA’ in Tuscaloosa after Thanksgiving. Next day we drove to Montevallo and did the 5km walk. A small town with a very nice University campus, older homes, and there are maybe 30 “Tingles” in Orr Park. A tingle is by a local artist a tree or log woodcarving in a tree or log. Unusual Love these walks that would not see. otherwise we



**Walking in the Pacific Northwest!** By Nancy and Ben Grzesik

If you are interested in walking a fun, vibrant city, I highly recommend Seattle, Washington. We had the opportunity to be there at the beginning of December and contrary to rumor that it's always overcast and rainy, we experienced three days of gorgeous sunshine. It was a little chilly but when walking around touring the city, it was welcomed. Let me warn you though...it is a hilly town. On our first day we headed off to Starbucks first Reserve Roastery and Tasting Room (uphill walk from our hotel). It is an awesome concept and if you are a Starbucks fan, check it out. Here's the link: <http://www.thestarbucksroastery.com/> I also must add it's nine blocks uphill from the original Starbucks, which is on 1<sup>st</sup> and Pike. After indulging in coffee and delicious pastries, we headed down hill to the shopping district where you can practically find any store you frequent and the original Nordstrom. Seattle is the hometown for Nordie's. Four miles of shopping and exploring, we headed back to the hotel to get ready for dinner. The waterfront was about a mile from our hotel...downhill getting to Elliott's restaurant for dinner and an uphill climb on our return but what a terrific way to digest your dinner and then stop at the hotel lobby bar for a cheese plate for dessert and a glass of port. Our second day adventure focus was on the market place area. Check out the pictures of the Pike Market. The one that has the Pike Market Fish Company is the place where the employees toss the fish around and simply



entertain anyone and everyone who is walking by. The market area has lots and lots of small alleyways and tons of little shops where I know you would find things you never knew existed and ones that you find yourself needing and buying! As you walk about (as they say in Australia), you are sure to walk down Post Alley and discover the bubble gum wall...it's art like you've never seen before. Check out the picture on left.



Bainbridge. It's a 35-minute ferry ride with great views of the islands and the so many landscaped gardens and lots of trails. The island is approximately 28 you will get in your daily walking goal during a day-trip visit. And if you always rent a bike. The downtown area has great little shops and a number of recommend the Harbour Public House...farm fresh pub grub (as they the marina. Another day of five miles plus for my exercise book! The last was the Christmas tree in the Fairmont Hotel, where we were staying. It was a walk back to the hotel and crash in the comfortable lobby chairs and enjoy.



Another fun day and another found us on the island of city skyline. The island has square miles; I can guarantee don't want to walk, you can delicious restaurants. I would advertise) and great views of picture that I had to include beautiful tree and relaxing to

Wishing everyone a very Merry Christmas and a Happy Healthy New Year!

*Ed Note: Nancy and Ben Grzesik live in Winter Park; there are 16 YREs in Seattle and 415 in Washington.*

DATE	Florida Upcoming Traditional Events	REGISTER
12-15 Jan	5 Walks in Golden Isles GA. See details at FCTF web site below.	Various
27 Jan	FCTF Jacksonville - Old Ortega	8:30 am
10 Feb	HW Titusville - Chain of Lakes Bike Ride	5:30 pm
10 Feb	FCTF Orange Park	8:30 am
10 Feb	SS Anna Maria Island	8:30 am
27 Feb	FCTF Fernandina Beach - Crady Fishing Bridge	8:30 am
3 Mar	HW Palatka - Ravine Gardens State Park	8-11 am
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 – Jan-Feb**

Date	Events	Registration Times
1 Jan	Kirkman Ale House /Lunch at Ale House-sign up now	9:00-9:45 am Lunch on return
6 Jan	Winter Park at AMTRAK Station	8:30-9 am
20 Jan	Longwood Winn-Dixie & Finish/lunch at Jerry's Pizza	8:30-10 am Lunch on return
27 Jan	Blue Springs SP	8:30-9 am
3 Feb	Celebration #2	8:30-9 am
17 Feb	Orlando at Barber Park	8:30-10:00 am

MFM Member Milestones			
Name	City	Events	Dist
Laurie Hauptman	Orlando		500
<i>The American Wanderer</i> , Dec-Jan 2018, <a href="http://www.WalkFlorida.org">http://www.WalkFlorida.org</a> provides Florida walkers' milestones for the last 5 years.			

## Greetings from the Netherlands By Jan & Joyce Voetelink

We wish all our MFM-walking friends a **HAPPY and HEALTHY 2018**.

In the first week of December we returned from Florida to The Netherlands.



Although we  
forward to see

*Ed Note: Jan &  
live about 50 miles*

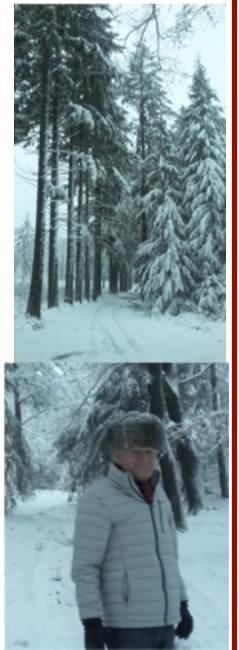
As much as we like walking with the Mid-Florida Milers in Florida, we also love hiking in our country in Europe. We live in the eastern part of the country, in a State Park (called The Veluwe) with countless possibilities to walk in the forest and in the nearby IJssel River area. A week after our arrival in The Netherlands we walked about 6K here. As you can see on the pictures the scenery and the weather are rather different from what we were used to in our Florida habitat. After a wonderful but cold walk we like to warm up at the fireplace with a delicious glass of hot wine.



In the Winter (but also in the other seasons) it is here a fairytale-like environment.

enjoy our "Dutch" life a lot, we are looking you all again in 2018.

*Joyce visit Florida frequently living in Occoe; they southeast of Amsterdam.*



## AVA Virtual Online Programs - 401K: Invest in Your Health By Deb Kruep

Finally here it is, a fun way to track your Volkssport walking kilometers or your daily steps in an online program sponsored by the American Volkssport Association (AVA). The Virtual Online Program "401K: Invest in Your Health" allows you access to an online challenge, allowing you to post your Volkswalk kilometers or daily steps, view your progress, see others' progress and earn a special t-shirt upon completion of 401K or the equivalent in steps. Whether you wish to only post your Volkswalk kilometers or you are gung ho on capturing every step you take by entering manually or syncing your Fitbit, Garmin, Apple Watch, etc., — either method can be used ... it is entirely up to you.

You will be able to write comments about your walks, post pictures of sights along the way and even communicate with other walkers. What a great way to post your walks and learn about other walks you might want to visit.

Registration begins December 15, 2017. If you have questions, email Jan at [vop@ava.org](mailto:vop@ava.org).

**How to Register:** 1-Go to the AVA Website home page ([ava.org](http://ava.org)) and click on the 401K icon. 2-Fill out the information for your paypal payment (\$18.00). You may also send a check (info on website.) 3-You will receive a receipt from paypal immediately. 4-Within several business days you will receive an email from [vop@ava.org](mailto:vop@ava.org) with an invitation to create a walking account. 5-Follow the instructions to create your account.

*Ed: Extracted & reprinted by permission from The American Wanderer, Dec 2017 and AVA Flyer*

## Why I am a member of MFM

By Joyce Taylor

I became a member of MFM on New Year's day 2016. I go to bed early every night (including New Years Eve) so I was looking for something fun to do New Year's Day when I saw a blurb on an app that gave information about a group walk that was occurring just a block from where I live. I had no idea what to expect but was pleasantly surprised to be greeted warmly by the members that cool morning! I was introduced around and folks explained how the club worked and in no time at all I had signed up, bought a name tag and a T-shirt and was ready to go.

I left with the group on the pre-planned walk and quickly fell into step with one of the most interesting people I've ever met! As we walked, we shared stories of world travels and favorite places. Some time after that I mentioned that I wanted to be sure to take the 5K turn when we got there only to find my new friend saying "Oh, honey, that was a long time ago. You might as well go ahead and finish the 10K!" I was having such an enjoyable time, I didn't realize that I had gone farther than I had planned!

Since then, I've done YRE's while on vacation in other cities and states and have come to look forward to exploring more vacation spots with an AVA map in my hand! An injury sidelined me and so I haven't been able to walk as much as I would want but having the MFM walkers waiting for me to rejoin them has been a great encourage and motivation to get back on the trail!

*Ed Note: Joyce is the Lake Buena Vista Route Monitor and lives in Orlando near Universal*



### **AVA Presidents Message** by David Bonewitz

I am pleased to report that the energy and excitement is building. We just completed the orientation and training for the new National Executive Council (soon to be Board of Directors, and have already started using that term even though it doesn't become official until 2019). It was essential that we include the Deputy Regional Directors in this training and orientation as there is no point in having deputies if they don't know how we function and can't step in to replace a Regional Director. So, we shortened the training and orientation by one day to save money (and worked everyone extra long on the days we had).

I believe that the money was well spent.

In conjunction with the orientation and training, we held the first of the Board meetings for this two-year term. We used the time we had together at the orientation and training to work out details which we then approved at the meeting. We know that we don't have enough time at our face-to-face meetings to get everything done that needs to be done; so we are going to try a creative solution. We approved a plan for monthly Informational Electronic Board Meetings to be held on the third Tuesday of every month. At that time, we will receive and discuss committee reports. While we won't be doing any voting at this time, with this informational meeting and the written committee reports in advance of the face-to-face meetings, we expect to be able to move things on more efficiently. While we have budgeted for three face-to-face meetings a year, we decided to schedule the two years in advance with only the two required meetings per year to save money. We believe that the electronic meetings will keep us moving a pace. The scheduled board meetings for 2018 will be January 19-21 in the Southeast Region and June 8-10 in the Northeast Region. For 2019, our first meeting will be January 11-13 in the Pacific Region and then in June during convention in Albany. Now with these on the schedule, both the board members and you can put them on your calendar and plan to attend. Actual locations will be announced.

I'll only mention four new committees that we will be using. They are Club Development and Support, Strategic Plan Implementation and Coordination, Free Walker Study Group and 2021 IVV Olympiad Organizing Committee. More about these committees can be found elsewhere in this issue.

Finally here are three other exciting things from the meeting. First, the motion to add a new non-IVV class of events was approved. There are some details that have to be worked out as well as adding this into the ESR system, but this will give clubs some new options to hold events that can't be sanctioned as IVV-events. Second, the motion to approve the first Virtual On-Line Program (VOP) was approved as "401K – Invest in Your Health." More information will be coming on this program that will begin January 1, 2018. Finally, for the first time in 40 years the board approved making a bid to host the 2021 IVV Olympiad.

We have so much going on and so much energy and excitement that I couldn't stop trying to share it all with you. The excitement is building. Don't get left behind. Tie up those walking shoes, and let's get going. Happy trails.

*Ed: Extracted from and reprinted by permission from The American Wanderer, Oct 2017*

### **How We Got Hooked**

Hi, We're Iris & Dave. We've been members of the Mid Florida Milers for about seven years now. We moved to Florida in 2007 with our dogs. Hence I took them to a dog park where I met a couple who were members of MFM. They invited me to walk with them one Saturday. I was hooked! I love getting outside and exercising. Walking with the club became a regular activity. My husband is not as active as me so I never thought I could get him to join the walks. He went with me once and thought it was o.k. but I'm not sure he was totally convinced – until – I made the comment that it was interesting to walk the various routes and be able to enjoy the scenery leisurely plus getting exercise! He enjoys history and travel so walking new areas fit his bill. We look forward to receiving the emails that tell us where the next MFM walk is, also to learn about walks being held in other parts of the state that we can join. For a few years we walked almost faithfully, taking our dogs with us. We looked forward to exploring the Orlando area and other places around Florida, with other walking clubs. When traveling we have also looked up walks in other cities and found them to be an interesting and educational way to see the city in an organized approach.

But alas, other things came up and walking kind of fell by the wayside and we didn't walk as much. Now however life has changed again and we are looking forward to getting back into the walking mode the first of the year. This is a great walking club with dedicated people to run it. They even encourage people to volunteer during the walks. It's fun to meet new people and have conversations along the walks. Look forward to walking some new routes in 2018.

*Ed Note: Iris and Dave live in Leesburg*

Our picture pages show November-December Pictures.

November - Celebration

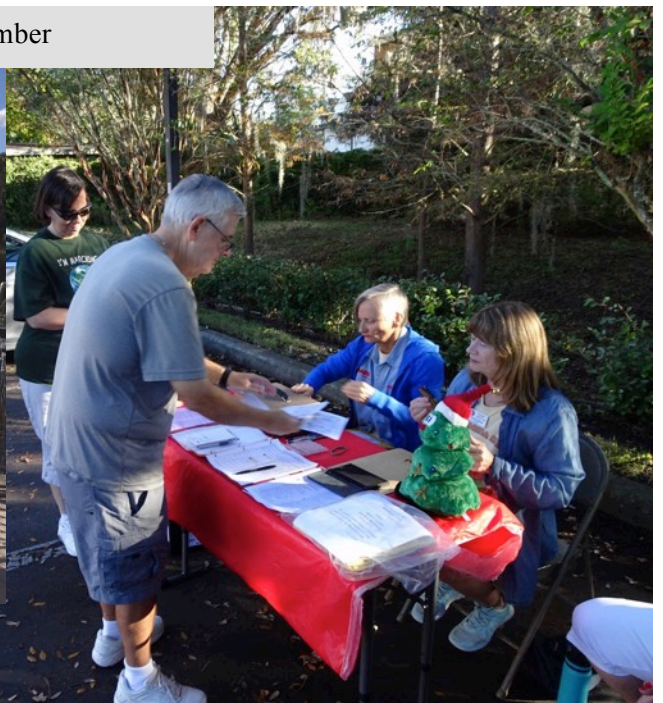


Dr. Phillips YMCA 18 November



Sharon A. at 5k checkpoint

Maitland 2 December



Our picture pages show November-December Pictures.

Altamonte Springs on 16 December



Bob wins hat - the lunch giveaway. John is envious.



Come on Out 1 January — one view on walk