



Mid-Florida Milers Walking Club News

Issue 2, March-April 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.

President's Notes

By Rosemary Barna,
rbarna1949@gmail.com

The Crisis in American Walking: We Don't

Ok, so I am preaching to the choir here. I know you walk and that you enjoy the MFM walks. But attendance is down significantly at our walks in recent months. Our membership also continues to decline. We offer well laid out routes, opportunities for fellowship, great lunch possibilities...the list goes on and on.

So why aren't we growing by leaps and bounds? We continue to search for that answer. If you have ideas to bring in new walkers or bring back "old" walkers, please take a moment to talk to one of the club officers or to send Letty a quick email.

Look around at the next event you attend. Is someone NOT there? Send them a quick message on Facebook or a quick text and remind them how much fun it is to walk with Mid-Florida Milers!

I am looking forward to seeing you ALL at some upcoming exciting events – March 31 walk in Lakeland with the Suncoast Sandpipers, MFM Annual Meeting, breakfast and walk in Winter Park on April 21, and WAF 28 "Walk Like A Tourist" on November 2-4.

We have a FULL ISSUE –Read On!

Rosemary

Membership by Dave Piatt, Membership Chair
As of February 1, 2018, Mid-Florida Milers had 60 memberships compared to 76 at the same time last year. This represents 89 members this year and 112 members last year. The overall membership continues to be somewhat below last year. Now is a great time of year to be walking, so come out and join us before the summer heat arrives.

Return to the Mont, Montverde, on 17 March for a St. Pat's Picnic

Irma canceled this in Sep so now join us for a potluck lunch prepared by members at the Community Center. Club provides corn Beef Sandwiches. **Sign up on MFM site & list what you bring** - salad, sides, dessert, or veggies. Lunch donation is \$5. The walks registers between 8:30-10. Good eats, views of Lakes Apopka and Franklin, friendly folks.



Lakeland –Sign Up for Walk and Lunch

The Easter Parade and lunch is on **31 March** at the Lakeland Library. Walk is \$2 for all or \$3 for credit, lunch is \$5 - sign up and mail by 23 March. **A sign up form is included at page 9.** This is a great walk through Florida Southern College's Frank Lloyd Wright's designed buildings, around 2 lakes, Hollis Garden, and part of downtown.

Winter Park Annual Meeting, Breakfast, & Walk

We moved the annual meeting normally held in August to **April 21**. We register and order some nourishment from 7:45-8:30 followed by our required meeting for elections (President & Secretary), discuss the WAF 28 Plan, and explain options for 2019 YREs. We would like your support for the needed quorum, inputs on YREs and WAF, and other topics of interest. **See Brochure.**

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

Welcome to New Members

The following are new members since December 1, 2017. If you see them at a walk, be sure to take a moment to welcome them to the club.
Candace & Gary DeVore, Arlene & Delroy Cowan

Trailmaster Topics By Mike Lanpher

We are off and running on Walk Around Florida 28 that MFM is hosting this year. Our theme is “Walk Like a Tourist” and we want to include many locals from Orlando area, Port Orange/Daytona, Tampa/St. Pete, and other Florida areas who seldom approach these tourist areas. A couple events will be familiar to MFM members and a couple will be a bit different. Saturday PM walk includes a short break as we ride in our reserved “capsules” on the Coca Cola Eye (an option at a great price). The social side is coming up as very touristy and the mixer and Saturday evening dinner will be fun and entertaining. Walking crowds this last two months have been lean compared to previous years with ½ of the 2016 crowd on New Years Day at Universal, and 23 at Barber Park 17 February. There was a small walking group in Longwood and 22 stayed for lunch at Jerry’s Italian Restaurant – I loved the Jalapeno Pizza. See Sharon’s Traditional Event numbers below for 2017.

We have some neat walks for the next two months: Montverde with a potluck – please sign up to bring dishes and to attend. Two weeks later we join up with the west coast club, Suncoast Sandpipers, in Lakeland for a walk there including Frank Lloyd Wright buildings on Florida Southern campus. We have walked there only twice before in 20 years so preregister (see page 8) and join us. Lastly this year we have our required annual meeting on 21 April at a breakfast meeting to elect officers and discuss events. We do need your attendance even if you cannot walk that day.

Walk Attendance by Sharon Predham, Treasurer

As Treasurer I report attendance and pay AVA for our events. The 2017 Traditional Events shown below had an average of 32 walking and paid of 21. We had, per Dave, 112 members last year.

Our 19 2017 YRE totals had 1136 walking and 942 paid as seen on page 8.

Traditional Events 2017 Attendance

		IVV Credit	Non- IVV	Free	Total
Jan	Lake Buena Vista	31	0	11	42
Jan	Orlando Blue Jacket Park	32	0	14	46
Feb	Kewanee Pk.	18	0	9	27
Mar	Oakland Nature Preserve	26	0	19	45
Apr	Lake Mary Colonial TownPark	26	0	11	37
May	Winter Park Village Publix	22	0	11	33
Jun	Big Tree Park	14	0	13	27
Jul	Long Lake Park	17	0	16	33
Aug	Bay Hill Walk	20	0	6	26
Oct	Lankford Park	16	0	5	21
Nov	Dr. Phillips YMCA	20	0	11	31
Dec	Altamonte Springs Starbucks	13	0	6	19
	TOTALS	255	0	132	387

Volunteer Opportunities

By Sharon Axelrod, Secy & Volunteer Coordinator

Many thanks to these members who volunteered to be the walk monitors for the open MFM Year Round Events: Tom Carter at the YRE in Wekiva Springs, Howard Daughtrey at both YREs in Celebration, and Bernadette and Michael Kirchner at the YRE in Winter Park. The Mid-Florida Milers Traditional Events are most often held on the third Saturday of each month. At these walks we need volunteers for the start, the checkpoint and the finish. We want our walk volunteers to know how much we appreciate your time and assistance in 2017.

Marcia & Mike Kepper	Jenny Thomas
David Piatt	Michael & Bernadette Kirchner
Sharon Predham	Tom Carter
Mike & Joan Lanpher	Bob & Letty Zook
JoAnne Cross	Sharon Axelrod
Deva Simon	Gail Brooks
Sandy Jasper	Cathy Metherell
Rosemary & Ron Barna	Bill Paugh
Deborah Boyette	John Hunter
Paul Erickson	Dan Barnett
Perry Rawson	

I listed needed Volunteer Opportunities here for many issues and so far only 3 walk monitors have been filled. We do need additional support from you.

Social Events Coordinator is to plan and coordinate activities to go along with walk events and the annual meeting. We have all enjoyed the picnics, luncheons, and pot lucks that we have had in the past. These additions to the walk experience enhance our events and are part of the “fun” and “friendship” that goes with our “fitness”. It takes a bit of time, some phone calls and emails but the result is pleasurable for everyone.

Year Round Event Coordinator: Each year the Year Round Events need to be reviewed and updated on the AVA System, the MFM web site and the YRE brochure. We need a volunteer to coordinate this effort with the Orlando area Walk Monitors. This includes confirming such items as information about the walk box location (i.e.; times open for business) and making the annual deletion or addition of Special Programs listed for the walk.

Checkpoint set up and tear down: (currently maintained by Mike Lanpher) We set up checkpoints for all our Traditional Events. Checkpoints are set up in the morning prior to the walk start and taken down after the last walker goes through. This volunteer activity could be shared by several people, taking turns depending on the walk.

Trailmaster Candidates: Mike Lanpher is the only club member certified as Trailmaster. The club would like to have two or three other members trained and certified to be available to back up and assist.

Walking Fun for less with your Miler Membership

Walking MFM YREs as a Mid-Florida Miler member is easy and less expensive. For the 12 YREs in Orlando and The Villages the club picks up 33% so you can walk for \$2. Easy, buy the \$20 10-walk coupons pack from us at any walk (available by mail for \$21).

Walking in Georgia's Golden Isles

By Mike and Joan Lanpher

About 6 club members joined 100 walkers from many states and enjoyed the 5 First Coast sponsored events in the cities and islands. While the Friday walk was misty and rainy, the Saturday – Monday walks were cool to cold but clear, good directions, and open times to walk (once registered, you walk in any order you want). Our favorite was Jekyll Island past the many old mansions that were built in the late 1800s for Rockefellers and other wealthy families from the northeast. Darien sits on a waterway to the Atlantic and was founded in 1736 by settlers from Savannah. During this period there were skirmishes between Spain and England that prompted Oglethrope to build defenses at St Simon and elsewhere.



Paul in Darien



Sat am 1/13 on Jekyll Isl.

Crazy Horse Adventure Event – Custer SD

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. *Editor note: I walked this in 2014 with our daughter and 2 grandsons – it was fun and an EXPERIENCE.*



DATE	Florida Upcoming Traditional Events	REGISTER
3 Mar	HW Palatka - Ravine Gardens State Park	8-11 am
31 Mar	SS & MFM Lakeland Easter Parade and lunch (Preregister for lunch – see page 9)	9:30-11am
21 Apr	FCTF Jacksonville - Ft. George	8:30 -9 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 .		

Come to Mid-Florida Milers Walks		
Date	Events	Registration Times
3 March	Orlando South @ Beardall that opens at 9 am	9:00-9:30 am
17 March	Montverde for walk and pot luck. Sign up on web site & state your "pot's" item	8:30-10 am
31 March	Lakeland @ Library-Preregistration form on page 9	9:30-11 am Lunch on return
7 Apr	Maitland	8:30-9 am
21 Apr	Winter Park – annual meeting, breakfast, walk	7:45-8:30 am, eat & meet to 9:20
5 May	Lake Buena Vista	8:30-9 am

MFM Member's Milestones			
Name	City	Events	Dist
Jeanie Ginnrich	Clermont	30	
Rebecca Hinkle	Molina	50	
John Hunter	Orlando	175	
Cathy Metherell	Orlando	250	
Jerry Vannienwenhove	The Villages	800	
Laurie Hauptman	Orlando		500

The American Wanderer, Mar-Apr 2018, http://www.walkflorida.org/Walking_Florida/ lists Florida walkers' milestones for the last 7 years.

Why do we walk? By Mike and Marcia Kepper



We walk because Mike is diabetic and I had major spinal surgery. Suggested therapy- WALK. Enough said. The bigger question is “why do we walk with MFM”? Getting up bright and early on a Saturday morning and saying I think I will walk a 5 or a 10K is sometimes not an easy decision to make. What is our motivation? People, places and things. We have had some of our best conversations with our walk mates and there is always something new to talk about. We are business people, military people, scientists, educators and so much more. What a great combination of minds and ideas. We are friends who care about each other. We have the opportunity to live in one of the most beautiful and sought after areas in the country and we have free access to explore much of it. We have seen places in our own back yard that we didn’t know were here. Not to mention access to walks all over the country and the world.

We have a combined knowledge of every park, market, rest room, bakery and several eateries in Central Florida. Not to mention seeing some of the most beautiful homes, lakes and iconic buildings that make up the history of our area. Walking is possibly not for everyone. If you can’t

wait to meet new people, make good friends, get a good exercise workout, experience new places, then just stay home. But---consider what you are missing?

Ed Note: Mike and Marcia volunteer and manage the paperwork needed for events; they live in Casselberry.

How I Started with Mid-Florida Milers by Dave Piatt, Membership Coordinator and former Vice President

I got my start with regular walking in 2003 following my annual physical. My doctor was not happy with my blood work and urged me to loose a few pounds and get a little more exercise to avoid going down a bad health pathway. Since I was working full time I was not able to do long walks every day, but I made it a point to take 15-minute walks at lunchtime and then longer walks on the weekend. Fortunately I was living in Cincinnati and Hamilton County has a very good park system with nice paved paths that were excellent for walking. I was a pretty dedicated walker; I walked regardless of the temperature or even moderate snow.

In 2010 I retired, moved back home to Orlando and started a regular daily 10- 11 Km walk in the College Park area. I have walked the same walk almost every day since then. I am always surprised by how many people come up to me and say they see me walking every day. (It happened again today when my letter carrier told me she sees me everyday at the other end of my walking route). In early 2011, I saw an article in the Orlando Sentinel saying the Mid-Florida Milers were doing a walk the next weekend. I knew nothing about AVA or what sort of walk it might be, but I decided to go and give it a try. So I went and the registration and greeting people were very nice. I got signed up with a New Walkers package the first day. Once I did the first walk, I was hooked. I enjoyed getting to meet and socialize with people on the walk and made some great friends simply by walking with them. I also really liked that walking with the club forced me to go and walk in different part of the Orlando area. I got to see and explore areas I had heard of but never really spent any time getting to know. Walking with Mid-Florida Milers has been very good for me as a way to get some exercise, explore new areas of Orlando and develop new friendships.



MFM has enriched my life by Jenny Thomas

I’m sitting here in my apartment in New Jersey contemplating going down to clean the snow off my car, again. It snowed yesterday for the third time in about a week. Of course I’m putting off the inevitable –preferring to sit here wasting time looking at my emails.

One of those emails is from ic-Florida.com - their Events “e-Lert”. It’s an informational newsletter advertising things to do in Orlando and I was happy to see Mid-Florida Milers advertising their walk today in Altamonte Springs. Seeing this took me back to almost 8 years ago when, at my winter home in Florida, I saw MFM’s notice on “ic-Florida e-Lerts” for a walk they were having in Celebration. Although I always loved walking and being outdoors, I had never been on an organised or ‘club walk’ before and thought I would give it a go. After all, I said to myself, it’s only at Celebration – which is 12 minutes away from where I live, so if I hate it I can just leave and come back home!

Ha! How wrong could I have been? Not only have I walked with MFM every winter since then (and volunteered whenever possible) but I also joined several walking/hiking clubs up here in New Jersey/New York and now go birding with my local Audubon club.

MFM got me out with other people and has enriched my life. That’s not a cliché – it’s really true!

Ed Note: Jenny lives in Davenport and New Jersey.

Ed Note: As we did in the last issue with an AVA President article, below is an Article on the state of AVA by the Executive Director. Reprinted by permission of "The American Wanderer".

What have we accomplished? by Henry Rosales, AVA Executive Director

On behalf of the team at the AVA National office, I extend greetings of peace and happiness to all. I hope the new year brings good health and many new friendships during this special time of the year.

The new year signals the completion of my third year with this great organization. Three years ago, I spoke about the creation of a roadmap to guide us into the future, a strategic plan. Thanks to the support of the Strategic Planning Committee and the AVA leadership, this plan has been completed and is in the implementation phase.

What follows is a listing of *new initiatives* that have either been completed or are in progress in accordance with our strategic plan. The work is categorized under the four Key Focus Areas of the plan. I have also specified if the work has been completed, is in progress or is an ongoing effort. This listing is not inclusive of all the work of all committees, only those I am aware of at this time. It is important to point out that new chairs have been appointed to all AVA committees and all committees are working on either existing or new initiatives, which are aligned with the strategic plan. Please refer to the AVA website to review committees and the strategic plan.

Special thanks to all volunteers, committee members, and the National Executive Council for their leadership and efforts in support of these initiatives. Without our strong network of volunteers none of this work could be accomplished!

Key Focus Area 1: Mission Impact	<i>To improve the quality and value of member benefits and programs</i>
• Appointment of a Membership Committee chair and creation of committee (completed)	• Appointment of a Club Development and Support Committee chair and creation of committee (completed)
• Expansion of national trails and distances (in progress)	• Development and expansion of the Online Start Box (ongoing)
• Creation of features for an AVA walking application (completed)	• Restructuring of the AVA convention application to support clubs (completed)
• Implementation of a <i>401K Invest In Your Health</i> online program (in progress)	• Creation and implementation of "AVA Community Events" programs (in progress)
• Application to host the IVV Congress in 2020 (in progress)	• Creation of IVV Olympiad Committee and completion of application to host the 2021 Olympiad (in progress)
• Creation of new stamp handles and stamps for all AVA events (in progress)	• Planning for the 2019 convention (in progress)
• Partnership with Red Roof hotels to provide discounts for AVA Members (in progress)	• Upgraded Electronic Sanctioning System for AVA events (in progress)
Key Focus Area 2: Financial Stability	<i>To diversify and develop sustainable funding sources</i>
• Appointment of a Fund Development Committee chair and creation of committee (completed)	• Diversified unrestricted and restricted donations — \$225,299 raised over the past three years (ongoing)
• Implementation of an Individual Donor Campaign, The Big Give (ongoing)	• Grant Solicitations for diversified funding — 22 completed over the past three years (ongoing)
• Diversified sponsorship and advertisement revenues — \$11,650 raised over the past three years (ongoing)	• Analysis of AVA financial systems (ongoing)
• Partnership with Red Roof Hotels to generate unrestricted revenues (in progress)	• Establishment of national partnerships with America Walks, Navigators USA, and GirlTrek (ongoing)
• Procurement and implementation of a donor management system (in progress)	
Key Focus Area 3: Internal Operations	<i>To increase National public awareness of the new AVA brand</i>
• AVA database upgrade (in progress)	• New AVA website (in progress)
• Appointment of a Publicity Committee chair and creation of committee (completed)	• Request for Qualifications to hire a public relations firm (in progress)
• Procurement and implementation of Quickbooks Premier (in progress)	• Procurement and installation of seven computers for the national office (completed)
• Procurement of a stamp machine (completed)	• Procurement of Office 365 to support communications and planning (completed)
• Procurement of a performance management system to track Strategic Plan progress (completed)	• Promotion of club events on social media and the AVA website (ongoing)
Key Focus Area 4: Governance and Leadership	<i>To develop the capacity of the board, employees, and volunteer leaders</i>
• Development of Committee Charters for all AVA committees (in progress)	• Creation of an AVA privacy policy (completed)
• Hiring and orientation of five new employees to carry out the Mission of the AVA (completed)	• Training and orientation of all regional and deputy directors (completed)
• Revision of all employee job descriptions to align with strategic plan goals (completed)	• Board and employee training on Office 365 and OnStrategy (completed)
• Participant form for minors attending AVA events (completed)	• Training and cross training of employees in old and new systems (ongoing)

Continued on Page 8

Our picture pages show January and February Pictures.



Longwood on 20 January



Longwood on 20 January lunch at Jerry's Italian Restaurant



Celebration on 3 February



Barber Park at Start



Barber Park sunny Finish where Bob and Letty volunteered



Barber Park at CP - Dave and Jenny are volunteers

Come on over to Lakeland 3/31 where the ladies have Easter hats, the lunch is yummy, and the walk quite delightful. See page 9 for sign up form.



Florida Southern



Hollis Garden



Bring correct change if not preregistered – no money accepted at Start – pay here at CP. But maybe not to Rosemary. Please Volunteer!

What have we accomplished? Continued from page 5.

It is very important to know that all this work is not being done in a vacuum. It takes collaboration and coordination of time and effort from committee chairs, committee members, volunteers, AVA employees and the National Executive Council to implement these new initiatives. The team at the national office appreciates the commitment and support of everyone.

Two out of the past three years the AVA has run an operational deficit and most likely this year will be the same. This can be attributed to several factors, the primary one being a decline in participation and sanction fee revenues which everyone already knows. However, if we want the organization to grow we must first invest money, time and resources to build the capacity and infrastructure, hence, the need to upgrade systems, develop new programs and train volunteers and employees. All of this requires funding the organization must spend up front even at a time when revenues are decreasing, otherwise there will be no growth or hope for the future. My projection is that this downward trend will bottom out this year and beginning next fiscal year we should begin to see things turn around as a result of the strategic plan implementation efforts.

During this special time we have much to celebrate. Over the past three years we have gained 14 new clubs. Last year we had 132 more sanctioned events than the previous year. With new initiatives and partnerships I am hopeful we can also increase our participation and membership numbers. Most important, we have our friendships to be thankful for.

Barber Park walk at “The Bear and Dog”



Year Round Events 2017 Attendance

	<u>IVV</u> <u>Credit</u>	<u>Non-</u> <u>IVV</u>	<u>Free</u>	<u>Total</u>
Wekiwa Springs	4	0	0	4
Boca Raton	9	0	0	9
Delray Beach	9	0	0	9
Palm Beach	11	0	0	11
Fort Lauderdale	12	0	0	12
West Palm Beach	13	1	0	14
Key West	18	0	0	18
Miami South Beach	20	0	0	20
Altamonte Springs Mall	26	0	4	30
Celebration #2	45	0	12	57
Winter Park	65	0	13	78
Orlando Downtown	67	0	13	80
Maitland	59	0	22	81
Orlando Lakes	71	2	21	94
Lake Buena Vista	80	0	14	95
Orlando North	78	0	17	95
Celebration #1	108	4	18	130
Lake Sumter Landing	106	0	36	142
Spanish Springs	134	0	23	157
TOTALS	935	7	193	1136

March 31 Lakeland Easter Parade Walk

Walk sign in between 9:30 to 11:00

Preregister for lunch and walk on form below – mail to Suncoast Sandpipers
by 23 March

Directions: From Orlando, take I-4W to exit 32, Lakewood/Dade City; turn left onto US 98S/N. Florida Ave. From Tampa, take I-4E to exit 32, Lakewood/Dade City; turn right onto US98S/N. Florida Ave. Both drive 4 miles crossing Memorial Blvd., railroad tracks, and Orange St. Left at Walnut St. (light) at 4 story, white, Center State Bank bldg. Left on Lake Morton Dr. Left on Palmetto St. after library sign. First left into Library lot. Registration room is immediately left after entering library. Do not come early as library opens at 9 and set up takes 30 minutes.

Preregistration: Please fill out form, marking applicable columns, and send with check to Suncoast Sandpipers PO Box 2514 Largo FL 33779 by **Mar 26**. We can't take reservations for lunch without advanced payment.



Fun, Fitness, Friendship

Name	Walk \$2	Credit \$1	Lunch \$5
Phone#			
E-Mail			

