



# Mid-Florida Milers Walking Club News

## AVA: America's Walking Club

### Issue 3, May-June 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

I hope you are out and about enjoying our central Florida spring weather! If you were not at the annual meeting and walk on April 21, you missed a terrific morning! Our club needs your help with Walk Around Florida 28 which is scheduled for November 2-4. Does it seem too early to be asking for help now? We have a lot of behind-the-scenes tasks to accomplish ahead of time so that the weekend will flow smoothly for all walkers. There are still some important positions in which we need key people to be sure that each event is well planned, staffed, and advertised correctly. Howard, Dan, Paul, Sharon P, and Cathy volunteered for the 5 events. We need someone to help me plan the Saturday evening mixer, someone (maybe more than one) to help supply bits of tourist info for our emails, and 2-3 people who will guide our walkers to and through the boarding process for the Orlando Eye. If you can help with any of these positions, please let me, or any club officer, know and we will get you all necessary information. Thanks in advance!

*Rosemary*

PS: this adorable Sand Hill Crane picture shows what you missed at Hontoon Island on April 22.



### Webmaster Request by Dan Barnett, Webmaster

Our club is very active in presenting great walks and social activities. We strive to have the most up to date information on our Mid-Florida Milers web site. For our members and Year Round monitors, as you identify any walk updates, please let me know as soon as possible so I can update our web site YRE pages. Send inputs to [dnlcssb@aol.com](mailto:dnlcssb@aol.com).

**Walk Around Florida 28** is in Orlando on 2-4 November and we are the Host Club. We will be asking for some help as we detail the plans and events. We will ride The EYE! **See page 4.**



The AVA donation drive achieved \$68,700 as of 25 April. There were significant matching contributions from: National Executive Cmte, Eagle Print (San Antonio), Frazier Insurance, Tater Tours, Terra Investments, Walking Adventures International. Your help is appreciated for your deductible contributions.

### Florida has Great Walks by Mike Lanpher

It is easy to find info on Florida Walks and see what fun is available on day trips from wherever you are in Florida. Orlando area is centered so east, west, north and south walks are all within 3 hours. Even FSU walk is only 4.5 hours (for John H.). Go to [Walking Florida \(http://www.walkflorida.org/Walking\\_Florida/Florida\\_Volkssports.html\)](http://www.walkflorida.org/Walking_Florida/Florida_Volkssports.html). You will find some interesting information including event and distance book explanation and the milestones Florida Walkers achieved.

### Welcome to New Members

The following is a new member as of April 1, 2018. If you see her at a walk, be sure to take a moment to welcome her to the club. Eileen Valachovic.

### Membership by Dave Piatt, Membership Chair

As of April 1, 2018, Mid Florida Milers had 60 memberships compared to 78 last year. This represents 90 members this year and 115 members last year. We are approaching the end of the membership year. Look for an article on renewing your membership in the next newsletter. Hope everyone is out enjoying the recent few days of cooler weather, a relief from the warmer weather we had been experiencing. It is a great time to get a little extra walking in. And do not forget to record those miles for the Mid-Florida Milers team on Move 60 (<https://hcf.walkertracker.com/>). We are in 5<sup>th</sup> place out of 186.

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## Trailmaster Topics By Mike Lanpher

Thanks to Jenny Thomas for volunteering for the YRE Coordinator position. She will manage the YRE renewals that are starting in June-August. We have 19 YREs to assess for renewal and then update the data associated with them online. Thanks to all the route monitors who maintain these event start boxes and routes. March and April we walked in Montverde in Lake County, Lakeland in Polk County and Winter Park, Maitland, and Orlando in Orange County. Montverde brought 33 walkers for the walk and lunch where some St Patrick's day eatings were available and Letty, Jenny, and Cathy won small gifts. Lakeland had over 60 walkers from MFM and Suncoast Sandpipers with a ham sandwich luncheon The Easter Hat competition was won by Michelle Devlin; the walk was cool and pleasant through the FSC campus and Mirror Lake and Lake Morton with tons of swans and other fowl. We hosted 13 walkers from Bradenton area VolksSouth group at Disney Springs followed by lunch at Raglan Road. Our annual meeting was held in the cooler month of April and started with a breakfast meeting at Another Broken Egg; this annually required meeting was to conduct club business and elect officers. See Sharon's article below for the meeting results. Joan and I are traveling in June and July.

## Annual Meeting Results by Sharon Axelrod, Secretary, palmtreesax@gmail.com

A change from past years, we held our Anniversary Meeting in April with the hopes of attracting more participation in the somewhat cooler weather of April than mid-August. We met our quorum with 26 members and had two additional guests joining us for a delicious, as always, breakfast at Another Broken Egg in Winter Park while we held our meeting. This year's elections for President and Secretary were presided over by V.P. Joan Lanpher. Members reelected Rosemary Barna, President and Sharon Axelrod, Secretary. Awards presented by Rosemary Barna went to Bill Woolgar who received an AVA Commendable Service Award for his 26 years as Route Monitor for the Wekiwa Springs SP YRE. The President's Award was presented to Sharon Axelrod for her excellent efforts for six years as Secretary and Volunteer Coordinator. Discussions were held with the membership concerning open volunteer positions, and thanks going to Jenny Thomas, our new YRE Coordinator. Mike Lanpher gave an update on the Walk Around Florida event to be held in Orlando Nov 2 to Nov 4. Summaries, created by Treasurer Sharon Predham, of Year Round Events and Traditional Events reflecting data on all walks from 2014 – 2017 were shared and reviewed with members. Inputs from members were provided and the Board would like those at and not at the meeting to review the minutes (when published on the web page). Please email specific comments to the club secretary. Following the one hour breakfast meeting members and guests set out for a walk through lakeside residential areas in Winter Park. This walk spotlighted different areas than our W.P. Year Round Event.

## Volunteer Opportunities

By Sharon Axelrod, Secy & Volunteer Coordinator

**Year Round Event Coordinator:** Thanks to Jenny Thomas our beloved New Jersey English Snowbird that volunteered to help with YREs.

**Now, how about these positions.**

**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.

**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.

## So good, another "push":

### Crazy Horse Adventure Event – Custer SD, 2-3 June 2018

The 2018 Crazy Horse Event (courtesy Black Hills Volkssport Assn.): On October 1, 2017, There were 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. The museum is well done.*

## 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).

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

**Come to Mid-Florida Milers Walks**

Date	Events	Registration Times
5 May	Lake Buena Vista – New Disney Springs	8:30-9 am
19 May	Make your Own Walk - & send it to Mike (map with RunKeeper, Apple, or other)	All Day
26 May	Oviedo at the Library (Library opens at 9 so a bit late starting)	9:30-10:30
2 June	The Villages Lake Sumter Landing@ Waterfront Inn	8:30-9:30
16 June	Altamonte Springs at Sanlando Tennis Park	8:30-10:00
7 July	Altamonte Springs Mall @ Starbucks	8:30-9 am

<b>DATE</b>	<b>Florida Upcoming Traditional Events:</b>  <b>None in May and June</b>
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**MFM Member’s Milestones**

Name	City	Events	Dist
Rebecca Hinkle	Molino FL*	75	
Joan Lanpher	Winter Springs	1000	
Michael Lanpher	Winter Springs	1200	
Sharon Predham	Leesburg	1200	

\* See Rebecca on the trail in Spain on page 3 to right.

*The American Wanderer*, May-Jun 2018, [http://www.walkflorida.org/Walking\\_Florida/](http://www.walkflorida.org/Walking_Florida/) lists Florida walkers’ milestones for the last 7 years.

**Walking Camino de Santiago de Compostela**

By Rebecca Hinkle

MFM member Rebecca Hinkle of Molino FL flew to Europe and started the 730 km route March 1 at Saint-



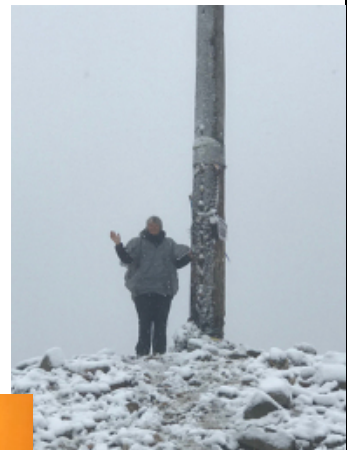
Jean Pied de Port and as of 15 April is in O Cebreiro. See map below. She should finish about the end of April. She returns in mid May.

Rebecca with “St. James”.

El Camino de Santiago de Compostela (in English: The Way of St. James) is a network of routes across Spain and Europe which all lead to Santiago de Compostela, in the northwest of Spain. In the Middle Ages, these routes were walked as a pilgrimage to the tomb of the apostle St. James. Nowadays, tens of thousands walk or cycle the Camino de Santiago every year in an epic journey of 500 miles. People from all over the world with all kinds of motivations: sport, culture, religion, nature, adventure etc., travel El Camino de Santiago, or parts of it, in a lifetime experience. El Camino de Santiago has been declared World Heritage Site by UNESCO.

Rebecca writes: “Cruz de Ferro- everyone takes photo here-placing a stone in the pile signifies a burden being laid down”.

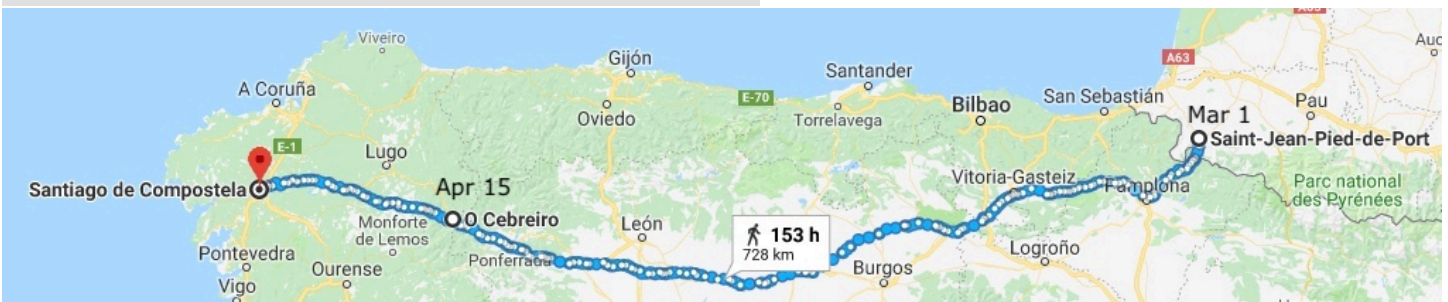
“Special cheap (euro \$5 and up) dormitories for pilgrim walkers. There is usually a choice of a separate more expensive



room ("sleep with privacy") or the dorm ("sleep with company").”



4/22 Hontoon Island. John exiting after camping before walk & trail. Nice day as rain held off until after walk and eating BBQ.



*Ed Note: As we did in the last issue with an Executive Director article, below is an extract of the latest AVA Presidents Message. Reprinted by permission of "The American Wanderer". You receive the TAW as an Associate Member.*

Extract of AVA Presidents Message by Dave Bonewitz



Greetings! For those who read the *Checkpoint*, you will find some duplication here, but bear with me as I try to ensure that this information gets to as many people as possible. So let's get started! How many of you know the AVA's Mission Statement? What about our Vision Statement? Well, if you don't, you should, because those two statements are the foundation for every- thing that we do and we need to remind ourselves periodically in order to stay on course.

**AVA's Vision:** Increasingly engage Americans in lifelong walking and other noncompetitive physical fitness activities.

**AVA's Mission:** Promote and organize noncompetitive fitness activities that encourage lifelong fun, fitness, and friendship for all ages and abilities.

There they are. Two sentences that encompass all of what we as AVA: *America's Walking Club* are about. At the national level we work hard to stay true to our Vision and Mission. Hopefully, these two statements also inspire our local clubs as well for it is at the club level that ultimately AVA will succeed or fail. We are an association of clubs and the success of our clubs is the success of AVA.

Do you have our Biennial Convention in Albany (June 9–16, 2019) on your calendar? You don't want to miss this one. I am greatly excited by the work being done by the Convention Committee. They have gotten a great start and are working hard to produce an outstanding convention.



## WAF28 – Keep Your “Eye” on Orlando

By Rosemary Barna, Alice Lawrence, John McClellan

Walk Around Florida (WAF) 28 is a call to the tourist in all of us. This 28<sup>th</sup> multi-event sponsored by the Happy Wanderers, Mid-Florida Milers and Suncoast Sandpipers, will be held November 2-4 at Florida's premier vacation site: Orlando. Headquarters will be the Comfort Inn and Suites, a hotel near International Drive, Universal, and Lake Buena Vista/Disney Springs. The #1 tourist destination in the world awaits your return visit – what, you have never been? This is the time to join us while we “walk like a tourist!”



Events begin on Friday afternoon with a walk at the all-new Disney Springs, an eclectic mix of unique shops, one-of-a-kind restaurants and lively entertainment at Walt Disney World. Spend the afternoon and evening exploring every delightful sight and remain to select your choice of over 30 eating opportunities. After a good Saturday morning breakfast that prepares you for a busy day, walk in Dr. Phillips area of Orlando where one of the premier golfing tournaments is held. Grab a quick bite at the Finish in the spacious Dr. Phillips YMCA after the walk before returning to the hotel.

The afternoon walk is a stroll along International Drive, the center of the fun and excitement for tourists in central Florida. This walk starts with the optional ride in our private 15 person capsules on The Eye – a sister to the famous London Eye– and continues past diverse collections of tourist attractions, hotels, shops, and convention facilities. Following the walk change to tourist clothes (tacky of course) and join other walkers at the free mixer at the hotel where you'll see old and new friends. But wait, the evening has just begun! We walk to the nearby Sleuth Mystery Show for our evening dinner and show. Eat, drink, be entertained and solve a mystery during this exciting, interactive, and fun evening.

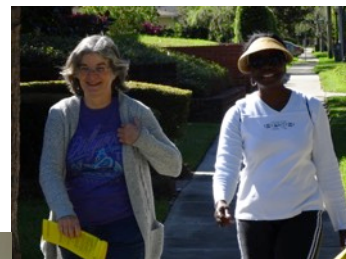
On Sunday after breakfast, we make our way to the start of Universal's CityPlace to walk and tour resort grounds filled with scenic trails, sights, and more shops (Christmas is a short 6 weeks away). Return to the Finish for a light lunch and the freedom to relax.

Registration brochures will be available after May 1. The Comfort Inn and Suites is now accepting reservations for 2 Queen rooms for \$89 and Suites for \$99. Call 407-351-7000 for reservations. Ask for “In House Reservations” and use code “Walk Around Florida”. These rates or a lower prevailing rate are available 2 days before or after the event.

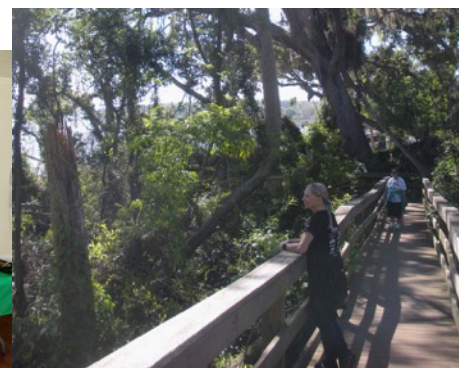
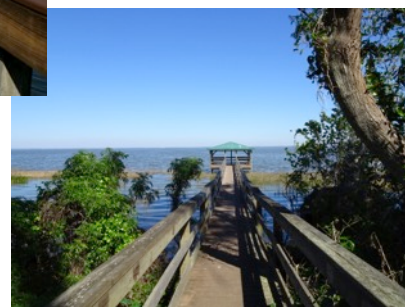
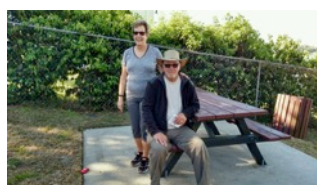
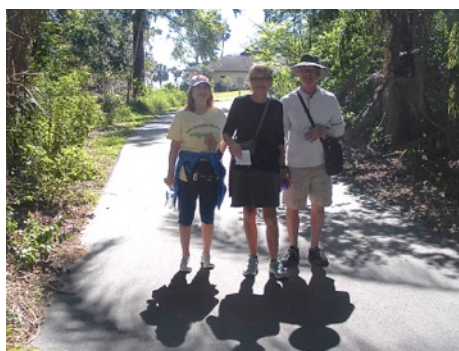
Start packing your tourist clothes now for this unusually fun and different weekend. See our Facebook page at <https://www.facebook.com/WAFXXVIII>.

# Our picture pages show March and April Events

Orlando South on 3 March Start and 5k route/walkers



Montverde on 17 March





Lakeland on 31 March with Suncoast Sandpipers



Michelle is the Easter Hat winner



Mirror Lake Promenade



Hollis Garden at Mirror Lake



Historic District





Maitland April 7



Azelea Garden



Howard, Rosemary, Sharon



VolksSouth walk SS YREs  
Walk on Wed - Jan-Apr

Lake Buena Vista with VolksSouth of Bradenton

From 3d Floor, Coca Cola Bldg



April 21 Annual Meeting & Walk, Winter Park



Another Broken Egg Patio

Annual Meeting



Sharon Axelrod receives President's Award



Left Marcia and Rosemary; Neil and 10k group at CP

