



Mid-Florida Milers Walking Club News

Issue 4, July-August 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

Happy summer! Congratulations to all who participated in our MFM team for Move 60! We placed third out of 186 teams.

After years of discussing and cussing, the board took yet another look at charging a walk fee for all walkers. As there were a number of options available, the long board meeting finally voted to charge \$3 for all walkers on all events starting September 1 at the Orlando North YRE. This change in policy eliminates the free walker category.

Remember, however, that members of MFM may purchase discount books at any walk at \$2/YRE (not usable for Traditional Events) in books of 10 – thus \$20. Finally, be ready to answer the call for volunteers to help with walk registration, finishes, and checkpoints at WAF 28 coming up the first week in November.

Rosemary

MFM Membership

By Dave Piatt, Membership Chairman

As of June 30, 2018, Mid Florida Milers had 63 memberships compared to 78 at the same time last year. This represents 92 members this year and 115 members last year. This is the final membership report for the 2017 - 2018 membership year.

As of June 25, we have had 28 renewal or new memberships representing 40 members for the 2018 - 2019 membership year.

If you have not renewed your membership yet, please go ahead and renew at one of our upcoming walks or by mailing in your membership information. Membership dues are \$8 for an individual membership or \$13 for a family/couple membership.

If you have changed some of your information (name, address, phone number, e-mail) then please download a membership form from the Mid-Florida Milers website (www.midfloridamilers.org) and mail it to: Mid-Florida Milers, P. O. Box 4575, Winter Park, FL 32793.

If your information is still the same then just either mail in a check or pay at a walk.

I look forward to getting your renewal soon and hope to see you at an upcoming walk.

Walk Around Florida 28 is in Orlando on 2-4 November and we are the Host Club. We will ride The EYE! See **page 4 article and registration sheet on page 6.**



WAF 28 Itinerary		
Nov 2 12-4 p.m.	WAF Registration	Hotel
	Walk Start	Disney Springs
	Swim Start	YMCA Aquatic Center
Evening	Free Time	Disney Springs
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	Walk Start	Dr. Phillips YMCA
8a.m.-3 p.m.	Register Swim	Hotel
	Swim Start	YMCA Aquatic Center
12-1 p.m.	Register Walk (I-Drive)	Hotel
	Walk Start (I-Drive)	Hotel
5:30-6:45 p.m.	TT Party	Hotel Meeting Room
7 p.m.	Check-in	Sleuth Mystery Theater
7:30-10 p.m.	Dinner Show	Sleuth Mystery Theater
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	Walk Start (Univ.)	Miller's Ale House
	Lunch	Miller's Ale House

Welcome to New Members

We added two new memberships as of July 1 for the 2018- 2019 membership year. Please welcome: Leana Nguyen, her husband Nhu and son Elijah and Beth St. Pierre.

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Trailmaster Topics By Mike Lanpher

Joan and I are traveling in June and July. Inputs by guest columnist Sharon Axelrod

May walks in Lake Buena Vista in great weather had 23 participants. The new Disney Springs facilities and variety are quite impressive. Our Oviedo walk from the Library brought in 34 walkers and some less than clear weather as the end of May downpours continued. In June we visited The Villages where we gathered 33 walkers, most from The Villages. Two weeks later on a warm day there were 29 walkers starting from Sanlando Park. July and August walks and a bike ride are noted on page 3.

Coming up later this year are walks in Winter Park and Happy Wanderers Walk & Bike in September. Please register early for Walk Around Florida with the Registration Sheet on page 6.

Volunteer Opportunities

By Sharon Axelrod, Secy & Volunteer Coordinator

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.

WAF 28 Volunteers – Our call for help in September will include start, finish, Swim monitors, and some checkpoint positions.

San Xavier de Bac Mission- a National Historic Landmark

By Joan and Mike Lanpher

We walked in the historic town of Tubac, Arizona, south of Tucson towards the Mexican border that has a long and interesting history under the Spanish and Mexican flags. On the way south on I-19 from Tucson we stopped at the San Xavier de Bac Mission. It is the oldest active mission and church in the southwest and is the northern most mission of a string of Spanish missions started and developed in the late 1600s by one Jesuit priest, Father Kino. It is on the Tohono-O'odham Nation San Xavier Indian Reservation with a population of 24,000. It is the second largest Native American reservation after the Navajo Reservation. The missions founded by Father Kino are about 30 miles apart coming north from Mexico. The nearest one to San Xavier is south, in ruins, at Tumacacori National Historic Park.

The mission was built at the site near the original historic 1700 church and was the first constructed in the area until it was destroyed during an Apache raid in 1770. The Franciscans and the local Tohono-O'odham peoples constructed the current mission from 1783 to 1797 and was named "White Dove of the Desert" by John Muir in the early 1900s. The mission became part of the USA after the 1853 Gadsden Treaty when Mexico ceded the lands in Arizona and California. Today it retains its original purpose of ministering to the religious needs of its parishioners. Constructed of low-fire clay brick, stone and lime mortar, the entire structure is roofed with masonry vaults. As



with all older structures nature, restoration attempts have been impacted by natural events such as an earthquake in 1887 knocking down the mortuary wall and damaging parts of the church. Extensive repairs began in 1905, under Bishop Henry Granjon. The next round of restoration followed the years after 1939 when a lightning strike hit the West Tower lantern. The Tohono-O'odham tribe formed the Patronato San Xavier in 1978 to promote the conservation of Mission San Xavier. This resulted later in a five-year program by an international team of conservators that cleaned, removed over-painting, and repaired the interior and painted and sculptured the art of Mission San Xavier del Bac. The video

of this restoration process was very interesting. The project was completed for the Mission's 200th anniversary. Pictured is the outer façade and interior.

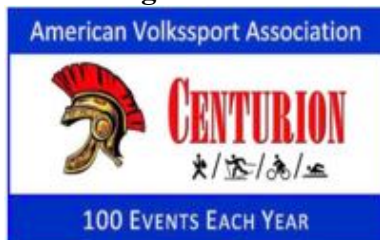
AVA Monthly News, Checkpoint, Available Via Email to All Club Members Who Request It

To receive an electronic copy of the AVA Monthly information paper Checkpoint send an email requesting that you be put on our distribution list for the Checkpoint. Please note on the subject line: Request for Checkpoint. Send your request to Samanta at samanta@ava.org.

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).

Centurion Challenge – Florida Participation



Congratulations to the four Floridians those who finished the Centurion Challenge in 2017! 100 events – that is a lot of walking.

Daniel Barnett and Dave Bundy (MFM)

Bob and Lorraine Huffaker (SS/MFM).

Walking Camino de Santiago de Compostela

By Rebecca Hinkle



Shown are Certificates of completion of the Camino. After Santiago, I continued walking to Finisterre so I could put my feet in this side of the Atlantic Ocean. Final walk was to Muxia. Thereafter, it was buses and airplane- returned to Pensacola Friday the 10th. I feel fortunate to have been able to both start and complete the Camino Frances.

DATE	Florida Upcoming Traditional Events	REGISTER
Sep 22	PKVC West Pensacola	12-2 pm
Sep 22	Happy Wanderers Lake Beresford Park - Walk and Bike	BIKE 9 am WALK 9-10:30
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 1st Saturday a YRE 3d Saturday a Traditional Event		
Date	Events	Registration Times
7 July	Altamonte Springs @ Starbucks	8:30-9:00
21 July BIKE	Guided Bike at Oviedo Black Hammock Trailhead	8-8:30 Brunch @ Town House
21 July WALKING OPTION	Orlando Downtown or Orlando South Maitland or Winter Park	Please walk on your schedule -
4 August	Celebration 1	8:30-9 am
18 August	Tibet Butler Preserve	8:30-10 am
1 September	Orlando North	8:30-9 am

MFM Member's Milestones

Name	City	Events	Dist
Samson Duncan	Lake Mary	50	500
Sharon Axelrod	Orlando	250	
Lorraine Huffaker	New Port Richey	650	5500
Bob Huffaker	New Port Richey	800	7000
Letty Zook	Haines City		16000
Robert Zook	Haines City		16000
Dave Bundy	Orlando		19000

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

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 explanations and the milestones Florida Walkers achieved.

Get the WAF Brochure on the club web site & see the WAF video

Go to www.midfloridamilers.org

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Walk Like a Tourist: Eye on Orlando



WAF28 – Keep Your “Eye” on Orlando

Walk Around Florida (WAF) 28 is a call to the tourist in all of us. This 28th 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!”

Swim – remember when it was fun! Our Friday and Saturday swim is fun in 80+-degree water that will sooth your body and mind. With 9 hours of available time you can enjoy the 300 meters before Friday’s night on the town at Disney Springs or before or after the Eye ride and before the evenings Tacky Tourist fun. The YMCA Aquatic Center is an I-Drive “senior citizen” and has hosted huge events and trains high school water polo teams. So sign up, walk or drive there, and enjoy.

Remember Arnold Palmer – well of course – he was and Winnie is fantastic Orlando citizens. The Winnie Palmer Hospital for Women & Babies spectacular architecture is second only to the tremendous care provided. It is on the Orlando South YRE route. Of course the Arnold Palmer Bay Hill Golf Classic is a tradition here. Our Saturday morning walk will take you past not only the golf course but also the many fine homes surrounding this magnificent course. The coveted area is over 30 years old and maintains its allure and wonderful landscaping.

Our fun plans kick off Saturday afternoon at the Tacky Tourist party where your tourist duds are on display, a photo contest, snacks, some speeches, old friends and a libation sip or two are there. Then it is off by foot to the fun, hilarious, and food and drink filled Sleuth Mystery Show. This continuously running show for over 20 years is in a large room, using veteran actors, and making you use brain power to get your table to solve the crime. Volkssporters will be at their own tables so mix it up with new folks.

See our Facebook page at <https://www.facebook.com/WAFX XVIII>.

Traveling Across the USA

By Mike and Joan Lanpher

Joan and I left in late May to visit her sister in law in Washington State. On the way we walked year-round events that other clubs provide in some big and small cities. We managed to hit the Southwest at their 100+ temperatures with slightly cooler temperatures in the 90s as we entered California. We walked in Mobile, Baton Rouge's LSU campus, Columbus, Boerne, Chihuahua Desert Garden museum, and Fort Davis Texas, Tubac, Wickenburg, and Sedona Arizona, Tehacapi California, and Umatilla Oregon. We also able visited some interesting venues such as the McDonald Observatory, Arizona's Biosphere 2, Tohono – Chul Desert Garden, San Xavier de Bac Mission, established in the 1680s, Casa Grande (1st National Monument in 1890s), Sequoia National Park, Ft Ross, CA (Russian 1812 settlement), Crater Lake, and the other Umatilla before reaching Custer, WA. We were pleased with most of the walks and found extra pluses on the routes to or in the towns. See our separate article on the San Xavier de Bac mission.

10 walks and 3500 miles provided a snapshot view of the many interesting places in the USA. Our favorite walk was in Wickenburg, TX, while the most difficult, but with beautiful vistas, was Sedona's Bell Tower and Courthouse Butte. Wickenburg, TX is a small old west town on US 60 northwest of Phoenix. The streets and homes were neat and the businesses friendly. It has a large Western Museum, an old train station, and two nice City Parks with one having a tangle of mesquite trees that grow all twisted in interesting layouts. Sedona is known for it's vortexes and the Bell Tower and Courthouse Butte are two of them. The walk in Oak Creek on AZ 179 is around the Bell Tower on an incline with views of the Chapel on the Hill and many red rock formations (sandstone). Continuing on the Courthouse Butte trail, the trail narrows and undulates with the rocky terrain showing off desert flora such as that pictured with the Bell Tower.



The Sequoia National Park was spectacular and was worth the long drive to 7000 feet. The stop at Ft. Ross with 60-degree temperatures proved interesting with a tour of the Russian fort on the Pacific. An enjoyable first half of our trip.

Ed Note: As we did in the last issue with an AVA Presidents Message article, below is an extract of the latest TAW article by Executive Director, Henry Rosales. Courtesy TAW, Jun-Jul 2018.

America's Walking Club walks on a solid foundation

I am grateful for the invitation to attend the Atlantic Region Conference in Loudoun County, Virginia and the Texas Volkssport Association (TVA) meeting/walk in Del Rio, Texas. Both events were well attended and organized by club officers and volunteers. The same can be said of most of the events I have attended over the past three years. Ask me what the AVA does best, and I will tell you we plan well organized noncompetitive walking events across America. Ever since the AVA embarked on a strategic planning effort I am continuously contemplating how we can grow the AVA. How can we increase our participation numbers? How can we increase the number of clubs? How can we grow revenues? How can we attract corporate sponsors? What is it the AVA can and must do collectively to grow?

Well, while I was sitting in the TVA meeting listening to all their great accomplishments and impassioned discussion about the future state of the association it hit me! Then again, while I was having dinner and socializing with a group of wonderful, energetic Volkssporters during the Atlantic Region Conference it hit me! *The one thing the AVA can and should do is continue to plan well organized noncompetitive events for everyone!* If we want to grow as a national organization clubs should continue doing what they do well. Our well-organized noncompetitive events are the foundation of the AVA and without this solid foundation the AVA cannot sustain growth.

I commend AVA clubs for all the efforts they put into planning momentous events that feature *Fun, Fitness, Friendship and Food!* I ask your continued patience and support as we continue to plan and implement marketing, fund development, club development and membership growth strategies.

Special thanks to all our Big Give donors. It was another Big Success as we surpassed our giving goal for the third straight year. Unlike a fee for a service or a registration fee, an individual donor campaign is an appeal to everyone to contribute (whatever amount) to the organization because they support the work and/or mission of the organization and want it to continue.



Volkssport & Social Event Registration

Please print/copy this page. Complete forms; sign waiver. Sign up to two people with same address. All must sign waiver (adult for kids under 18). Mail form with check made out to Mid Florida Milers to: Sharon Predham, MFM Treasurer, 26807 River Watch Ct, Leesburg, FL 34748, postmarked by **Oct 17**. We only have 50 messenger bags, so don't delay!

Name #1: _____ Name #2: _____

Address: _____

Home Phone: _____ Cell Phone: _____

Email #1: _____ Email #2: _____

Walk & Swim Registration

Please check desired options. The award is the same for all and does **not** include walk fee. **For one award, check one block.**

SIGN Waiver	>>>	Award \$4	IVV Credit \$3	No Credit \$3	ICON (Eye) \$19
Disney Springs Walk	#1				
Nov 2 Afternoon	#2				
Aquatic Center Swim	#1				
Nov 2-3	#2				
Dr. Phillip YMCA Walk	#1				
Nov 3 Morning	#2				
International Dr. Walk	#1				
Nov 3 Afternoon	#2				
Universal City Walk	#1				
Nov 4 Morning	#2				
		\$Total: _____			

Social Event Registration

Check desired events and initial choices of entrée/sandwich if applicable. If you have dietary issues, send email explaining concerns to piper@tampabay.rr.com. Note: Sat. Prime Rib dinner is higher price.

		Choice
Tacky Tourist Party (Free)	#1	
Nov 3	#2	
Sleuth Mystery Dinner (\$50/\$66.50)	#1	
Nov 3	#2	
Miller's Ale House (\$7)	#1	
Nov 4	#2	
		\$Total: _____

MEAL CHOICES

Select entrée by putting initials in choice block.

Sleuth Mystery Theater

CL Cheese Lasagna* **CLM** Cheese Lasagna & Meatballs*

CGH Cornish Game Hen* **\$50

PR Prime Rib** **\$56.50

Includes appetizers, salad, entrée, sides, dessert, unlimited beverages, including wine & beer, show & tip.

Miller's Ale House

CB Grilled Chicken Breast **FS** Fried Shrimp

CF Chicken Fingers **SM** Spaghetti & Meatballs

MB Mini Burgers

\$ 7 cost includes soft drink & side. Tip is not included.

Amateur Athletic Waiver and Release of Liability

To receive an activity card, participants must sign waiver (adults sign for kids under 18).

In consideration of being allowed to participate in any way in American Volkssport Association (AVA) walk/sporting programs and related events and activities, the undersigned:

1. Agrees that before or during any or my minor child's participation, I'll believe anything is unsafe, I will immediately advise event supervisor or other person in authority at Volkssport program and related events and activities of such conditions and refuse to participate.

2. Acknowledge and fully understand that each participant will be engaging in activities that could involve risk of serious injury including permanent disability and death and severe social and economic losses which might result not only from my own or my minor child's actions, inactions, or negligence of others, or the condition of the premises, the trail or any equipment used. Further, that there may be other risks not known or not reasonably foreseeable at this time.

3. Assumes all the foregoing risks and accepts personal responsibility for the damage following injury, permanent disability or death.

4. Releases, waives, discharges and promises not to sue AVA, its affiliated clubs, their respective administrators, directors, agents, volunteers or employees, other participants, sponsoring agencies, sponsors, and advertisers and, if applicable, owners and lessors of premises used to conduct event from demands, losses or damages on account of injury, including serious injury, permanent disability, or death, or damage to property, caused or alleged to be caused in whole or in part by negligence of any such person or organization, or otherwise.

5. Members, please be aware that when you share photos, via digital image or otherwise, with AVA, such photos or images become property of AVA and AVA, its legal representatives and agents, retain the right and permission to publish any such photo or image in any written or electronic publication, including Checkpoint or TAV, on social media, websites or in subsequent newsletters, promotional literature, advertising or in any other method.

The undersigned has read the above waiver and release, understands that I have given up substantial rights by signing it and sign it voluntarily. I further understand that I'll place my name on the form upon which this waiver and release is printed, that I voluntarily agree that I understand that I have given up substantial rights.

Signature #1: _____

Signature #2: _____

\$Total enclosed for all: _____

You may write one check for both participants. Please indicate on check who is included.

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Our picture pages show May and June Events

Oviedo on 26 May

Working the walk start



Presentation to Library Manager



Oviedo checkpoint – Mike, Bernadette and Marcia



Boardwalk – Petra, Bob, Letty



Lake Charm

Altamonte Springs Sanlando Park on 16 June



Bob, Jackie and friend



Certificate of Appreciation to Sanlando Center Manager



Bob and Letty



Walk finish volunteers Bob and John



Jackie & Rosemary