



# Mid-Florida Milers Walking Club News

Issue 5, September-October 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

Hi, I am filling in for Rosemary. The Fall Season will be here in 21 Days so the walking heat diminishes, and we can get more enjoyment from our walking. The next three months have new walks in Orlando North and Celebration (a traditional), and the WAF walks the 1st week of November. We in Orlando have walked some of the walk venues for WAF, but our many guests have not. See the Volunteer article on page 2. As with any large event we need volunteers and we are asking for your support. Take a couple hours and help us out so we can have the best ever WAF. Training is available for the various positions.

Just a reminder, as of 1 September 2018, all walks are \$3 for all walkers and MFM members can purchase discount vouchers for YREs for \$2. (See bottom of page 3).

Joan  
Vice President

### MFM Membership

By Dave Piatt, Membership Chairman

As of August 10 Mid-Florida Milers had 42 memberships representing 63 members. This compares to 51 memberships and 74 members at the same time last year. We have recently sent out individual e-mail reminders to all of our members from last year who thus far have not renewed yet. We are currently awaiting response back to see how many go ahead and renew.

This tends to be a very busy time for people so it is pretty typical that there is a lag on renewing. Plus some of our members do not live here all year so they will renew when they return. And then you do have some people who move away, have health problems or simply find other interests. Not to mention that the hot weather has probably kept a few people from walking. By the time cool weather gets here we will have a better idea on our real membership numbers.

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 your information is still the same then just either mail in a check or pay at a walk. If you have changed some of your information (name, address, phone number, e-mail), then please send a membership form from the Mid-Florida Milers website (<http://www.midfloridamilers.org>) and mail it to: Mid-Florida Milers, P. O. Box 4575, Winter Park, FL 32793.

**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
Nov 3	8-9 a.m.	Register Walk	Dr. Phillips YMCA
		Walk Start	Dr. Phillips YMCA
	8am-3 p.m.	Register Swim	*YMCA Aquatic Center
		Swim Start	
	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	Skouth Mystery Theater
	7:30-10 p.m.	Dinner Show	Skouth Mystery Theater
Nov 4	9-10 a.m.	Register Walk (Univ.)	Miller's Ale House
	9-10 a.m.	Walk Start (Univ.)	Miller's Ale House
	11:15 a.m.-1 p.m.	Lunch	Miller's Ale House

\* Change

### Welcome to New Members

We added one new membership as of Aug 10. Please welcome: Gail Holland. Be sure to introduce yourself if you see her at a walk.

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### **Trailmaster Topics** By Mike Lanpher

We are happy to be back in Winter Springs. See our 2d half travel article on page 5. Thanks to the board and volunteers for their management and conduct of walks in June and 1<sup>st</sup> weekend in July. 23 walkers braved the Mall's cool environs on Jul 7. Six valiant bikers rode the 21 July 25 km Bike event on the Cross Seminole trail followed by lunch at Oviedo's storied Town House Restaurant. Thanks to Greg and John from HW for coming and Sharon and Rosemary for doing the start registration and walking (part of) it. Celebration 1 on 4 August had a crowd and nice weather with Howard & Sharon registering/stamping. Thanks to Paul Erickson for the Preserve routes at Tibet-Butler on 18 Aug. It was a bit of a challenge as the rains made the Preserve trails "sloppy wet" so 7 of the 23 walkers opted for the optional "dry" routes. It was an exceptionally high heat index day taxing all walkers, even our "fast" walkers. Note that the Celebration walk 15 September is a new route and a different stamp for credit walkers.

### **Volunteer Opportunities**

By Sharon Axelrod, Secy & Volunteer Coordinator

#### **Now I am focused on WAF28 Volunteers**

We have a list of volunteers needed to ensure the success of our 2018 Walk Around Florida event November 2 – November 4. There will be many positions for you to choose from so pick a time or two and then you can plan walks that weekend around those times. For WAF Volunteers we have times during the weekend of 10/20-10/21 to pre-walk the events you will be volunteering at so you may still get credit for and experience the walks you do not want to miss. The WAF 28 Volunteer sign up link will be available soon on our web site and in the weekly eNews. Volunteers are for starts, finish, checkpoints, party setup/teardown, and swim monitors.

Rosemary needs "special" assistant(s) for the Tacky Tourist Party – she cannot do it alone. Contact her directly at [rbarna1949@gmail.com](mailto:rbarna1949@gmail.com).

## **Exercise Really Does Make A Difference to Your Health...**

By Jan P Van Vlack, The Villages Lake Sumter Landing Route Monitor and Organizer of The Walking Villagers

I recently awoke in the Recovery Room after a Total Knee Replacement just as my Orthopedic Surgeon walked through. He saw I was awake and said, "Jan, that was one of the easiest knees I have ever done; in fact, so were your hips (previously replaced). I am a retired Registered Nurse (RN) and that was confusing to me. How could my knee have been that easy to replace when it was so bad? I had seen the MRI and it showed severe arthritis, two severely torn meniscus, and a Valgus Deformity. The next day, the Clinical Nurse Manager of the Hospital Orthopedic Department told me the surgeon had told her it was incredible how quickly he was in and out of my knee *"BECAUSE I AM ACTIVE AND EXERCISE!"*

I was really blown away. You read about the benefits of exercise, but this time I had benefitted. No matter how much you read, real-life experience takes precedence. I've always been active: From bike-riding and swimming as a kid, to walking everywhere as a teenager, cheerleading, girls basketball, etc., I was constantly active, but I didn't consider it exercise... it was part of my life.

In later years, I bicycled more and more, trying to ride in every state. Often my Poodle rode in a basket with me, including riding across the bridge into Canada. Pure fun, not exercise!

I later realized I liked walking as well as, or better than, bicycling. In reading about the benefits of walking, I found an old book that mentioned Volksmarching, What is that strange word? I Googled it, found AVA's Website, and found a traditional walk in Indianapolis the upcoming Sunday.

I did my first Volkswalk over ten years ago. I was hooked! I was already walking 10-12 miles at a time, so a 6.2 mile Volkswalk was nothing. I immediately started traveling further and further away every weekend, walking two or three 10Ks both Saturdays and Sundays. If I was going to be in a state I had not ridden in, I took my bike to check that state off. On vacations, I took longer trips, traveling further to pick up more states and see more sights. I loved it!

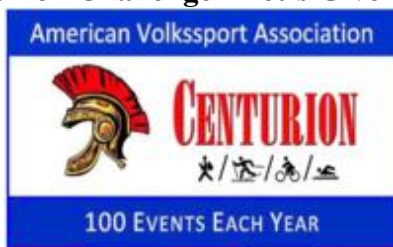
I now live in Florida. In 2016, I finished Volkswalking every state and capital, and biking in every state. I never once considered it "exercise", but it paid off when I needed joint replacements because of hereditary Arthritis.

*Here is a quote from my Orthopedic Surgeon: "Moderate regular exercise helps keep the cardiovascular and muscular systems strong. It may prolong the need for any surgery, or if surgery is eventually required, expedite the recovery."* Joseph Locker, MD, Orthopedic Surgeon.

### **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](mailto:samanta@ava.org).

## Centurion Challenge - Let's Give it a Go



Last Year 4 MFM members completed the challenge. The cost to get the Challenge book for 100 walks is \$15 and the reward is a patch and a lot of fun walking – average 2 walks per week. This previously was open to Lifetime and Associate members only. Details soon.

### 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_Volks_sports.html) ([http://www.walkflorida.org/Walking\\_Florida/Florida\\_Volks\\_sports.html](http://www.walkflorida.org/Walking_Florida/Florida_Volks_sports.html)). You will find some interesting information including event and distance book explanations and the milestones Florida Walkers achieved.

DATE	Florida Upcoming Traditional Events	REGISTER
Sep 22	Perdido Key Volksmarch Club: West Pensacola	12-2 pm
Sep 22	Happy Wanderers Lake Beresford Park - Walk and Bike	BIKE 9 am WALK 9-10:30
Oct 13	Suncoast Sandpipers @ Dade City at St. Mary Episcopal Church. Please preregister for walk and lunch. Flyer on SS Website below.	8:30-9:30 Register 10:30-12:15 Lunch
Oct 13	FCTF Jacksonville - Ortega Forest	8:30 register; 9:00 walk
Oct 27	FCTF Jacksonville - Jacksonville University	8:30 register; 9:00 walk
See HW, SS, and FCTF web sites for Wednesday, Saturday and Sunday group walks of YREs		
The Happy Wanderers. <a href="http://www.happywanderersfl.org">http://www.happywanderersfl.org</a> . Additional walks on Sundays (YREs) & Wednesday evening (fun walks).		
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> .		

Come to Mid-Florida Milers Walks 1st Saturday is a YRE 3d Saturday a Traditional Event		
Date	Events	Registration Times
1 Sep	Orlando North @ Mark St. Sr Ctr New Route	8:30-9:00
15 Sep	Celebration – a new Traditional Walk	8:30-10:00
29 Sep	Orlando South @ Beardall Sr Ctr	9-9:30 am
6 Oct	The Villages –Spanish Sprgs	8:30-9 am
20 Oct	WAF 28 Worker's Walks	9-10

MFM Member's Milestones			
Name	City	Events	Dist
John Hunter	Orlando	200	
Cathy Metherell	Orlando	275	
Dan Barnett	Merritt Island	1450	
<i>Courtesy The American Wanderer, Sep-Oct 2018, <a href="http://www.walkflorida.org/Walking_Florida/">http://www.walkflorida.org/Walking_Florida/</a> lists Florida walkers' milestones for the last 7 years.</i>			



**The More You Walk,  
The More you Save!**



See Jan's article  
on page 2 and  
discount below

**Walking Fun for less with your Miler Membership – Contact Sharon at [skpredham@embarqmail.com](mailto:skpredham@embarqmail.com)**

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).

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Go to [www.midfloridamilers.org](http://www.midfloridamilers.org)

### WAF 28 Selfie Scavenger Hunt

By Rosemary Barna, Alice Lawrence, and John McClellan

As the start of WAF 28 approaches, event organizers have developed a social medium challenge to participants: The Walk Like a Tourist Selfie Scavenger Hunt! The hunt will take place during the Saturday, November 3 walks, with competitors forming teams of 1 to 4. All must participate in the Saturday walks to be eligible. Each team will report in on Friday evening or Saturday morning to be given their list of items to photograph on the hunt. These will be landmarks, people, things or activities, with imagination and creativity encouraged in being sure the team is photographed as well. Rules will be developed and suggestions for a successful forage printed in the WAF 28 newsletter in the weeks preceding the events. The winning team will be announced at the Sunday walk. Look for the entries at the start and see if you agree with the judges' decision (which are final).

All registrants will receive the newsletter, which will publish information not only on the Scavenger Hunt, but the latest on the walks, the ICON ride, the Tacky Tourist Party, the Mystery Dinner, lunch at Miller's Ale House and whatever other not to be missed activities might pop up. So, not to miss a thing, register today! Rooms at WAF 28 Headquarters, the Comfort Inn and Suites, are going fast. You can find the registration form and hotel information on [suncoastsandpipers.org](http://suncoastsandpipers.org) and the WAF 28 Facebook page [facebook.com/WAFXXVIII/](https://facebook.com/WAFXXVIII/).



In the meantime, practice those selfies!

### Preregistration for WAF Helps You and Us

By Mike Lanpher

We encourage preregistration as a means of preparing the start, assigning volunteers, speeding the sign in process, obtaining number of meal/Orlando Eye participants, printing paperwork, and most important, allowing us to communicate by email the activities, I-4 driving changes, timing changes, or other general information and scavenger hunt and photo contest rules. The preregistration sheet on page 6 has all the information needed to let you know what is planned and us know what you want to do. SIGN UP and have fun. Registrations must be mailed by October 17 so we can meet commitments for providing numbers to the restaurants and the Eye.

## Traveling Across the USA- Continued from Issue 4

By Mike and Joan Lanpher

Joan and I left in late May to visit her sister in law in Washington State. Last issue we recounted the first half of the travels. We arrived at Joan's sister-in-law in Custer, WA on June 21. We picked up our oldest grandson, Johnathan, in Seattle on the June 24 so he could join us on the rest of our journey. His first "fun" time was to help his great aunt by pressure washing her sidewalks, patio, and driveway. Joan, Johnathan and Mike walked the Lynden, WA, YRE the next day. Lynden is a quaint little town settled by the Dutch, and is the center of many dairy farms and raspberry, blackberry, and blueberry fields. Highlight of the day was eating a traditional Dutch Pannokochen at the Dutch Mother's Cafe. The following day Johnathan and Mike walked the mile and a half up to the Canadian border road and along the road before returning to continue pressure washing. The next walk was in Ferndale, WA, about 10 miles south. The route took us to an old Dutch farm/dairy along the Nooksack River. It was unfortunately too early in the year for Joan to eat wild blackberries. While in Custer we were invited to attend horse sled pulling competition



Artist Point Snow

(BIG horses like Clydesdale, Perchorons, etc.). We also drove to Artist Point at Mt Baker WA at 4500 feet, which still had HUGE snow banks. We left 28 June for 3-day drive through the western three Canadian Provinces. We drove through the Canadian Rockies and returned to the US in North Dakota. We stopped in Medicine Hat to do a Canadian walk. The walk was partially on the ridge above the Saskatchewan River and was very enjoyable since the morning was cool and pleasant. From there we went to Fergus Falls, MN, where we did the YRE - our only rain event. We left for the Wisconsin Dells, WI, via St. Paul then driving along the Mississippi River to La Crosse, WI and east from there.

We picked a very crowded July 4th day to walk Devils Lake State Park in Baraboo. The next day we were tourists and rode a Duck on the Wisconsin River, watched grandson enjoy the 6000-foot long, 7 tower, zip line and then he and Mike did an Escape Room adventure. We bypassed Chicago on a Friday afternoon on our way to Ann Arbor, MI, stopping along Lake Michigan for a picture op. The Ann Arbor walk route takes you through downtown and passes the University of Michigan campus. From there we drove through Ohio to Charleston, WV, where we walked along the Elk & Kanawha Rivers that abound with history and magnificent older buildings. Our last of 13 walks was at Clemson Botanical Gardens (the Campus walk was closed) where we enjoyed a shaded morning walk before the very long drive back to Winter Springs. So 45 days later, 9900 miles, gas from \$2.40 to \$3.89, we returned home. When we do an extended road trip across the country, we enjoy the walks and visiting the different cities, towns, National and State Parks. We always have fun and we both look forward to our next travels.

### A walking tour in Victoria, B.C., Canada, May 2018

By Michael and Bernadette Kirchner

In early May we visited Victoria, British Columbia, Canada. Leaving from Port Angeles, Washington, bright and early at 8 AM on a cool, brisk Friday on the M.V. Coho, Black Ball Ferry Line, for Victoria, B.C., Canada. We arrived at the Victoria harbor around 9:30 and walked around downtown. We easily located the YM\_YWCA; registration was straight-forward – the Walk box is really a zippered binder. We learned a hard lesson – always bring Insert cards. We walked the “5km Route 1 – Fernwood” Year-round walk that features two neighborhoods, Rockland and Fernwood, and wanders through Government House gardens, past Craigdarroch Castle, and through the Fernwood neighborhood with its many heritage homes. We started walking through Rockland, an historic neighborhood located just southeast of downtown Victoria. We walked past many opulent houses, as well as lush gardenscapes. The two largest, and most famous, of Rockland's residences are Government House and Craigdarroch Castle. We walked up the drive to Government House's 36-acre property, a publicly accessible garden area tended by volunteers. The gardens at Government House



were a pleasant surprise. The route through the gardens passes several different zones, planted according to plant life and/or garden style; for instance, the British Columbia native plant garden contained species unique to the province, and the Cottage Garden was arranged in an informal style with a mixture of ornamental and edible plants. We enjoyed the many different gardens throughout the grounds, including the fountain pond. Winding through the neighborhood, we came upon Craigdarroch Castle. It has 39 rooms and is over 25,000 square feet (2,300 m<sup>2</sup>). It was constructed



in the late 1800s as a family residence for the wealthy coal baron Robert Dunsmuir and his wife Joan. Robert died in April 1889, 17 months before construction on the castle was completed. His sons Alexander and James finished the castle. Exiting the property, we walked through more of the neighborhood, glimpsing the Strait of Juan de Fuca and the Olympic Mountains. The route eventually took us through a park with a wonderful view of the Strait and the Olympic Mountains poking above the clouds in Washington across it. Continuing from the park, we entered into the Fernwood neighborhood. One of the city's oldest communities, we passed a number of Victorian-era homes. Originally called Spring Ridge, Fernwood was once home to Icelandic settlers and Victoria's first water supply. There are resident-painted telephone poles, lots of gardens, and even painted Canada Post mailboxes. We quite enjoyed the walk and the fresh air and the gardens throughout. This walk is highly recommended. Don't



forget your walk books or Insert cards!



## 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.ri.com](mailto:piper@tampabay.ri.com). Note: Sat. Prime Rib dinner is higher price.

	#1	#2
Tacky Tourist Party (Free)		
Nov 3		
Sleuth Mystery Dinner (\$50/\$66.50)		
Nov 3		
Miller's Ale House (\$7)		
Nov 4		
		\$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) Volkssporting programs and related events and activities, the undersigned:

1. Agrees that before or during any or my minor child's participation, if I believe anything is unsafe, I will immediately advise event supervisor or other person in authority at Volkssporting 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 tool 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 damages 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. Member, 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 assigns, 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, website or in a brochure, presentation, 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 if I 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: \_\_\_\_\_

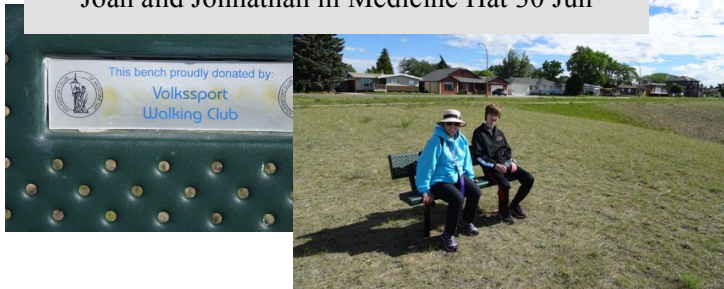
You may write one check for both participants. Please indicate on check who is included.

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Our picture pages show July and Aug Events

Joan and Johnathan in Medicine Hat 30 Jun



Cross Seminole Bike July 21



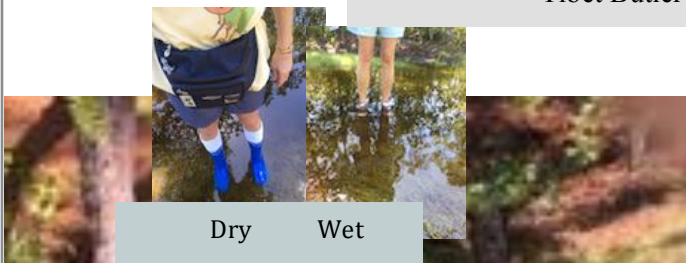
Bike registration, Rosemary, John, Sharon  
Rosemary and Sharon walking the bike.



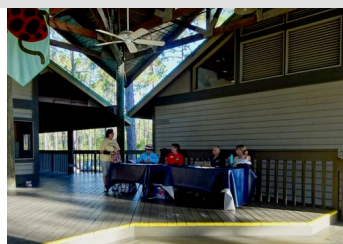
Howard and Sharon registering



Tibet Butler Preserve on 18 August



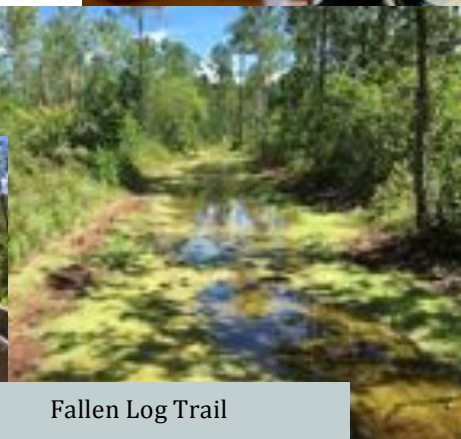
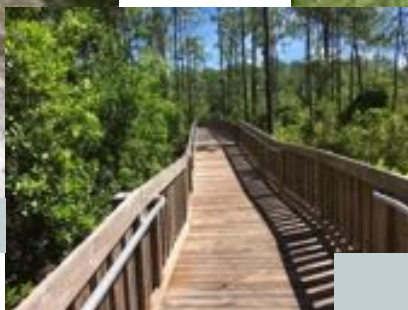
Dry Wet



Start ^ Certificate to Erin>



Tarflower Loop



Fallen Log Trail