



Mid-Florida Milers Walking Club News

AVA: America's Walking Club

Issue 4, October-December 2019

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.



30th ANNIVERSARY event, walk, lunch (bring yours if you did not preregister), games, program, meeting (short), and some fun. Or just join us, walk, and say hello.

President's Notes

Happy Fall! The weather is not any cooler, but the pumpkins are appearing! Please take a look at this newsletter, our MFM website, or Letty's eNews and add each upcoming walk to your calendar NOW! Let's finish the year strong as a club! We have some fun walks coming up and Mike has a far-reaching schedule planned for next year. All we need is YOU and a few of your friends to join us.

I walk around my neighborhood almost every day. It is a pleasant route, but there is no one to talk to and seeing the same houses day after day is a little boring. So, I really look forward to Saturday mornings when I get to see different neighborhoods and have a group of like-minded folks to interact with. I hope to see you at each of the upcoming walks and look forward to walking and visiting with you.

Rosemary

CLUB CONTACTS:

President Rosemary Barna rbarna1949@gmail.com
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Membership Chair Dave Piatt dmp1027@aol.com
YRE Route Monitors: Jane Allingham, Ron Barna, Tom Carter, JoAnne Cross, Howard Daughtrey, Michael Kirchner, Cathy Metherell, Joyce Taylor, Jan Van Vlack, Gerry Vannienwenhove.



MFM 30th Anniversary Walk and Lunch

Please plan on attending our event celebrating 30 years. On October 5th 1989 our American Volkssport Association Charter was issued. We invite current and former members to Lake Sylvan Park in Sanford from 9 am – 3 pm. Lunch, if pre-purchased, follows the walk.

WAF 29 is fast approaching. Submit registration by October 21 - See the WAF 29 Article on Page 3.



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To the Editor

Subject: From:

UNFORTUNATELY, NO COMMENTS RECEIVED

Subject: From:

Example: Your chance to comment

Congratulations to Jenny Thomas.

She was awarded the MFM President's Award and AVA Commendable Service Award for her detailed efforts as the YRE Event Coordinator!
Congratulations



Congratulations Fred Sheets!

Fred was inducted into the AVA Hall of Fame for his 30 plus years of leadership and service to AVA as Treasurer, Audit Chairman, and many committees, as Florida Volkssports Association founder and 1st President, and for support of Patrick Pacers in many roles, Mid-Florida Milers Florida Convention Finance Chair, and co-founder of the Happy Wanderers.



Editor note: This informative TAW article is reprinted with permission

Ticked off about ticks

By David Doerffel

Dear fellow walkers and hikers, I wanted to take a moment and sound an alarm regarding Lyme disease and other tick-borne diseases. As a member of the AVA and the Sierra Club, ADK and AMC, I am aware that tick-borne diseases are being reported at epidemic levels in the Northeast US. Tick-borne illnesses include Lyme disease, babesiosis, ehrlichiosis, Bartonella, Borrelia, tick paralysis, Rocky Mountain Spotted Fever and several others. Lyme disease may be the most recognized disease, but the truth is ticks usually carry several diseases causing coinfections that can complicate treatment. Confirmed cases have now exceeded 30,000 infections annually, but the CDC estimates that the true number is likely 10 times higher. Although Pennsylvania to Maine seems to be ground zero, more cases are being reported across the US.

So, what's a walker to do? Prevention is worth a pound of cure. If your walk takes you into the woods always wear proper clothing. Long pants are always recommended along with a long sleeved shirt. Your clothing and boots should be treated with Permethrin. Permethrin is the most effective tick killing chemical available today and is available through many outdoor stores. Another option are companies like InsectShield.com which sells treated clothing and will also sell you bags to send in your own clothes to be treated.

If you find a tick on you, immediately remove it. All medical advice is to use a needle nosed tweezer and carefully grasp the tick by its head as close to the surface of your skin as possible and pull the tick straight out in a smooth motion. Do not twist it. Place the tick into a small vial if available. Wipe the bite area down with an alcohol swab if available. As a note, most sports stores and many drug stores sell a pair of sharp-nosed tweezers in a vial carrier that is easy to carry in a pocket. **Do not** apply any chemical, lotion or heat to try to get the tick out. This will likely cause the tick to regurgitate it stomach contents into the wound which is not what you want.

Sadly, it is beyond the scope of my expertise and this article to discuss diagnosis and treatment options. Current tests have significant inaccuracies. I have read a number of science articles that indicate the CDC and other medical groups are searching for methods to dramatically improve diagnosis and treatment, including simultaneously testing for multiple tick-borne diseases, but these more accurate tests may be years away. Education and prevention are vital. For more information, including videos on tick removal and signs/symptoms, I have found the following websites to be very useful: cdc.gov/dotw/lyme-disease, nysipm.cornell.edu, tickcounter.org and lymepa.org.

Like most of you, I have no plans to stop walking and hiking. I value these activities more than I can express in a short article. Practicing sound prevention methods can help keep you safe during your woodland walks.

Fun Events from Members

A Carnival in Venice – 1-3 NOVEMBER (Edited TAW article by permission)



By Alice Lawrence, John McClellan, Rosemary Barna
Registration deadline – Mail it by 21 October. The registration brochure is available at suncoastsandpipers.org and [facebook.com/WAF29](https://www.facebook.com/WAF29). Event Headquarters is Hotel Venezia (a Wyndham Ramada Hotel), 425 US 41 Bypass N, Venice, FL 34285. Call (941) 308-7700 reservations. Request the Walk Around Florida rate: \$89 for a double queen room; \$119 for a king suite. See the brochure on suncoastsandpipers.org and [facebook.com/WAF29](https://www.facebook.com/WAF29). For more information, contact Mike Lanpher at [mlanpher@cfl.rr.com/407-695-9181](mailto:mlanpher@cfl.rr.com). The Brochure is on the MFM Web Site.

The “John Nolen” National Historic area downtown is a featured venue during WAF 29 from 1 -3 November. Our AVA multi-event weekend with 4 walks also includes a bike event for the first time in 13 years. Venice is a bicycle-and-pedestrian-friendly community with many miles of paved multi-use trails as well as on-street bike lanes throughout the city. The Venetian Waterway Park Trail runs along both sides of the Intracoastal Waterway (ICW) that divides the City of Venice into the island and the mainland. Our bike events make good use of this trail for routes of 16 or 28 km on Saturday, with a guided-bike tour in the morning.

The bike routes depart from the hotel to the historic train depot where you’ll enter the Venetian Waterway Trail system. You’ll ride south along the canal until reaching Shamrock Park Nature Center for a rest stop. Then return along the canal to connect with the Legacy Trail (Rails to trails) before returning to the start point. The longer ride separates on the return leg, crossing the Circus Bridge to the “island” side of Venice and continuing along the Venetian Waterway Trail and in town until reaching the next checkpoint at Centennial Park. Your return course to the waterway along Tamiami Trail will take you by the former winter quarters of Ringling Brothers and Barnum & Bailey Circus. There’s a block long circus mural along the way. Join the over 60 participants already signed up for walks, bike, and socials.



Volunteer Opportunities WAF29

By Sharon Axelrod, MFM Secretary and Volunteer Coordinator, palmtreesax@gmail.com

I am so looking forward to WAF29, being held Nov 1-3, in Venice (Florida). I hope many of the Mid-Florida Milers members will be able to attend this walking, eating and partying weekend. Of course it will take volunteers in numerous positions to make this event a success as it has been for the last 28 years. The Volunteer Signup link is on the MFM website in the Event Page, Nov 1-3. Or Click [HERE!](#) Or below.

<https://www.signupgenius.com/go/20F0844A8AC2FAAFE3-waf29>

The Mid-Florida Milers are supporting the Venice walks by recruiting volunteers for the Legacy Trail Walk on November 2, from 8:00 am to 4:00 pm. There are several slots throughout the day which need to be filled.

- Nakomis Park Checkpoint: 2 slots from 8:30 -11:00, 2 slots from 11:00 – 1:30, and 2 slots from 1:30-3:30
- At the Hotel Venezia the following tables will be accommodating the three events being held that day, Legacy Trail walk, Historic Venice walk and Waterway bike event.
 - Start, Finish, Stamp Table will need 2 volunteers every two hours from 8:00 to 4:00
 - Information, Awards, Sales Table will need 1 volunteer from 11:00 to 12:00 and 1 volunteer 2:30 to 4:00.

Just click on the Sign Up button then scroll to the bottom and Submit!

If the above slots are all filled, please review the signup and see what other open volunteer positions are available for your opportunity to be part of the success of the WAF29 annual event!

Questions? [email me.](#)

AVA Presidents Message (edited for space & reprinted by permission)

By David Bonewitz, PHD

As I sit here preparing to write this President's Message, the thing most on my mind is what a great biennial convention we just had. I want to salute all of those hardworking volunteers who made it happen. All I heard during the convention was what a great experience everyone was having. So, thanks to all who played any part in making it happen. If you weren't there, you really missed out. So, you need to put June 29–July 3, 2021, on your calendar for the next Biennial Convention in Madison, Wisconsin. It will be better still. Always improving! If you attended the Albany convention and have suggestions for the organizers of the Madison convention, please make those ideas known.

Come to the two IML events that AVA clubs host in the USA. In 2020, the Texas Trail Roundup will be held February 21-23, and US Freedom Walk Festival will be held in Arlington, Virginia, October 18-20. Make plans to come out and meet walkers from around the world.

If you attended convention, you heard my State of the AVA Nation presentation. If you didn't, you can find it on the AVA website. Take a look. (see it at XXXX). Your Board of Directors will be working hard to help the clubs turn things around. Note that I said "help the clubs." While we will be working at the national level to obtain partners, sponsors and grants, the real place of change is at the club level. Therefore, over the next two years from the national level we will be working hard to help clubs develop the capacity to grow and thrive. We have invested in a public relations firm to help us refine our message and then figure out how to get that message out to the public. We can't stay "the best kept secret in the U.S." You have elected a strong Board of Directors (RDs and national officers) who are committed to making a positive impact on the future of AVA: America's Walking Club.

Do you want to make an impact on the future of AVA? You can do so at the club level, but you can also do it at the national level by volunteering to serve on one of our committees. While the committee structure is changing to be more efficient, the committees will remain the most important jobs in our organization. So, take a look at the committees on the AVA website and contact the committee chairs to volunteer to serve. Together we will put AVA back on top.

Well, that's it for this President's Message. If you have thoughts, ideas, suggestions, etc., don't hesitate to contact me at president@ava.org.

PRESIDENT'S CHALLENGE

By David Bonewitz, PHD

At our Albany Biennial Convention, during my "State of the AVA Nation" presentation, I issued a challenge to our clubs. While there will be some further refining to this challenge, here are the core elements.

For the next two years, each year:

- Hold one more Traditional Event than the last year with target of at least 25 paid participants
- Recruit 8-10 new club members who walk as paid walkers an average of 10 events
- Recruit/convert three new/existing club members to become AVA Associate Members
- Plan for the future. If you are a club officer, recruit, train and groom someone to do your job. In other words, develop a succession plan.

These elements are the core to developing more capacity at the club level, and that is what we will be focusing on for the next two years. The challenge isn't easy whether your club hasn't done a Traditional Event in years or if it already does a number of Traditional Events. Likewise, recruiting new members means a club must have an outreach plan. The work being done by the public relations firm working for AVA should help here. Getting new or old members to become AVA Associate Members means that a club will need to make it clear to folks that there is a difference between being a club member and being an Associate Member of AVA. Finally, succession planning at the club level is essential if a club is going to survive for the future.

There will be special recognition at the 2021 Convention for those clubs who accomplish the President's Challenge.

Trailmaster Topics By Mike Lanpher, mlanpher@cfl.rr.com

Let's talk about walking. Some great walks in the next 3 months. Our last quarter walks were attended by about 25 each even with the heat. Morning walks and at your own pace make the heat bearable. Let's see you at these starting with our 30th Anniversary on Oct 5. Then with 2 new 2020 YREs at Universal and International Drive (they complement our Lake Buena Vista event), we have weekend walks to finalize them on 19 Oct and 30 Nov. In between two park walks and of course Walk Around Florida in Venice. Our last walk is 21 Dec, an evening 5K walk at Mt. Dora where the holiday lights are very nice. These events will be fun and interesting.

New Years Day is at Lake Buena Vista/Disney Springs and meet for lunch in the Springs to be announced. The rest of the year events is developing now - have a suggestion?, let me know.

MFM Membership

By Dave Piatt, Membership Chairman

The current membership is 50 memberships and 73 members as of 9/20/19. This compares to 51 memberships and 73 members as of 9/20/18.

If you have not renewed yet, it is not too late. Since the weather looks like it is finally beginning to get close to the cooler fall season, come join us at one of our upcoming walks and renew then.

Renewing in October- December is only \$6/individual or \$10/couple or family.

Welcome New Members

We have added five new memberships as of September 20, 2019 for the 2019- 2020 membership year. The next time you see them at one of our events be sure to say hello and welcome them to our group. Barbara and Julius Barati, John and Sheila McClellan, Anuradha Pai, Heather McDonald, Fred Sheets.

DATE	4Q Florida Upcoming Traditional Events	REGISTER
26 Oct	Lake Helen, Colby-Alderman Park for fun Halloween Walk	8:30 - 10:00 am
1 Nov	Venice Walk Around Florida Walk and social	12-3 pm
2 Nov	Venice Walk Around Florida 2 Walks and dinner	8 am - 1 pm
2 Nov	Venice Walk Around Florida Bike	8am - 1 pm
3 Nov	Sarasota Walk Around Florida Walk and Lunch	9-10 am
DATE	1Q 2020 Florida Upcoming Traditional Events	REGISTER
17-20 Jan	Jacksonville 5 walks: Ft George, Hanna Pk, Downtown, Jville Beach (2)	Preregister Here
See HW, SS, and FCTF web sites for Wednesday, Saturday and Sunday group walks of YREs		
The Happy Wanderers. http://www.happywanderersfl.org . Additional walks on Sundays (YREs) & Wednesday evening (fun walks).		
Please see the First Coast Trail Forger web site http://www.firstcoasttrailforgerswalkingclub.org .		
Please see the Suncoast Sandpipers web site http://www.suncoastsandpipers.org . or https://www.facebook.com/suncoastsandpipers .		

Mid-Florida Milers Walks		
5 Oct	30 th Anniversary Event – Lake Sylvan Park	9 – 3:00 pm; walk 9-10:30
19 Oct	Universal CityWalk start @Starbucks Kirkman Rd. Lunch at Ale House	8:30-9:00 am
1-3 Nov	Walk Around Florida 29 in Venice; 4 walks, bike, dinner; 1 walk in Lido Key, Sarasota	Starts 1 Nov, noon Friday
16 Nov	Wekiwa Springs SP	8:30-9:00 am
29 Nov	W/HW Deleon Springs “Opt Outside”	9:00-1030 am
30 Nov	International Dr. @ Comfort Inn & Suites (Canada Ave)	8:30-9:15 am
7 Dec	The Villages Spanish Springs	8:30-9:00 am
21 Dec	Guided Night Walk Mt Dora	5:00-5:30 pm

Congratulations Milers!

MFM Member's Milestones			
Name	City	Events	Dist
Sharon Axelrod	Orlando	275	
Sheila McClellan	Port Orange	700	7500
John McClellan	Port Orange	1050	
John Hunter	Orlando		2500
Bernadette Kirchner	Winter Springs		500
Michael Kirchner	Winter Springs		500
<i>Courtesy The American Wanderer</i> , Sept 2019, http://www.walkflorida.org/Walking_Florida/ lists Florida walkers' milestones for the last 8 years.			

AVA website upgraded

By Mike Lanpher

On July 2d the new AVA web site became active with a new look and new uses. I invite you to log on to <https://my.ava.org/> and browse around the site and suggest you establish an account. You do not need an account to search the site. As you know we were the 1st to add an event to the Online Start Box (OSB) 3 years ago and the new AVA site is a result of the OSB that has expanded to > 150 walk locations. The new web site was almost completely accomplished by volunteer hours. The site improved the payment options and has a good HELP menu with a POC for customer comments and questions. Here are screen shots of the Welcome page, Create an account start, and the Nov 2 Venice Historic Walk showing the new look.

Welcome to myAVA

Help

Welcome to 'MyAVA': your personal access to the operations side of the AVA. This web site is dedicated to helping you get the most out your experience as we add features and give you access to more information. This site will start out fairly light as volunteers work to improve it and add functionality.

If you are active in Volkssporting, we encourage you to create an account. It is free. If you manage a club, or an event, you will need an account. If you intend to participate in an event that is hosted on the Online Start Box (OSB) then an individual account and digitally signed waiver is required.

To learn how to use this site, help is just a click away. Most pages have a Help button in the upper right corner. Click on the "Find a ..." tab, then click the "FAQ" tab for frequently asked questions and their answers. For some screens, there are pop-up guidance and warnings. You can click on the "Contact Us" button in the lower right corner of any page to comment or ask questions about the features of this site.

For first-time users creating a new account, a series of pop-up messages will appear. These explain the steps to create an account, sign a one-time waiver, manage IVV and Special Program/Challenge books, manage connections to clubs and other users, fund an Event Bank, and register for events. You are urged to read them all. You may turn them off when they are no longer needed.

If you are viewing this on a mobile device in portrait mode, the information is displayed as a single long column. Navigate with the usual three-bar menu icon in the banner at the top right.



A note about pictures. All pictures are cropped and resized to fit on this web site. The size is 450px by 450px. This is a reasonable size without taking too long to load, but the crop often will drop detail or people from the original.

Create an account

[DISABLE Step by step guide](#) ?

We welcome anyone to create an account on our web site. You do not need to be a member of a walking club or actively walking. We hope that this site will inspire you to get out and join the thousands who have decided that being a couch potato is not a great lifestyle choice.

We need your first and last name and your login credentials. The credentials include your email address and a password. You must use a unique, personal email address. We will send a validation email to that address. You will need to respond to the validation email to receive event email alerts.

Currently, you do not need to validate your email address in order to use this site. If you loose your password however, recovering your account will be exceedingly difficult or maybe impossible. Contacting us and pleading is exactly what a hacker will do first. We reserve the right to change this policy.

IMPORTANT: You must create an individual account, not a joint account with a spouse. This is required by the Online Start Box (OSB) for both waivers and insert cards.

SN: 113874 - 2019

WHAT IS THE EVENT

WAF 29: Historic Venice Walk

Traditional Walk

WHERE IS THE EVENT

Venice, Florida

Hotel Venezia

WHEN IS THE EVENT

Starting Sat, Nov 2nd for 1 day
Open from 8 a.m.-1 p.m.

REASONS TO DO THE EVENT

Special programs

- Bridges - Spanning the USA
- Ice Cream Parlors
- Make a Wish at a Water Fountain
- Take a Walk In a City Park
- Treasure Hunt - A way to walk our precious trails
- United States Post Offices
- Walk the USA - Street by Street
- Walking the USA A - Z

Long description

WAF 29: A Carnival in Venice. Join the Happy Wanderers, Mid-Florida Millers and Suncoast Sandpipers in a longstanding tradition: Walk Around Florida, a weekend of folkssports, food and camaraderie occurring in a different location each year. For 2019, the sponsors have chosen the Venice area of Sarasota County. Venice's lovely downtown and beautiful beaches, the storied circus past, the rail and aviation ties and the allure of a carnival theme proved irresistible to WAF 29 planners

View legacy listing

CONDITIONS FOR THE EVENT

Distance: 5/10 Km, Rating: 1A

Restrooms: Yes

Strollers: medium

Pets: Yes

Wheelchairs: medium

Comments

From the hotel, walkers head over the Venice Bridge again, this time to explore Venice history. The many one- and two-story homes built from 1926 to 1928, all in the then popular Mediterranean Revival style, are surrounded by a series of city parks with gardens and sculptures. On the way home, the route goes by the Historic Train Depot. Built in 1927, the depot saw developers, circus performers and military trainees pass through its doors and serves today as a bus hub. Again, short route walkers will be given options on which part of the route to enjoy. Walk is easy, rated 1A, okay for wheelchairs/strollers (alternate route to go around steps).

Awards and fees: A Award

HOW TO GET TO THE EVENT

Driving to the start

425 US 41 Bypass N. Venice FL 34285 GPS: 27.105395 ,-82.436506 From Clearwater/St. Petersburg: proceed to I-275S. Right on I-275S to I-75S toward Naples.* From Orlando: proceed to I-4W to I-75S toward Naples.* From east coast: proceed to I-4W (due to I-4 construction, use I-4W exit 90B, Maitland, to FL414W to FL 429S to I-4W). Right on I-4W to I-75S (Exit 9) toward Naples.* *Follow I-75Stoexit200, FL681, following to and onto US41S/Tamiami Trail, going through Laurel and Nokomis. Keep left onto US 41 Bypass as you enter Venice. Hotel will be on right, with a large V sign.

EVENT SPONSOR

Suncoast Sandpipers Volkssport Club
Event website: suncoastsandpipers.org

POINT OF CONTACT

Click inside the box to send an email to the POC.

Alice Lawrence
pipers@tampabay.rr.com
(727) 542-9742



Celebration: Sharon, Howard and John



Celebration's Veranda Park



Disney Springs Registration Rosemary, Sharon P., Fred, Sharon A.



Great walking day after Registration

te



Disney Springs "River" separating Town Center and Restaurant area



Appreciation Certificate to Conway Starbucks Manager