

ALL WALKS OPEN
Physical Start Boxes at
Celebration, I-Drive, Disney Spgs,
(Universal starts at I-Drive),
Maitland, and 2 in The Villages.
ONLINE Start Boxes at Winter
Park; all 3 Orlando events

Happy New Year

Last 6
 months
 walk's
 attendance
 averaged
 32.

Mid-Florida Milers Newsletter

Greetings from your President, by Cathy Metherell

As 2020 comes to a close I for one will be happy to see the back of it. The world has witnessed a lot of disasters from massive fires in Australia, and western parts of the USA, derechos in the Midwest and northeast and an epic hurricane season. Some of these events have cause some walks throughout the country to close temporarily. Add Covid 19 walk closures to the mix and it is time for this year to end.

One thing Covid 19 has done for me is to be aware of my surroundings. How can we become more a resilient society with everyone in mind? I know four families who lost a love one due to this virus. Now that we have several vaccines hopefully life will get back to normal by the time of the AVA convention in Madison WI in late June. Until then we need to do what we can to stop the spread of Covid.

I would like to say thank you to all of you who have donated socks for the homeless – see picture. Really does warm my heart that you want to help out those in need. What made me want to collect socks for the homeless is I saw a need every time I do the downtown walk. We have about 300 pairs of socks that will be donated to two different shelters in the coming weeks.

Most of all I would like to thank all of you for helping to keep the club functioning in this trying time. To the board of directors thank you helping me take on the role as president. To the walk monitors thank you for keeping on top of all the changes to our walks during this crazy year. To all of you who helped out at a walk making sure we practiced social distancing thank you. To all the rest of you who work behind the scenes thank you. To all who came out to walk thank you.

For more information about the convention see page 7.

With the dawn of 2021 we hope for better days ahead and “Keep calm and walk on”.



Online Start Boxes are a Plus (&Safe)

by Mike Lanpher, Trailmaster, mlanpher@cfl.rr.com

The online store box is a plus for our club and many more. It has decided advantages for a walker and just minor steps that you must do to use it. The major advantage to the club is operating the walk from a computer, not interfacing with a business, no walk box costs, and being able to change the route quickly. The downside to the club is we get less money per walker.

The advantage to the you, the walker, is you can sign up anytime up to 30 days ahead, start a walk from the start point or anyplace on the route, complete the walk and place the downloaded paste the insert card of up to 8 walks directly into your book. If you do not have books, you simply download the directions for a \$2 fee and enjoy these great walks. Signing up at my.ava.org is easy with a good help menu. It is the same as signing up at a business such as Amazon or a library. The difference is you have to pre-fund your walks on the secure site by entering your credit card (as you would do for purchases to Walmart, Best Buy, or Macy's). The sign up is made so that you can register as you would at any Club walk. Once registered. you have access to over 400 walks nationwide. In Florida there are 14 OSB walks.

So please come to our group walks of these YREs but also walk the seven OSB routes in Orlando often or venture south for 5 more club sponsored walks. Sign up at my.ava.org. Call me with questions, 407.304.6394

MFM Club Officers/Committees	
President	Cathy Metherell
Vice President	Dan Barnett
Secretary	Sharon Axelrod
Treasurer	Sharon Predham
Newsletter	Mike Lanpher
Membership	Dave Piatt
Publicity	Letty Zook
Routes and Trails	Mike Lanpher
Operations Support	Marcia & Mike Kepper
YRE Coordinator	Jenny Thomas
Volunteer Coordinator	Sharon Axelrod
Website	Nancy & Dan Barnett

Membership Report by Dave Piatt, Membership Chairperson

As of 12/15/2020 we have 55 memberships and 82 members. The comparable numbers in 2019 are 53 memberships and 73 members.

This is always a great time of the year to be out walking and seeing the sights on our walks. If you cannot wait until the next official walk, remember you can always walk one of our beautiful Year Round Events. These are available on either the weekdays or the weekends. If you are not quite sure on how to do this, just ask one of your Board members at the next walk you attend or call Cathy at 407.375.2387 or Mike at 407.695.9181.

If you see one of our new members out on the trail, be sure to introduce yourself and welcome them to our group. **New Members:** Lois McHargue, Cindy and Keith Lowe, Dean, Caccie, Emily, Jordan, Madison and Abigail Price, Donna Dorworth.

Membership Survey by VP Dan Barnett

Over the past several years, the AVA has faced the challenge of maintaining walkers and gaining new walkers. Unfortunately, the Mid-Florida Milers has not been immune from this challenge. Recently, we announced an effort to improve our membership posture. The initial phase was to seek your input. We thank those of you who provided a response. The inputs can be viewed in the following link:

<https://tinyurl.com/MFM-Survey-Results> Our club supports a great activity that can be done by individuals of all ages. We are requesting those of you who have not provided input to the survey, please consider doing so by January 8 as our club wants to consider all options to increasing our number of walkers and members in our club. Your input should be sent to Dave Piatt, Membership Chairperson, dmp1027@aol.com.

- ✦ **Target Audience** – How should we focus our membership efforts? For example- Age- young (18- 35 years old), middle (35- 60 years old), mature (60+ years old). Why would they join? For example- losing weight, overall fitness, social activity or seeing more of the area by foot, etc.
- ✦ **Ways to Reach the Audience** – How do we advertise? We now use the Orlando Sentinel, IC Florida, Facebook and our website. What other sources would you recommend such as Instagram, TikTok, other social media or community calendars? Should we connect with health/wellness organizations, nature groups, religious organizations, veteran's groups, photography clubs, and foodie groups? What are the best ways to do that?
- ✦ **New Activities** – What activities might attract them? For example- weekday walks, walk as 1 or 2 large groups, walk on a particular day (Arbor Day, National Ice Cream Day, National Fitness Day, Veteran's Day), particular subject walks (photography walk for taking pictures, historic city tour of Orlando, Greenwood Cemetery tour), dining tours, dinners before or after walks, walk around a lake or several lakes, do a short series of walks on trail, more biking events, guided walk with an expert on a given topic, do a virtual walk (the equivalent to walking to Tampa), a movie/concert before/after a walk, have a food, soda, fruit, candy tasting after a walk, a series of walks to walk in all the parks in one or more of the local counties. Should some of these walks be just for fun and not for credit?
- ✦ **Help Needed** – We will form a committee chaired by a Board Member to discuss these different ideas and then put forward a series of recommendations to the MFM's Board. Meetings will be held via Zoom. Would you be willing to serve on this committee? Would you be willing to organize or lead an activity that has been approved by the Board?
- ✦ **Timing** – We would like to get your input by before January 8.

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

January 1 is at Disney/Lake Buena Vista. With 4 Orlando area and 5 south Florida YREs requiring online registration, please set up an account at my.ava.org and use it to walk our local events without a start box (all 3 Orlando walks and Winter Park) and 2 Celebrations and Disney with a start box. By walking on your own at our walks you are helping exercise and supporting the club. Even with a smaller amount of YRE walkers other than at the 5 Group walks, we did not lose money the last 6 months.

Kudos to our members that donated funds that allowed us to sanction and support 6 YREs. Thanks to Cathy, Dan, Sharon P, Paul, and Jenny for their generous donations. Their support allowed us to renew all our 2019 YRE locations.

Since 1995 Joan and I have had the fun of being a trailmaster team and I also volunteered as photog, news editor, and web site inputs for yearly photos. It is time for us to develop new interests and even, potentially, maybe, could downsize. Having moved as a military brat every 2-3 years and then about the same in the military spanning 45 years, the prospect of moving after 33 years in one place in Florida is daunting. The club has many members capable of conducting walks and publishing required papers. Member support of the trails function was greatly appreciated.

AVA Fundraising a SUCCESS by Mike Lanpher (with AVA information)

The AVA fundraising goal for #BigGive2020 was \$80,000 and with your help, AVA was able to bring in just over \$104,000! More than 680 individuals (includes duplicate donors) went out of their way to give to our mission.

AVA also recognized and gave special thanks to all individuals who donated during the five Match Minutes. Thanks to you, the AVA received \$2,300 in match donations and is included in \$104,000 amount raised.

On September 10 there were 269 individual donors and the Big Give website raised \$55,719.99 that included the matching funds donated by AVA members. Reviewing the details on the Big Give web site, MFM had 6 individual donors and the Club donated in addition. The four Florida clubs listed provided a total of \$1925.

One way to look at this is the \$24,000 over the goal is 13,000 walkers that could not walk due to COVID or support or national marketing.

AVA ACCOMPLISHMENTS Compiled by Mike Lanpher

I received information from the RD that relates what the National Headquarters does and some of their accomplishments in 2020 that you should be aware of:

- Responded to the pandemic with safety guidelines and new virtual programs
- Secured \$63,360 in stimulus funds to stabilize AVA operations during the pandemic
- Raised \$104,000 through member contributions to our annual fundraising drive, SA BigGive
- Provided assistance to 68 clubs changing their fiscal year with IRS or filing their 990 EZ
- Processed over 5,000 IVV Achievement Program books!
- Renewed/enrolled over 3,000 AVA members
- Produced and delivered 2,721 event stamps
- Publish 12 digital Checkpoint issues and 4 The American Wanderer papers
- Published the Starting Point – a listing of all 2021 YREs in the USA
- Answered an estimated 25,000 phone calls, e-mails and in-person visits by clubs and Associates
- Formalized a new national partnership with Element3 Health, with the potential to generate thousands of new participants in 2021 and beyond
- Updated the Bylaws with significant changes due to Texas law
- Re-locating offices to a highly-visible walking community that better reflects AVA's image

AVA Facebook: <https://www.facebook.com/American-Volkssport-Association-457512787625622>

2020 July-Dec Walk Attendance by Sharon Predham, Treasurer

The July-December walk totals for the club was 353 Year Round Events and 253 Traditional (one day) events. The most attended July-November 2020 YRE walk was 65 at Spanish Springs. The Traditional Event (one day only) average was 32 walkers with Sanford in December and high at 38 followed by the holiday lights evening walk in Winter Park with 35.

We restarted all closed walks in August as Online Start Box events after 5 months of closures. Many members have not taken advantage of the OSB (see the article on page 1) that are easy to register. Shown on page 5 is the attendance for all of 2020 events as well as OSB use for MFM members and all walkers.

Financial Summary - July - November

By Mike Lanpher

As shown in the 4Q newsletter there were actions taken to minimize expenditures, maximize attendance, and minimize 2021 costs. So far these have been effective led by generous donations from members to the club (>\$430) that were focused on funding 6 YREs and others in support of the club general operations (e.g. water bottles). Key areas were the donations and reduction of storage unit costs.

Club Shirts and Hats updated by Mike

Lanpher

We changed vendors for our shirts as of October. We are offering the same yellow cotton short sleeve (mens and womens) and long sleeve tees (unisex) as a club member tee shirt, white short sleeve UPF 50 polyester tees with the club logo in mens and womens (new) sizes. We no longer offer UPF 30 items. These are prepaid and ordered at walks or by mail. Descriptions and prices are on our website as well as at the walks. Some items are discounted if we order more than one at a time. For information contact mlanpher@cfl.rr.com, 407.695.9181.

Club Cotton yellow SL and LS: \$12 and \$15

UPF 50 Polyester white SL women’s \$15; men’s \$15.

Hats are one size in green, blue, gold: \$10

Packable windbreaker gold: \$26

	July - November Data	
	2020	2019
INCOME	\$ 2,435.93	\$ 2,504.17
Sanctioned Events	\$ 729.00	\$ 399.00
Walk Around Florida	\$ -	\$ 40.06
Year Round Events	\$ 681.00	\$ 543.00
AVA EVENTS	\$ 1,410.00	\$ 982.06
MEMBERSHIP DUES	\$ 436.00	\$ 565.00
Interest on Business Account	\$ 0.24	\$ 0.63
Interest on CD (...2993)	\$ 1.74	\$ 3.25
Interest on CD (...5896)	\$ 2.11	\$ 4.23
Other		
Donations	\$ 431.00	\$ 168.00
OTHER INCOME	\$ 435.09	\$ 176.11
AVA Merchandise	\$ 131.00	\$ 204.00
MFM Food Event Sales		\$ 224.00
MFM Freq Walker Coupons	\$ -	\$ 340.00
MFM Merchandise	\$ 23.84	\$ 13.00
Miscellaneous Sales	\$ -	
SALES	\$ 154.84	\$ 781.00
EXPENSES	\$ (2,007.23)	\$ (3,111.44)
Marketing & Office Supplies	\$ -	\$ (43.98)
Postage and Delivery	\$ (84.00)	\$ (74.00)
Printing and Reproduction	\$ (69.79)	\$ (170.23)
Rent	\$ (103.94)	\$ (334.86)
ADMINISTRATIVE SUPPLIES	\$ (257.73)	\$ (623.07)
AVA CLUB DUES	\$ (75.00)	\$ (75.00)
AVA PARTICIPATION FEES	\$ (769.75)	\$ (755.00)
AVA SANCTION FEES	\$ (550.00)	\$ (640.00)
Food at Walks	\$ -	\$ (329.67)
Meals and Entertainment	\$ -	\$ -
Operations	\$ -	\$ (347.53)
WAF Event Food & Supplies		\$ -
EVENT SUPPLIES	\$ -	\$ (677.20)
INVENTORY PURCHASES	\$ (244.10)	\$ (245.60)
Bank Charge	\$ (4.00)	\$ (37.50)
Donations Made	\$ (106.65)	\$ -
MFM Medals & Awards	\$ -	\$ (58.07)
OTHER EXPENSES	\$ (110.65)	\$ (95.57)
OVERALL TOTAL	\$ 428.70	\$ (607.27)



2020 YRE Attendance (OSB registrations are included in in the event totals)

Event	Type	OSB Attendance	MFM Walkers	Q1	Q2	Q3	14 as of 11/30	Total	
Celebration #1	PSB & OSB	5	2	11	6	3	8	28	
Celebration #2	PSB & OSB	5	4	14	3	3	25	45	
Delray Beach	OSB	14	4	7	2	0	5	14	
Disney Springs / LBV	PSB & OSB	4	2	62	0	5	8	75	
Ft. Lauderdale	OSB	28	6	17	2	2	7	28	
International Drive	PSB	NA		61	26	10	4	101	
Key West	OSB	17	2	11	1	3	2	17	
Lake Sumter Landing	PSB	NA		45	0	20	12	77	
Maitland	PSB	NA		35	37	31	3	106	
Miami South Beach	OSB	10	2	5	1	0	4	10	
Orlando Downtown	OSB	5	4	7	0	5	32	44	
Orlando North	OSB	8	7	4	0	0	30	34	
Orlando South	OSB	6	5	21	0	5	6	32	
Spanish Springs	PSB	NA		18	41	49	16	124	
Universal	PSB	NA		62	0	4	3	69	
West Palm Beach	OSB	17	5	7	3	0	7	17	
Winter Park	OSB	8	7	3	0	33	8	44	
Total		127	50	390	122	173	180	865	
	PSB- Permanent Start Box	Register at walk location			Covid Quarter				
	OSB - Online Start Box	Register online at my.ava.org							

Walking Florida Events by Vice President Dan Barnett

Greetings Volkssporters!

Have you ever wondered about all the wonderful volkssporting events there are in Florida? While the Covid-19 has affected the way we live our day to day activities, I am sure we all look forward to the day we are able to engage in volkssporting outside of our local area. Prior to the pandemic, I have walked many of the YRE's here in Florida. In Florida, we have seven walking clubs (our own Mid-Florida Milers, The Happy Wanderers, Suncoast Sandpipers, First Coast Trail Forgers, Emerald Coast Volkssport Club, Perdido Key Volksmarch Club, and the Pensacola Volksmarch Club). Did you know, these clubs offer over 60 year round events. This includes two bike and one swim event. No two events are exactly alike. You can do events from Pensacola to Punta Gorda along the west coast of Florida, on the east coast of Florida from Fernandino Beach to Key West and many events in the central part of the state. I challenge each of you once you feel the conditions are acceptable to venture out and complete many of these great Florida events



Walking Information (cont)

Q1 Mid-Florida Milers Walks		
1 Jan	Disney Springs Traditional Event	9:30-10:00 am
2 Jan	Winter Park at AMTRAK Station	8:30-9:15 am
16 Jan	Orlando Southport Park	8:30-9:15 am
30 Jan	The Villages Lake Sumter Landing	9:00-9:30 am
6 Feb	Celebration #1	8:30-9:15 am
20 Feb	Maitland @ Walgreens	8:30-9:15 am
6 Mar	Orlando South	8:30-9:15 am
14 Mar	LBV/Disney Springs – This is a Sunday walk	9:30-10:00 pm
20 Mar	International Drive @ Comfort Suites Hotel, Canada Dr.	8:30-9:15 am

DATE	Q1 Other Florida Upcoming Traditional Events	REGISTER
9 Jan	FCTF Murray Hill, Four Corners Park, 4602 Lawnview St., Jacksonville	Register at 8:30 am, walk at 9:00
23 Jan	HW Blue Springs Park, Orange City	Register at 8:30-10:00
6 Feb	FCTF Old Ortega, Stockton Park; 4021 Ortega Blvd., Jacksonville	Register at 8:30 am, walk at 9:00
13 Feb	HW BIKE - Enterprise, Green Springs Park	Register at 8:30-9 am
27 Feb	FCTF Springfield, Confederate Park Dog Park, 956 Hubbard St.	Register at 8:30 am, walk at 9:00
13 Mar	FCTF Gainesville Historic, The Thomas Center, 306 NE 6th Ave., Gainesville	Register at 1:30 pm, walk at 2:00
20 Mar	SS Seminole City Park	8-9 am
27 Mar	FCTF Washington Oaks Garden State Park, Picnic Area, Washington Oaks Garden State Park, 6400 N. Oceanshore Blvd., Palm Coast	Register 9-10am; Group walk 9:30
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 (ACE walks (non credit fun walks)).		
Please see the First Coast Trail Forger website for group walks http://www.firstcoasttrailforgerswalkingclub.org .		
Please see the Suncoast Sandpipers web site http://www.suncoastsandpipers.org . or https://www.facebook.com/suncoastsandpipers .		

YRE Walk Monitors	
Celebration	Howard Daughtrey
Maitland	Tom Carter
Orlando Downtown	JoAnne Cross
Orlando North	Cathy Metherell
Orlando South	JoAnne Cross
Orlando I-Drive	Joyce Taylor
Orlando Disney Springs	Joyce Taylor
Orlando Universal	Joyce Taylor
South Florida - 5 Online	Mike Lanpher
The Villages -Lake Sumter Lndg	Jan Van Vlack
The Villages-Spanish Springs	Gerry Vannienwenhove
Winter Park	Michael Kirchner

MFM Member Milestone Achievements			
Name	City	Events	Dist
Paul Erickson	Maitland	375	3500
Cathy Metherell	Orlando	425	

Courtesy The American Wanderer, Dec 2020, http://www.walkflorida.org/Walking_Florida/ lists Florida walkers' milestones for the last 10 years.

Many AVA Special Programs are supported by MFM events; sign up references at ava.org Current Special Programs for Rockin' Around the Clock, Mayflower and others for walks in Florida that provide these walk credits. MFM Special Program walks are shown on our website.

2021 AVA 22d Biennial Convention

June 26 to July 3, Madison Wisconsin.

AVA President Dave Bonewitz stated in The American Wanderer

“By the time that you are reading this, you should be able to register for the AVA Biennial Convention that will be held in Madison, Wisconsin, June 26- July 3, 2021. From what I have seen and heard, this is going to be the best convention we have ever had. You definitely want to be a part of it. We also have learned a lot about how to stay healthy in the days of COVID-19 and expect that following the best practices, we will be able to walk, meet, and socialize all while staying healthy. So, get online and get registered for a great time in Madison.” *(editor’s update, check the AVA web site after 6 January)*

Beginning in the afternoon on Tuesday, June 29 through Saturday, July 3, plan to be in Madison, Wisconsin, for the AVA Biennial Convention, including social events, along with walking, biking and swimming events. Fun, Fitness and Friendship! Come Join us!

A block of rooms for our upcoming convention has been reserved at the beautiful Madison Concourse Hotel, located in the heart of downtown Madison. The AVA has blocked room nights for June 29–July 3 at a discounted group rate. Rates increase for three guests or four guests per room per night. Breakfast will be complimentary for AVA guests staying at this hotel Wednesday through Saturday only (limit of two complimentary breakfast per room). Additional breakfasts can be purchased. Parking for overnight guests is discounted and will be on a first-come, first-serve basis. Complimentary airport shuttle is included with your stay, along with a spectacular view of downtown Madison. The Concourse Hotel (One West Dayton St.) is now taking reservations. To make your reservations call 800-356-8293 and ask for the AVA 2021 Biennial Convention block to get the discounted rate. Visit ava.org for more information on the hotel rates and registration after 5 January. Pre-convention events are being planned for June 26 (Saturday) – June 29 (Tuesday), and a post-convention event on July 3 (Saturday). Convention events are 29 June-2 July.

Convention Walks and Socials (ref TAW)

Date	Walks	Socials
June 26	Preconvention Walk and Bike Events in Galena, Illinois (two hours southwest of Madison) <i>At sunset, Madison traditionally holds its fire- works celebration along Lake Monona in downtown.</i>	
June 27	Preconvention Walk and bike events in Oconomowoc (one hour east of Madison)	
June 28	Preconvention Walk and bike events in Green Bay (two and one- half hours northeast of Madison)	
June 29	None	5:15-7:15 p.m. Meet and Greet, Rooftop Monona Terrace 7:30-9:30 p.m. Dessert time with a guest speaker and author talking about her Ice Age Trail experience. A cash bar will also be provided at the Concourse Hotel
June 30	Pheasant Branch, including bus out and back from the Concourse Hotel	Open with options
July 1	Monona Bay walk from Concourse Hotel, returning to the hotel for finish	Gala, including award presentations, preceded by social time at Monona Terrace
July 2	Olbrich Gardens, including bus out and walk back to Concourse Hotel	7-9 p.m. President’s Reception — AVA Associate and Lifetime Members only at the Concourse Hotel
July 3	Post convention, Walk and other events	

Volunteer Thank You by Sharon Axelrod, Volunteer Coordinator

Happy 2021 all! We are looking forward to many more walking events this coming year.

We were finally able to restart our bi-weekly Saturday walks as of June 2020 by following Co-Vid19 safety recommendations and altering our registration, checkpoint and finish processes. These changes did result in the Club's need for more volunteers at each walk. We added the responsibility of Social Distancer to the Greeter volunteer position, we added a new walker table to assist with the social distancing while explaining our club events to first time walkers, we added checkpoints to all walks including YREs, and rather than having a finish table, walkers are now asked to text when they have completed the event.

The Mid-Florida Milers would like to recognize and thank all of you who stepped up the last six months of 2020 by volunteering to assist with the walks, most of you volunteering many times to make our events a success. Our sincere appreciation and thanks to:

Jane Allingham, Dan Barnett, Rosemary and Ron Barna, Tom Carter, Jo Anne Cross, Howard Daughtrey, Paul Erickson, John Hunter, Bernadette and Michael Kirchner, Joan and Mike Lanpher, Cathy Metherell, Sharon Predham, Jenny Thomas.

For 2021 MFM has increased the number of walks for the year to 30, including 2 YREs on a Sunday and 2 Traditional events on a Friday. We are hoping this increase will bring more walkers and members to the Club. And of course we hope to see more of our members not only walking but joining the camaraderie by volunteering to assist during registration and at checkpoints. It is a great way to meet and greet all our members. **Happy walking, all!**

Walking with America's Veterans

*An exciting new Special Program begins 1 January 2021 and runs through 31 December 2023 - Walking with America's Veterans. MFM walks that currently have Veterans memorials on the routes are Celebration #2, Delray Beach, Ft Lauderdale, Key West, and Orlando Downtown. Do you have what it takes to earn all six AVA: America's Walking Club challenge coins? Each one honors one of the military services? It will take multiple books to get it done. How "high" can you go? The "challenge coin" is a military tradition that dates back over 100 years. Get a book as many sister club events have memorials also. **Order books for \$12 each with check made out to "US FreedomWalk Festival Club" (include your email with the check) and redeem by 31 December 2024 to the following address: Veteran's Walking Program, c/o Volksmarching Club, PO Box 2422, Woodbridge, Virginia 22195. Contact information: Tim Miner, 703.583.2916, Veterans@WalkVirginia.Org <https://www.facebook.com/USFreedomWalk/>***

This special program puts America's Walking Club back in contact with its roots - American veterans who returned from Europe - and to reacquaint them with popular sports and modern volksmarching in the United States. The program collects 15 local veterans' monuments and memorials for "campaigns" from the Spanish American War - about 1890 to the present - in local communities.

Almost every community has found a way to thank military personnel who served overseas, especially those who did not return. Clubs are encouraged to engage with their local veterans' organizations like the VFW, American Legion, or any of the other members of the National Military & Veterans Associations, by arranging a walk start or finish or some other way to recognize them.

Purple Heart Memorials count. Trails and roads named for veterans and veteran groups count. "Blue Star" and "Gold Star" roads qualify. A monument with multiple parts representing different wars will be considered a single qualifier if local authorities give the whole display a single name on maps and directories. The special program also requires the "qualifiers" name so each qualifier can only be used once in an event logbook or once in a year, whichever comes first. Again, if a sanctioned event has multiple qualifiers, it can be used again for the additional find. Once a walker fills up a logbook with 15 different qualifiers, they can use the same qualifiers in another purchased logbook. Upon completion of a logbook, participants are eligible to receive the first AVA: America's Walking Club military challenge coin. There will also be an option to purchase an event patch at the end of the three-year program. A special grand prize will be given to the participant who collects the most different memorials and qualifiers over the three-year period, which will require multiple books to be filled and redeemed.

Pictures

(Editor comment) All MFM Pictures are found online for the walks completed in 2020 thru 19 Dec. These are from the 4Q events that I took or were provided to me. I urge those that carry cameras (i.e. smartphones) to take and submit pictures of our events. Thanks to Leslie for some 19 Dec photos.

http://www.mfmphotos.walkflorida.org/MFM_Photos/Photos_2020.html

October 3 at Winter Garden



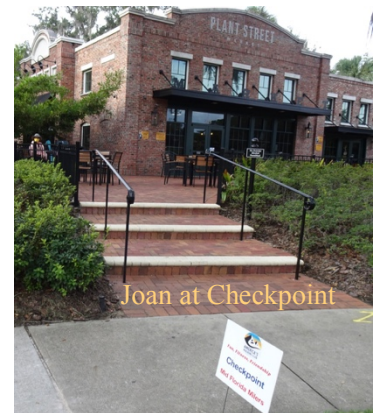
Alligator sighting Lake Apopka



Registration@ Newton Park



Tom at Checkpoint



Joan at Checkpoint

October 31 at Celebration



Nancy and Beverly



Mike & Joan in garb

November 21 at Longwood



Church on Florida Ave.



Ritter Park walkway



Lunch at Jerry's



Appreciation by Cathy to manager

December 5 at Sanford



Start area at Willow Tree



Rosemary volunteers at Checkpoint



Appreciation by Cathy to Willow Tree Café manager

December 19 at Winter Park Holiday Walk – a fun evening



Rosemary briefs 5K walkers



10K walkers through Windsong

