

Contents:

- P2-3 Membership/
Volunteers, Trailmaster
- P4 WAF30
- P5 Q1 Walk Attendance
- P6 Member walks input
- P7 Walking Information
- P8 AVA Convention is ON
- P9 Pictures

Spring has Sprung

Annual Meeting
May 14
Video at 4pm

Mid-Florida Milers Newsletter

Greetings from your President, by Cathy Metherell

Greetings and Salutations from your President:

First off, I would like to thank everyone for your sock donations this past Christmas. With the pandemic I was not sure how many would come in for the cause. We ended up with 400 pairs of socks which were donated to three local organizations: Coalition For the Homeless, Christian Service Center and The Mustard Seed of Central Florida. All three were in need of socks of all sizes for the work they do. I have done the Downtown walk many times and noticed a lot of the homeless did not have socks. When I became president I wondered how we could give back to the community and that is when I came up with the idea of the sock donation for the homeless. Those less fortunate thank you.



The AVA home office is based in San Antonio Texas. With that in mind I participated in a zoom meeting to vote on updating the bylaws of AVA. Reason this was needed is to be in compliance with Texas Business Organization Code for tax-exempt 501(c)(3) for Internal Revenue Code. There have been over 2000 changes to the code and for AVA to continue to operate in Texas, the bylaws had to be revised. The bylaws now reflect more detailed information of the operation of AVA.

I would like to give a big shout out to our walk monitors for your dedication over this past year like no other in recent history. Thank you YRE contacts, JoAnne, Joyce, Jan, Gerry, Howard, John, Michael and Tom. Thank you Letty for getting the word out about our walks and to Dave for membership. Mike thank you monitoring club walks and making changes where needed. To Jenny for keeping info about the YRE walks up to date. To Mike and Marcia for making sure we have copies for our walks. Rosemary thank you taking on E3H program. Thank you Joan and Nancy for all you do behind the scenes. To Dan, Sharon A and Sharon P. for helping me navigate this first year as president.

Please join our Annual membership meeting that will be a Zoom meeting this year due to Coved 19. Save the date of May 14 at 4 pm. The club is in need of volunteers to fill several vacancies, as you will see from an article on page 2-3 in this newsletter. My hope is that 2021 will be a better year than last and we can have an in person social event in the near future. Hope to see you out on the trail soon.



Cold and windy
Southport walk

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

Currently we have 57 memberships and 87 members. This compares to 62 memberships and 88 members on 4/1/20.

Take advantage of some of the nicest weather we will have in a long time and join your fellow Mid-Florida Milers on an upcoming walk. If you see one of our new members out on the trail, be sure to introduce yourself and welcome them to our group. They are Kelley and Richard McRae and John and Karen Grim.

Membership Survey by Dave Piatt, Membership Chairperson

Over the last 6 months we have done two surveys of the whole MFM membership to get ideas on increasing our membership. The first was a general survey and the second focused on a couple of follow-up questions. Below I have summarized the recommendations and their status for the first survey followed by the second.

Survey 1- A total of 7 responses.

- A larger membership drive should be delayed until COVID was more under control. **Status-** Continuing
- Continue exploring involvement in Element3 Health. **Status-** Rosemary Barna as our main contact. No E3H members have contacted us yet.
- Add orientation materials for new members to the MFM website. **Status-** Jenny Thomas put together a FAQ document and it will be put on the website.
- Follow up survey to see the level of interest in Weekday walks as well as the preferred balance in Nature vs. Sidewalk walks. **Status-** Done, see below.
- Work on improving the Facebook page. **Status-** A “business” Facebook page was developed by Rosemary. We need members to be more involved (posting pictures, interesting info, and liking the things that are posted) in the page.
- Finalize design of MFM business cards and have them available for at events. **Status-** Sharon Axelrod has them at walking events at the info table – take some.
- Post notices and flyers on community bulletin boards. **Status-** Awaiting a return to normal after COVID.
- Continue to have current members walk with new walkers at events. **Status-** Continuing.
- Try to have social activities and get new members involved. **Status-** Awaiting a return to normal after COVID.
- Hold up on Meetup advertising. **Status-** Awaiting a return to normal after COVID.

Survey 2- A total of 15 responses.**Weekday Walks**

- Would you personally be interested in walking a weekday walk? Y- 12, N- 3
- Which day of the week? Most popular answers: any day- 6, Wednesday- 5
- Do you prefer AM or PM? AM- 7, PM-2, either- 3

Out of 10 walks, how many should be natural and how many suburban/sidewalk? Average for natural is 2. **Status-** Once COVID has decreased we probably should try a couple of weekday walks, probably on a Wednesday, followed by a brunch or lunch. We should continue to try to design more nature walks.

Overall- A lot of good information was provided. A number of the suggestions have been implemented. Some others are awaiting a reduction of COVID. The changing of Trailmasters may result in some delays in implementing the ideas.

Volunteers: A Challenge is Here! By Sharon Axelrod, Volunteer Coordinator

We cannot say thank you often enough to all our members who continually assist the Club by volunteering. Some of you hold permanent volunteer positions and additionally volunteer when the call for more help goes out. Every aspect of operating our non-profit Club is dependent upon the services willingly performed by our members.

As Volunteer Coordinator, I have many times asked for your assistance and support so that we may continue to have successful walking experiences. This time I am asking for everyone's support so that we may ensure to continue to go forward as The Mid-Florida Milers Walking Club.

- The board position of Treasurer is being vacated after twelve years. Sharon Predham will be resigning from the Board of Directors. Sharon has done an outstanding job in her responsibilities as Treasurer and she will be deeply missed. She has been the WAF Treasurer, submits walk attendance to AVA and maintains records of walks. We will elect a new Treasurer at the May 14 Annual Meeting.
- Mike Lanpher has been our Trailmaster since 1995 and Newsletter Editor more recently. However behind the scenes, Mike has also supported the Club and kept the operation going by managing numerous other Mid-Florida Miler responsibilities. Mike and Joan handled the event setups and breakdowns walks, managed the sanctioning of YREs (now done by Jenny Thomas) and TEs and developed such items as printing materials (i.e.; walk instructions; brochures).

Now that Sharon & Mike have stepped down, MFM needs all our members to step up. The Board of Directors is reviewing the positions that need to be filled and your skills and knowledge may be exactly what is needed for some of these responsibilities. This will be a challenge for all of us to do more. As a team I know we can do this together and as we head into our 32nd anniversary we *will* continue the legacy of The Mid-Florida Milers Walking Club!

Now the opportunity is open and a need for someone else to assist the Club as MFM Treasurer. Please contact our President Cathy Metherell, 407.375.2387, if you can step into this position, a required position per AVA requirements. Sharon will still be around and will definitely help with the transition.

For all the members of Mid-Florida Milers, I say Thank You to Mike, Joan, and Sharon!

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

The 1st three months found 194 walkers at the the 12 Orlando/The Villages events. The highlight events were New Year's Day and 50 walkers at Lake Sumter Landing on 30 Jan. A disappointment was the low club member attendance at our 1st Sunday walk 14 March. Our next Sunday walk, away from the crowds, is a one day walk at Maitland Community Park (aka Mayo Park) and we look forward to seeing you there on May 23d.

Joan and I are selling our Winter Springs home and expect that we close mid-late April. Our search for homes in Greenville-Spartenburg SC areas continues.

This is my last Newsletter and Dan Barnett volunteered to prepare future issues; thanks Dan.

AVA Facebook Link <https://www.facebook.com/groups/AmericanVolkssportAssociation/>



Covid Protections - still needed

- Mask – but no bandanas; cover nose and mouth
- Exact Change
- Keep your distance

Getting to the end but not there.

Walk Around Florida 30 Flier by Alice Lawrence, President, Suncoast Sandpipers



Hotel Information

Event Details

November 5-7

Walk Around Florida 30: All are invited to enjoy 4 walks and a swim event in **Daytona Beach**. Events are sponsored by the Happy Wanderers, Mid-Florida Milers and Suncoast Sandpipers, members of the American Volkssport Association. While events are strictly noncompetitive, participants are encouraged to go the distance and achieve personal goals.



WAF 30 Headquarters: **The Plaza Resort & Spa**, Daytona Beach FL. Rates are \$106 for basic rooms (sunset/city-side), \$116 (coastal/partial view), \$126 (beachside). Rates include self-parking and resort fees, not taxes. For 2-night reservation for basic rooms, please go to:

<http://bookings.ihotelier.com/bookings.jsp?groupID=2755034&hotelID=96954>

For longer stays/upgrades (subject to availability) or more info, call 866-500-5630 and say Walk Around Florida.

Kick-off, Nov 5: Start your walking engines with a 6/11K course in **Daytona Beach**. The beautiful route on "America's Most Famous Beach" takes you across the Intracoastal Waterway to historic Jackie Robinson Baseball Stadium where he (#42) made his first appearance in the majors, the restored downtown area and lovely Riverfront Park.

Course 2, Nov. 5-6: Complete a swim of at least 300m at the **Plaza** pool. Swim event will be available on Friday afternoon and all-day Saturday until 5 pm.

Course 3, Nov 6 am: The green flag waves for a 5/10 walk in the beachside community of **New Smyrna Beach**, with breathtaking views of the Atlantic Ocean, the Indian River and Ponce de Leon Inlet. 10K ventures to the **Smyrna Dunes**—a 184-acre inlet park located along the southern shoreline of Ponce de Leon Inlet.

Course 4, Nov 6 pm: Walk the 5/10K track at the **Ormond Beach** with visits to Central Park, Cassen Park, the Grenada Bridge Pier and the Bailey Riverbridge Gardens.

Finish, Nov 7: Final laps take place at the **One Daytona** shopping & entertainment venue, with visits to the famous **Daytona International Speedway** and **NASCAR Headquarters**.

Coronavirus (Covid-19) Precautions

Events will be structured to follow the latest CDC guidance. Safety and health precautions will be detailed in the WAF 30 flier due out May 31, 2021



Hotel Link: <http://bookings.ihotelier.com/bookings.jsp?groupID=2755034&hotelID=96954>

2021 Walk Attendance by Sharon Predham, Treasurer

The 2021 Q1 walk totals for the club were 219 Year-Round Events and 68 Traditional (one day) events. The most attended YRE walk was 52 at Winter Park. The Traditional Event (one day only) average was 34 walkers with LBV New Year’s Day in January high at 40.

First Quarter 2021 YRE Participation

| | <u>Jan</u> | <u>Feb</u> | <u>OSB*</u> | <u>Total</u> |
|---|------------|------------|-------------|--------------|
| Celebration #1 | 2 | 23 | | 25 |
| Celebration #2 | | 2 | 2 | 4 |
| Delray Beach | | | 8 | 8 |
| Disney Springs / LBV | 3 | 6 | | 9 |
| Ft. Lauderdale | | | 5 | 5 |
| International Drive | | 2 | | 2 |
| Key West | | | 2 | 2 |
| Lake Sumter Landing | 50 | | | 50 |
| Maitland | 3 | 26 | | 29 |
| Miami South Beach | | | 6 | 6 |
| Orlando Downtown | | | 2 | 2 |
| Orlando North | | | 3 | 3 |
| Orlando South | | | 3 | 3 |
| Spanish Springs | 9 | 6 | | 15 |
| Universal area | | | | 0 |
| West Palm Beach | | | 4 | 4 |
| Winter Park | 44 | | 8 | 52 |
| Total YRE | 111 | 65 | 43 | 219 |
| * OSB includes January, February, and March | | | | |

First Quarter TE Participation

| | | |
|-------------------------------|--|-----------|
| LBV New Year's Day | | 40 |
| Orlando Southport Park | | 28 |
| Total TE | | 68 |

Summer is coming so order your MFM cap. Navy Blue, Forest Green, or Gold with embroidery letters



Online Start Boxes are a Plus (& Safe)

by Mike Lanpher, Trailmaster, mlanpher@cfl.rr.com
 Last issue I summarized the Online Start Box positive features. Since then we had 18 walkers register at my.ava.org and walk at the 7 Orlando area OSB events. 13 of those were Joan and myself. Because the numbers are so limited, we would like to understand the reasons these walks are not being utilized. We would like you to advise us on use of OSB walks. Please call me or email with your comments at 407.304.6394, or mlanpher@cfl.rr.com.

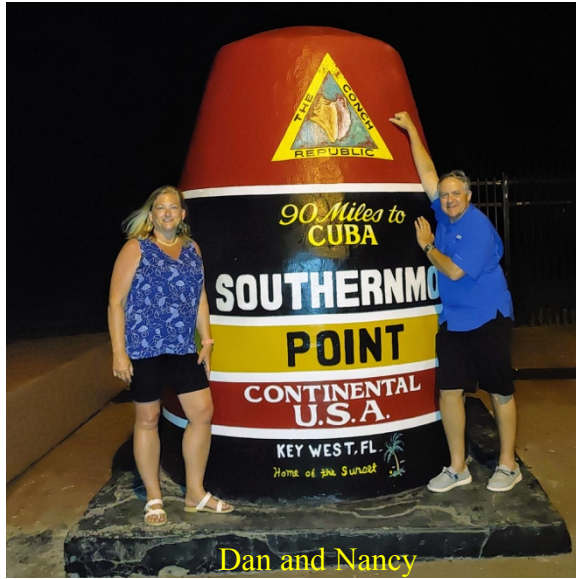


The pedestrian Bridge over Kirkman Rd. is open – use it at June’s walk

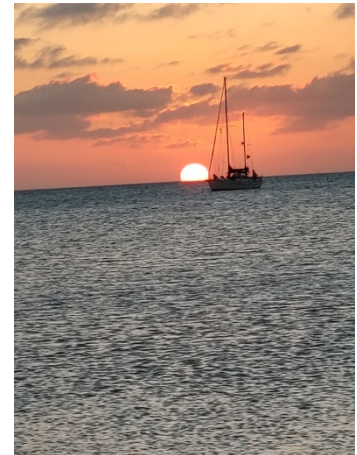


Mar 20 I-Drive 10K walkers at the CP

Walking Florida Events by Vice President Dan Barnett



My wife, Nancy, and I just returned from travelling to Marathon, Florida. We stayed in an RV with Nancy’s family who travelled down from Annapolis, Maryland. One morning, Nancy, my sister-in-law (Tiffany) and I drove to Key West. We walked the OSB Key West YRE. Boy, did we have a great time. Tiffany who is a relatively new walker had visited Key West quite a number of times and was able to point out a number of good eating and drinking establishments along the walk. What we all learned during the walk, is a good appreciation of the historical sites along the



route. Tiffany was amazed, as she was not aware of many of the historical sites. To me, this one of the many great things about volksmarching. While you may think you know something about an area, by doing a volksmarch, you get to know it a lot better. We plan on doing the other four SE Florida OSB walks in the next two weeks. I challenge each of you, once you feel the conditions are acceptable, to venture out and complete many of these great Florida events

Remembering Walks from Germany by Tom Carter

While stationed in Mannheim, Germany, 1989-92, I participated in three 100 Km Pays de Bitche (Bitche country) volksmarches located in Eastern France. The walk was a relatively short drive from Manheim and the walk started at 9:00 pm. A large group (over 1,000) gathered in a small village for the start of the walk. There were 12 check points along the route that offered water and other refreshments. At the 50 Km point a full meal was provided. The walk was along less traveled roads and across farmlands. Even during the dark hours it was easy to follow along the group of walkers. It was a challenge to walk 100 Km without a major rest break along the way. It took approximately 15-16 hours to complete the walk. The 3 awards of Pays de Bitche are shown on the left.

I also participated in twelve 160 Km Rundweitwanderweg-Hunsruck (Circular hiking trail – Hunsruck) year round walks Northwest of Mannheim. I started early in the morning of the first day and spent the night at the 80 Km mark. I usually stayed at a hotel or a guest house. The walk was primarily in wilderness settings and I saw very few people along the way. It was a beautiful walk and a fun challenge. I also walked several other long year round walks to include a 200 Km walk in Berlin. The plate award is shown.



Walking Information

| Q2 Mid-Florida Milers Walks | | |
|-----------------------------|---|---------------|
| 3 Apr | Orlando Downtown | 9:00-9:45 am |
| 17 Apr | Orlando Wetlands Park | 9:00-9:45 am |
| 1 May | Celebration #2 | 8:30-9:15 am |
| 15 May | The Villages Spanish Springs | 9:00-9:30 am |
| 23 May | Sunday - Maitland Community Park, aka Mayo Park | 8:30-9:15 am |
| 29 May | Orlando North at Marks St. Center | 8:30-9:15 am |
| 5 Jun | Universal at Rear of Kirkman Ale House | 8:30-9:15 am |
| 19 Jun | Orlando Downtown | 9:30-10:00 pm |

| DATE | Q2 Other Florida Upcoming Traditional Events | REGISTER |
|--------|---|-----------------------------------|
| 10 Apr | FCTF Jacksonville St. Nicholas | Register at 8:30 am, walk at 9:00 |
| 10 Apr | SS: St Petersburg Memorial Mural Walk commemorating Paul VanValkenburg | Register at 8:30-9:00 |
| 8 May | FCTF Jacksonville Fleming Island | Register at 8:30 am, walk at 9:00 |
| | The AVA Biennial Convention is 29 Jul-2 Jul with pre and post events. http://ava.org/ See Page 8 | |
| | Remember Walk Around Florida 30 in Daytona Beach 5-7 November. Flyer on page 4 | |
| | 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)). | |
| | See the First Coast Trail Forger website for group walks http://www.firstcoasttrailforgerswalkingclub.org . | |
| | 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 | 400 | 4000 |
| <i>Courtesy The American Wanderer</i> , Mar 2021, http://www.walkflorida.org/Walking_Florida/ lists Florida walkers' milestones for the last 10 years. | | | |

Many AVA Special Programs are supported by MFM events and are a fun way to find new walks and revisit old routes; sign up information at ava.org. Current Special Programs for Rockin' Around the Clock, Mayflower and others for walks in Florida provide these walk credits. MFM Special Program walks by event are shown on our website.



Barnett Family and Friends walked NYD



Lake Cherokee flowering trees Feb 20

2021 AVA 22d Biennial Convention

June 26 to July 3, Madison Wisconsin.

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. More information on the hotel rates is available at ava.org. 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.**

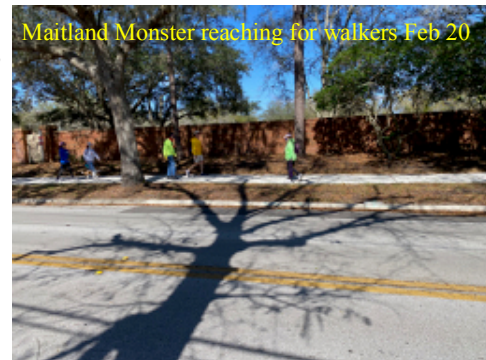
Convention Walks and Socials (ref TAW)

| 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 fireworks 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 |



Jan 2 Winter Park Start

MFM Walks



Maitland Monster reaching for walkers Feb 20

Pictures

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

New Year's Day at Disney Springs



Awaiting the start



Pat & Roger in Marketplace

Jan 2 at Winter Park



Dan & "kids" pass the CP

Jan 30 at The Villages



Sharon and friend at Lake Sumter Start

Feb 6 at Celebration



Ron and Rosemary at Celebration CP

Feb 20 at Maitland



Howard at Maitland CP

March 6 at Orlando South



Rosalie, Rita, Fred on Delaney



Orlando South prepared for rain - it did not



Fred and Leslie