

**A NEW NEWSLETTER
EDITOR!**

Please provide YOUR
Inputs—Travel, Comment,
Pictures, Topics to Dan at
dnlcssb@aol.com

Let us get together this warm quarter
and enjoy a walk: Oct 2, 16 & 30,
Nov 5-7 & 20, Dec 4 & 18. See page 4.

Renew your
membership,
see page 2.

Mid-Florida Milers Newsletter

Epic Journey to Madison, by Cathy Metherell

First, I would like to thank those who renewed their membership and welcome our new members.

I had the opportunity to attend the 22nd AVA Biennial Convention in late June early July in Madison WI. On my way there, I did walks in six states. The first day took me 12 hours to get to Atlanta due to rain from tropical storm Claudette. The next day I had beautiful weather driving through green hills of eastern Tennessee and Kentucky. There were a lot of bees, butterflies, birds and ducks along the first four walks in Frankfort KY, Xenia OH, Yellow Springs OH, and Zionsville IN. I enjoyed seeing all the flowers blooming along those walks. There was a group of women working in the Women's Garden in Yellow Spring where I had a 30-minute conversation about horticulture. I went into two nice bookstores, one in Yellow Springs where I bought a nice notebook and the other one was in Zionsville where I bought a book on the end of World War II for my husband. The motto for Yellow Springs is "2.02 Square Miles Surrounded by Reality" and is the home of Antioch College. I saw little Fairy Gardens at the base of trees in Zionsville. I could not have asked for better weather.

As I was driving to Holland MI for my next walk, I noticed the countryside looked different. I only had a short time to do the walk there because a thundershower was moving in. There were a few tulips still blooming in the downtown area. The next day I stopped to see the South Haven lighthouse on Lake Michigan and then on to Chicago. I did both Chicago walks. The weather was hot and humid, so I felt right at home. I went out and did the Lakefront walk early and there were a lot of people out walking. Most of this walk was along Lake Michigan passing through Grant Park, museums, Buckingham Fountain and the Navy Pier. There was a nice breeze coming from the lake. After an early lunch, I started the Golden Coast walk. Chicago lived up to its name as the Windy City because all I can remember from this walk was the rain and the tornado that passed over.

After a rainy weekend in Chicago, I headed to Green Bay WI. As I drove up, I noticed a change in the countryside again. The Green Bay walk started at the Riverside Ballroom, where the Packers used to have their indoor practice facility before one was built. This walk takes in the Green Bay Packers Heritage Trail. I enjoyed looking at the nice buildings and art along the river. I had my first serving of Wisconsin Cheese Curds in Green Bay in the afternoon.

Next up, I headed to Madison for the convention walks. Buses took us

to the first walk at Pheasant Branch Conservancy, which is a 550 acre important watershed area that feeds into the Madison lakes. There was a group of college students working on a restoration project. In the evening there was a Food and Forage walk that you could jump off to have dinner along the trail. The next morning was the President walk where the Mayor of Madison came to welcome us to the city. We were the first convention post Covid for Madison. The next day buses took us to Olbrich Gardens for the start point for this walk. After walking through a beautiful garden with many blooming plants, with lots of bees and butterflies, we walked back to the hotel. The walk took me through a neighborhood of Craftsman style bungalows and there were a lot of mature trees along this walk that was most appreciated. The last convention walk was the University of Wisconsin, home of the Badgers. I saw a group of students doing yoga on paddleboards. If I did that, I would be in the water in no time. For this Florida person, this was a hilly walk with lots of steps. There is a beautiful capital building in Madison that I could see from my hotel room with a nice rotunda on the inside.

During the convention I went to a talk about how the state of Wisconsin is creating a 1000-mile long trail that follows along the glaciation during the Ice Age. I now understood why there was a change in the countryside the further north I traveled. Madison is located right on the edge of where the glaciation stopped. I would encourage you to go read about Ice Age history.

Before I left Madison I met up with a friend for lunch where I had my last serving of cheese cruds. Then it was on my way to Chicago for my early morning flight back to Orlando. I was thankful I had the back of the plane to myself. I really had a great time meeting fellow walkers from across the country.

Because AVA is hosting the 18th IVV Olympiad and IML Texas Trail Roundup in 2023 in San Antonio, the next AVA Biennial will be in 2025. See you out on the trail!

Comments from the Vice President

by Dan Barnett

Greetings! Thank you to all of you, your support allows us to remain a vibrant club. 5-7 Nov, our club will be assisting the Happy Wanderers and the Suncoast Sandpipers in putting on the Walk Around Florida (WAF) 30 in Daytona Beach. There are four walks and a swim. Volunteers are needed to put on this event. Please see our web site for volunteer opportunities. In June/July the AVA held its Convention in Madison, Wisconsin and a few of our club members attended. During the Convention, a new slate of AVA officers were elected. They are Nancy Wittenburg from Puyallup, WA as the Chair; Susan Medlin from San Antonio, TX as the Vice Chair; Cecilia Miner from Woodbridge, VA as Board Secretary; and Ed McCabe from Dripping Springs, TX as Finance Chair. Also occurring at the Convention, was the Silent Auction. There were 96 items for bids, including cards crafted by Joan Lanpher for the MFM submission. Thanks to generous bidding, the Silent Auction earned \$7,716 for the AVA.

Membership Report by Dave Piatt, Membership Chairperson

At the end of last membership year (6/30/21) we had 57 memberships and 87 members. As we are wrapping up our membership renewal campaign we have (9/5/21) 49 memberships and 75 members. While we are getting some new memberships (6 new memberships since 7/1/21!) we still have a few members who are yet to renew. In this issue of the newsletter, you will find a companion article with a reminder on how to renew.

An alternate way to look at our membership status is how we were doing on 9/5/20. That is the same point in last year's membership drive that we are at now. At that time, we had 48 memberships and 66 members. On that basis we are about the same, but remember we were in the middle of COVID with no vaccinations at that time.

Which is the best way to view the membership? Personally, I think we are doing pretty similar to how we were last year. I am encouraged that we have had 6 new memberships since 7/1/21. Given the presence of COVID last year and its resurgence currently, it makes a clean comparison difficult.

September is always a month of change. Average daily highs typically drop a few degrees in this month. This small drop is certainly a relief from the heat of the summer months. If you have been not joining us on a many of our walks as you would like, this is a great time to start getting back to regularly walking with Mid-Florida Milers. We have some great walks planned for this Fall season.

Membership Renewal by Dave Piatt, Membership Chairperson

Our membership renewal campaign is beginning to wrap up. We have had a good response. I want to thank all those who have already renewed. We depend on a strong and active membership to have the walking activities that we do.

If you have not yet renewed, now would be a great time to renew. We are getting into the Fall weather and have a great lineup of walks planned. So please go ahead and renew your membership. Current membership dues are \$15 if you renew by Sept. 30 and \$11 for Oct - Dec for single members. For couples/families the fees are \$25 for renewals by Sept. 30 and \$19 for Oct - Dec.

Renewing your membership in Mid-Florida Milers is very easy. If none of your contact information has changed then all you need to do is to pay your membership fee at one our walks and tell them nothing has changed. Or, if you are not going to be at a walk in the near future, then mail a check payable to Mid-Florida Milers and tell us it is a membership renewal and nothing has changed.

Mid- Florida Milers

P. O. Box 4575

Winter Park, FL 32793

If you need to make some changes to your contact information or you want to join for the first time then you should send in a completed membership form. Go to

www.midfloridamilers.org

Halfway down the Left Hand Column is the link to click on to download the Membership Application. Just click on it and you will get a pdf version of the application that you can fill out. Just change any new information and turn it in, along with the fee, at a walk or mail to the above address.

We look forward to your renewal and hope to see you on one of our walks soon..

Volunteers Needed for WAF 30 by Sharon Axelrod, Secretary

WAF30 will be held in Daytona Beach November 5 through 7. This annual event, hosted this year by The Happy Wanderers and sponsored by the three Central Florida Clubs, Happy Wanderers, Mid-Florida Milers and Suncoast Sandpipers, is always full of fun, fitness and friends, and of course food and drink. Please join us and pre-register prior to October 15.

As in years past, to ensure the success of the event, we will need volunteers at each of the four walks. There are over fifty volunteer positions to be filled. Please go to the Volunteer Signup link and review the available slots and sign up for the position for which you feel comfortable volunteering. Volunteers will receive instructions and procedures for their position in advance of the event.

The Happy Wanderers have arranged for pre-walks for several of the events on upcoming Saturdays in September and October. By pre-walking you will still get credit for a walk you may miss during your volunteer stint. Add your name to the Volunteer Walk Signup link for the pre-walks you will be attending.

Go to the [Mid-Florida Milers website](http://midfloridamilers.org), (midfloridamilers.org), to find the WAF30 Flyer with all the information about the events over the weekend and the pre-registration form, the link to the Volunteer Signup, and the link to the Volunteers' Walk Signup.

Thank you in advance to all who will be volunteering their time!

Trailmaster Topics by Dan Barnett, Vice President

We completed six walks during the past quarter, including a traditional event in Oviedo on the Black Hammock Trail with 39 registered walkers. It is great to see our new and relatively new walkers returning to our walk events. Sadly, we had to say farewell to our Lake Buena Vista start point at Pirate's Cove Miniature Golf as they closed due to the I-4 construction. We presented a certificate of appreciation to Fred Bailey who was the manager (see photo elsewhere in this newsletter). We will be assisting The Happy Wanderers in putting on the Walk Around Florida event in Daytona Beach. In 2022, the Mid-Florida Milers are the host for the Walk Around Florida event. Please let any of the Board members know if you have ideas on where we should have the walks. This quarter we will be having one traditional event. It will be in Winter Garden. I hope you will consider coming out to this great walk.

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

Walking Information

Q4 Mid-Florida Milers Walks		
2 Oct	Celebration #2 at Starbucks	8:30-9:00 am
16 Oct	Winter Garden at West Orange Trail	8:30-9:00 am
30 Oct	The Villages at Spanish Springs	9:00-9:45 am
20 Nov	Winter Park at Amtrak Station	8:30-9:15 am
4 Dec	Universal @ Comfort Suites Hotel, Canada Dr.	9:00-9:30 am
18 Dec	Orlando North at Marks Street Senior Center	9:00-9:30 am

DATE	Q4 Other Florida Upcoming Traditional Events	REGISTER
9 Oct	HW WAF30 Volunteers Walk at One Daytona public parking garage behind Fairfield Inn, 1808 W. International Speedway Dr. Daytona Beach.	Register at 9:00 am
16 Oct	SS Lake Seminole Park at 10015 Park Blvd N, Seminole	Register at 8:30 to 9:00 am
22 Oct	HW WAF30 Volunteers Walk at the Coronado Civic Center parking lot, 150 N. Pine St. New Smyrna Beach	Register at 9:00 am
5-7 Nov	WAF 30 in Daytona Beach (see our web site)	
See HW, SS, and FCTF web sites for Wednesday, Saturday and Sunday group walks of YREs		
The Happy Wanderers. https://www.happywanderersfl.org . http://www.facebook.com/HappyWanderersAVA . Additional walks on Sundays (YREs) & Wednesday evening (ACE walks (noncredit fun walks)).		
Please see the First Coast Trail Forgers website for group walks http://www.firstcoasttrailforgerswalkingclub.org .		
Please see the Suncoast Sandpipers web site http://www.suncoastsandpipers.org . or . http://www.facebook.com/suncoastsandpipers .		

MFM Member Milestone Achievements			
Name	City	Events	Distance
Nancy Barnett	Merritt Island	225	
Mike Lanpher	Greenville, SC	1400/ 1450	
Courtesy The American Wanderer, Sep 2021, Florida Resident's Event Milestones (walkflorida.org)			

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

Please Note: Our Specialties Line of Shirts and Hats is being updated due to changes in our suppliers. We will have our Club President send out an email and post on our Club Web Site once we have clarified the changes. Thank you for your understanding.

Many AVA Special Programs are supported by MFM events; you can sign up by reviewing the ava.org web site. Current Special Programs for Rockin' Around the Clock, Mayflower, Carousals Across America, Little Free Library, and Walking w/America's Vets and others for walks in Florida that provide these walk credits. MFM Special Program walks are shown on our website. Please NOTE, Carousals Across America and Little Free Library both end this year on 31 December. Both allow a further 12 months for the books to be redeemed.

Two new AVA Special Programs

The two new special programs that will begin in January 2022 are the "Rails-to-Trails" and "Town Halls/City Halls" programs. Here are their descriptions and contacts.

Rails-to-Trails

This program runs January 1, 2022 through December 31, 2025. Redeem completed books by December 31, 2026. Any sanctioned YRE, Seasonal, or Traditional event that walks/bikes on a portion of an official Rails-to-Trails Conservancy identified trail (which can be found at traillink.com/trailsearch) qualifies. One stamp per event per year except for Guided Trail events which use the same stamp—in this case the sanction number identifies a unique event. The AVA Special Program Booklet contains room for 16 stamps.

For details and books contact Sherry Sayers, Colorado Springs Walking Club, 3524 N. Cascade Ave, Lot #58; Colorado Springs, CO 80907, cswc@avaclubs.org. Completed books may be sent to Sherry, or scan image of your completed book and email it to cswc@avaclubs.org for a 3"x4" award patch. POC: Sherry Sayers, 719-640-6745, email cswc@avaclubs.org.

Town Halls/City Halls

The program runs January 1, 2022 through December 31, 2024. Redeem completed books by December 31, 2025. Complete 15 AVA sanctioned walks that include a town/city hall. The building must be marked as such or have a plaque as a historic site of one. A hall may only be used once, even if multiple walks go by it. The patch depicts the Ashland town hall and the Fredericksburg city hall, both in Virginia.

Order books from Peninsula Pathfinders, 302 Queens Crescent, Williamsburg, VA 23185. POC: Sandy Croushore, 757-532-3468, email szcroushore@verizon.net.

2021 Walk Around Florida by John McClellan, President, Happy Wanderers

Walk Around Florida (WAF 30) in Daytona Beach, Florida is back on in 2021 for November 5-7. Advanced hotel reservations are once again available at the fabulous Plaza Resort and Spa. To reserve a room, call 1-866-500-5630 and say "Walk Around Florida" for a standard king or double queen room at a fantastic group rate.

Upgrades to partial view or beachside rooms and extended stays up to three days before and after are also available at a discounted rate, while accommodations last. The Plaza has both indoor and outdoor bar/lounges three on-site food venues and a full-service spa and hair salon. The heated Pool is surrounded by generous seating and cozy fire pits situated around the resort's beachside courtyard. In addition, guests have use of paddle-boards, kayaks, boogie boards and bicycles as well as access to multiple hotel activities

Daytona is the World's Most Famous Beach and the birthplace of NASCAR racing. Fifteen land speed records were set on the flat, hard-packed beaches here before the famed international speedway was opened. At WAF30, you'll be walking on those same Atlantic Ocean beaches where the cars (still allowed in some stretches) are now limited to 10 mph. Daytona Beach is located on Florida "Fun Coast" in Volusia County, about 51 miles northeast of Orlando by I-4, and 86 miles southeast of Jacksonville by I-95. Daytona International Airport (DAB) provides convenient air travel connections along with Orlando (MCO), Orlando-Sanford (SFB) and Jacksonville (JAX).

Sanctioned events at WAF30 include four walks and a swim in the hotel pool, with several more YREs available within a one-hour drive. Our Friday afternoon walk from the Plaza includes a piece of that great beach as well as Jackie Robinson Field. Home of the Daytona Tortugas, the ballpark was the first venue its hall-of-fame namesake played in professionally after being signed by the Brooklyn Dodgers. A happy hour Meet-n-Greet back at the hotel on the pool deck will follow the walk.

Our Saturday offerings take walkers to the neighboring coastal towns of New Smyrna Beach and Ormond Beach. An old Florida beach town, the highlight of the New Smyrna walk is the Smyrna Dunes Park, with more than two miles of wide, elevated, handicapped accessible boardwalks and breathtaking views of the Atlantic Ocean, the Indian River and Ponce de Leon Inlet. The highlight of our afternoon walks is Ormond Beach's Central Park with 150 acres of ponds, canals and walkways. The 10k walkers will also visit Cassen Park, the Grenada Bridge Pier and the Bailey Riverbridge Gardens. Walkers then return to the Plaza for cocktails and our 30th anniversary banquet dinner.

The weekend wraps up on Sunday morning at One Daytona—the new shopping and entertainment venue in the shadow of the Daytona International Speedway. See the famous home of the Daytona 500 and the headquarters of NASCAR. The 10k walkers will also explore the campus of Embry Riddle Aeronautical University, recognized internationally for excellence in aviation and aerospace education. Walkers will enjoy a send-off lunch at One Daytona before heading out. Our full event brochure with event registration and waiver form is available on the [Mid Florida Milers](#) website and must be submitted by October 15. We're looking forward to seeing you at our 30th Anniversary!

Recipient of the 2021 President's/Board Chair's Award by David Bonewitz, Chair, AVA

The AVA President's/Board Chair's Award recognizes people for their exemplary contributions and service to the AVA: America's Walking Club. Some people contribute their unique talents; some people contribute countless hours as volunteers; others contribute professional services; others make significant and unique financial commitments. All-in-all, their personal efforts make a positive impact on the day-to-day operation of the AVA. However, many times these contributions are just accepted as routine and not recognized.

It is a distinct pleasure for me to recognize these very special people for service which I consider to be "above and beyond" the norm. They richly deserve this recognition.

Jan Van Vlack

Jan has worked tirelessly for 4 years to make the AVA Virtual Online Programs (VOPs) a success. She has played a role in the design of each of our four VOPs and then has served as the "Help Desk" to answer questions and solve problems for the participants. She works directly with WalkerTracker on the walk routes, photos, etc. ensuring that our programs run smoothly. Working with WalkerTracker on implementation, Jan then serves as AVA's liaison and consultant on this program. Jan's commitment and hard work (over 1,000 hours annually) has been critical to exposing our club members to the world of virtual programs.



AVA Hosting 18th IVV Olympiad in 2023—Help Us Plan by John McClellan, AVA Convention Committee

Planning continues for hosting the 2023 IVV Olympiad in San Antonio, Texas. AVA: America's Walking Club! Will be hosting the first Olympiad ever to be held in North America! **Save The Dates!** Our joint event—the IVV Olympiad and the existing IML Texas Trail Round Up, will take place back-to-back From 19-23 FEB and 24-26 FEB 2023. That's a whole week of fantastic walks (from 5k–42k), bikes and swims, in a once-in-a-Lifetime international atmosphere. America's Walking Club is bring together the two largest international walking federations to bring these events to the USA. Who are they you ask?

The INTERNATIONALER VOLKSSPORTVERBAND—or International Federation of Popular Sports (IVV)—is the governing organization for volkssports, internationally, Asia & Americas, 31 national member and 10 countries with single (club) members. America's Walking Club and all our member clubs are part of the IVV.

The IML Walking Association (known until 2006 as the International Marching League) is a non-profit organization form of international non-competitive multi-day walking events or "marches" in its member countries. There are 29 member nations holding IML events, including the United States—with events hosted in Arlington, VA and San Antonio, TX.

Olympiad Facebook Page: Please go to www.facebook.com/2023IVVOlympiadUSA and “like” us! Invite your volkssporting friends and fellow club members to like us. Help us build awareness and excitement as we move towards 2023! Look for the latest on the joint Olympiad/IML events and answers to questions you may have.

Upcoming AVA/IML/IVV Events. We need clubs, State Organizations and Regional Directors, to keep us informed about upcoming multi-event weekends, State or Regional Conferences where you'd like to have information about the Olympiad. Our committee can provide the STD cards and (in future) other products; and we can send a team or “zoom” in with a short presentation on the event.

To order STD cards for your organization or event – contact us at olympiad2023@ava.org Planning Volunteers Still Needed! We are continuing to recruit volunteers for our planning team(s) – with sub-committees being formed now in areas such as opening/closing ceremonies, marketing & publicity, social media, and cultural/language skills.

Some of the work can only be done locally in San Antonio, but there are many tasks already being worked on by volunteering all across the AVA through the Magic of online/distributed work processes. We are using e-mail, Zoom, MS Teams and Dropbox. If you want to be a part of it, please contact us at:

Olympiad2023@ava.com.

!

Pictures

(Editor comment) All MFM Pictures are found online for the walks completed in 2021 thru 19 Dec. These are from the 3Q 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.

[Mid-Florida Milers 2021 Photos - Walk for Fun \(walkflorida.org\)](http://walkflorida.org)

Certificate of Appreciation for our Walk Monitors



Howard and Cathy



Cathy and JoAnne



Cathy and John



Cathy and Joyce



Jan and Cathy



Michael and Cathy



Cathy and Tom

3 July at Lake Buena Vista



Tom, Sharon and Jenny



Certificate of Appreciation to Fred Bailey, Manager, Pirates Cove Miniature Golf

17 July at Winter Park



Walk Registration



Pete Bergmann



Saw a Wedding in the Park

31 July at The Villages (Lake Sumter Landing)



Walk Registration



Walk Registration

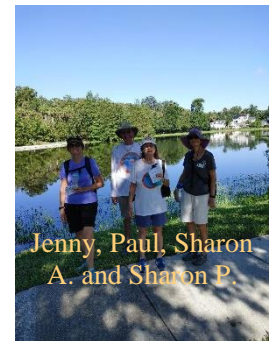
7 August at Celebration



Paul and Sharon



Jenny and Sharon



Jenny, Paul, Sharon A. and Sharon P.

18 September at Black Hammock Trail (Oviedo)



Walk Registration



Walk Registration



What is Walking Behind Them?



Gnome House