

A New Decade  
Newsletter!  
Provide YOUR  
Inputs – Travel,  
Comments, Topics to  
mlanpher@cfl.rr.com

WALK where  
you are – in your  
neighborhood;  
7500 steps a day.

**8 WALKS SUSPENDED**  
**Celebration 1 & 2**  
**Disney Springs/LBV**  
**Orlando: Downtown,**  
**North, South**  
**Universal**  
**Winter Park**



**MAY 2020 EVENTS MIGHT  
BE OK - STAY TUNED FOR  
PUTTING FOR PATRIOTS**

# Mid-Florida Milers Newsletter



| MFM Club Officers/Committees |                        |
|------------------------------|------------------------|
| President                    | Rosemary Barna         |
| Vice President               | Dan Barnett            |
| Secretary                    | Sharon Axelrod         |
| Treasurer                    | Sharon Predham         |
| Newsletter                   | Mike Lanpher           |
| Membership                   | Dave Piatt             |
| Printing Support             | Mike and Marcia Kepper |
| Publicity                    | Letty Zook             |
| Routes & Trails              | Mike Lanpher           |
| Volunteer Coord              | Sharon Axelrod         |
| Web Site                     | Dan & Nancy Barnett    |
| YRE Coordinator              | Jenny Thomas           |

## The President Speaks

Dear walking friends,

As you well know and understand, our club has either cancelled or postponed all scheduled events through the end of April. Eight of our YRE walks in the Orlando/central Florida area have also been suspended indefinitely. As a result, Ron and I are almost completely housebound. We are getting lots of house cleaning and yard work done while taking care of our 11 year-old grandson. So far, only math lessons have come through for his “homeschooling”, so he still thinks he is on spring break and is staying up late and playing lots of video games. We three and Rosebud are walking the neighborhood twice a day and playing basketball, badminton, and corn hole. If you are unable to get out and walk in your neighborhood, may I recommend that you search YouTube for Leslie Sansone walking videos and Grow Young Fitness videos.

If you need help with anything, please don't hesitate to contact one of the club officers. I hope to see you soon and that you will stay safe and well.

*Rosemary*

In May we are supporting our long time start point at Pirates Cove as they are “Putting for Patriots” in May. On 23 May (Memorial Day Weekend) we will PUTT & WALK to honor and assist disabled Veterans. Please plan on supporting the highly rated charities as you PUTT, then WALK. The club will match cash donations up to \$75 from our members.

## AVA Suspends Walking

The AVA Board of Directors unanimously agreed today (17 March) to immediately suspend all AVA Traditional events through April 30<sup>th</sup>, 2020 and recommends all club related events to include group walks, meetings, social gatherings, etc. be postponed through April 30<sup>th</sup>, 2020. The Board of Directors will be monitoring this situation closely and updates will be given regularly as the situation develops.

The Board further recommends clubs listen and follow directions of State, Local and Federal authorities on local circumstances surrounding the COVID-19 virus. Visit [coronavirus.gov](https://www.coronavirus.gov) for more information.

During this suspension period we recommend clubs postpone and not cancel events so they can be reactivated in the ESR at a later date should the club decide to reschedule them. For more information on how to do this see the attachment or contact your Regional Director. There will be no additional sanctioning fees for events rescheduled as a result of this suspension so long as they are rescheduled during the 2020 calendar year. The AVA is still discussing what action to take in the case where an event cannot be rescheduled. More information will be forthcoming as we begin to realize the impact this may have on our clubs and the AVA.

This was not an easy decision for your Board. However, it is important that we take action to help slow the spread of COVID-19. Your club members are the most valuable part of AVA: America's Walking Club, and it is critical that we do what we can to keep everyone healthy.

Stay Safe So You Can Keep Walking.

Happy trails,  
David Bonewitz, PhD  
President  
AVA: America's Walking Club



### A note from Rosemary:

Our club has either cancelled or postponed all scheduled events through the end of April.

That includes our annual meeting, the annual AVA fundraiser known as the Big Give, and April 18 in Sanford.

Most of our YRE walks in the central Florida area have been suspended as we work through business closures/restrictions. The walks affected are Celebration 1 and 2 (Celebration Starbucks), Lake Buena Vista/Disney Springs (Pirates Cove), Orlando Downtown and Orlando South (Beardall Senior Center), Universal (Kirkman Rd. Starbucks), Orlando North (Marks St. Sr. Center), and Winter Park (Winter Park YMCA). We have 4 walks still open (as of 28 March), but cannot say that there will be restroom stops available along the walk route. The open walks include Maitland (Walgreen's), I-Drive (Comfort Inn & Suites), and the two walks in the Villages – Lake Sumter Landing and Spanish Springs.

*Rosemary*

### A note from Dan, Vice President

Hi Fellow Walkers! Globally we are facing a type of epidemic we have not had to deal with in our lifetime. The Coronavirus has affected almost everything we do in our daily lives. The virus attacks a person's immune system. Medical personnel have indicated walking is one of the means to strengthen a person's immune system. Please consider ways you can safely walk and promote your immune system.

## MLK Weekend - Jacksonville's Atlantic Beach, January 17-20

By Mike and Joan Lanpher

The 5 walks, a meet and greet, and the river tour were well attended bolstered by a Tater Tours visit. Over 130 walkers enjoyed sun, wind, rain, and cold on some



interesting walk routes. Joan and my favorites were St George Island and the cool, rainy, St John's River tour with about 90 participants. We left for St. George taking the ferry across the St. John's, meandered down a narrow road a ways to the start at the Rubidoux House (picture to right).

We walked the woods, Joan stopped to speak with a fisherman (she always does), and then continued to the Kingsley Plantation with its interesting history before returning to the finish. Great job by the First Coast Trail Forgers all weekend.

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

As discussed last newsletter we continue to have fewer walkers than expenses for traditional and some YREs. When rescheduled, the annual meeting will discuss potential mitigation to the loss of income compared to the cost benefits. Given the current virus environment, we have suspended two thirds of our events and this further exacerbates are our costs.

During the first quarter we did get in some very nice events with great weather at Disney on 1 January. That was followed by a nice tour for 37 walkers by Tom Carter at Leu Gardens on 11 January. Two year round events in February were sparsely attended but on 29 February, a very nice walk by Cathy Metherell had 27 walkers of which 19 stayed for lunch at City Pub. The restaurant had a very nice menu with very good selections. The following event on March 7 at Avalon Park was really a pleasant day starting cool and windy, but bright and clear. Fifteen of the walkers joined for lunch at Pesaro's Ristorante afterwards.

Walks for this next quarter are a bit up in the air as are all our personal plans. While this pandemic is going to be difficult for all, if you need help, please ask.

### New Study on Steps per Day over age 70

A new study followed almost 17,000 women over age 65 (average age 72) to see the effects of steps per day on mortality rates. In following them over 4 years, they found that women who averaged 4,400 steps per day had a 41% decrease in mortality compared with the least active women.

Mortality rates decreased with increasing number of steps per day up to 7,500. After that, the rates leveled off and remained constant. This suggests 7,500 as the minimum number to get the most benefits.

But do these steps have to be fast? No. The researchers were able to measure walking speed and found no significant effect in whether the women walked faster or slower, only the total mattered.

The study was published in the prestigious Journal of the American Medical Association Internal Medicine in the May 29, 2019 issue.

Credit: <https://jamanetwork.com/journals/jamainternalmedicine/fullarticle/2734709>



Feb 1 at Orlando downtown



Feb 15 at The Villages Start



Feb 29 at Orlando on Urban Trail

# Walks and Other Walking Information



Get a Club Sweatshirt, UPF 30 or 50 LS Tee, a Wind Breaker (w/name and club logo), hats, nametags -email [mlanpher@cfl.r.com](mailto:mlanpher@cfl.r.com) for details

| Name             | City           | Events | Dist  |
|------------------|----------------|--------|-------|
| Nancy Barnett    | Merritt Island | 150    | 2000  |
| Rebecca Hinkle   | Molino         | 250    |       |
| Sheila McClellan | Port Orange    | 750    | 8000  |
| Tom Carter       | Winter Park    | 1000   |       |
| John McClellan   | Port Orange    | 1100   | 12000 |
| Mike Lanpher     | Winter Springs | 1350   |       |
| Dan Barnett      | Merritt Island | 1600   | 17000 |

*Courtesy The American Wanderer*, March 2020, [http://www.walkflorida.org/Walking\\_Florida/](http://www.walkflorida.org/Walking_Florida/) lists Florida walkers' milestones for the last 9 years.

| Q2 Mid-Florida Milers Walks – Hopeful* |  |                |
|--|--|----------------|
| 2 May                                  | Orlando North @ Marks St Sr. Ctr   | 8:30 -9:00 am  |
| 16 May                                 | Winter Garden @ Crooked Can Brewery/eat afterwards in the Plant St. Market | 9-10 am        |
| 23 May                                 | LBV @ Pirates Cove Golf to PUTT & WALK for veterans. Eat afterwards        | 9-10 am        |
| 30 May                                 | Celebration #1 @ Starbucks; eat afterwards in the Tavern                   | 9:00 – 9:30 am |
| 6 June                                 | I-Drive @ Comfort Suites on Canada Dr.                                     | 8:30-9:00 am   |
| 20 June                                | Maitland @ Walgreens   | 8:30-9:00 am   |

\* As of publication date the May and beyond period is hopeful

| DATE | Q2 Florida Upcoming Traditional Events   |
|------|--|
|      | There are no traditional (Weekend Walks) scheduled by these Clubs  |
|      | See HW, SS, and FCTF web sites for Wednesday, Saturday and Sunday group walks of YREs – <b>Suspended thru April at least.</b>  |
|      | The Happy Wanderers. <a href="http://www.happywanderersfl.org">http://www.happywanderersfl.org</a> . Additional walks on Sundays (YREs) & Wednesday evening (fun walks).   |
|      | Please see the First Coast Trail Forger web site <a href="http://www.firstcoasttrailforgerswalkingclub.org">http://www.firstcoasttrailforgerswalkingclub.org</a> .   |
|      | Please see the Suncoast Sandpipers web site <a href="http://www.suncoastsandpipers.org">http://www.suncoastsandpipers.org</a> or <a href="https://www.facebook.com/suncoastsandpipers">https://www.facebook.com/suncoastsandpipers</a> . |



## Walk Around Florida 30 November 6 - 8



As we move into Spring and hopefully leave the virus restrictions behind, please get your reservations in for the fantastic beach setting and great walks on the east coast. The reservation system is open and available at the **The Plaza Resort & Spa** on the famous Daytona Beach. We are getting a great deal on rooms, parking and a Saturday night buffet dinner, and guests have use of paddleboards, kayaks, boogie boards, and bicycles as well as access to multiple hotel activities. Four walks in Daytona Beach, near the NASCAR oval, Ormand Beach, and New Smyrna are in the current plan. Reserve online for the \$106 basic Room on the city side us this [LINK](#). **For upgrades** to the \$116 Coastal/partial view, the \$126 Beachside rooms, or requesting extended stays 3 days before or after, **call 866-500-5630 and say "Walk Around Florida"**.

# Pictures

All MFM Pictures are found online for the walks completed in 2020 thru 7 March.

[http://www.mfmphotos.walkflorida.org/MFM\\_Photos/Photos\\_2020.html](http://www.mfmphotos.walkflorida.org/MFM_Photos/Photos_2020.html)

WAF 29 pictures are at: <http://www.midfloridamilers.org/> at link on lower right of the page



Jan 4 at Maitland



Feb 29 at Orlando CP on Urban Trail



Feb 1 at Orlando downtown



Feb 29 at Orlando City Pub



Feb 15 at The Villages City Fire Restaurant



March 7 at Avalon Park's Pesaro's