

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

Spring is in the Air...Great time to walk!

Upcoming walks this quarter:
Apr 2, 16 & 30, May 7 & 21, Jun 4 & 18

See Page 5

MID-FLORIDA MILERS NEWSLETTER

Comments from the President

by Cathy Metherell, President

After the gulf walks of Walk Around Florida 29 and the ocean walks of Walk Around Florida 30, the Mid-Florida Milers are taking Walk Around Florida 31 inland to Lake County Florida, located northwest of Orlando. Our theme will be: Lake walks in Old Florida -Walk Around Florida 31.

Walk Around Florida 31 will take place November 4-6, 2022. The host hotel for the event will be the Comfort Inn and Suites in Tavares, located along US 441. Rooms can be reserved by using Walk Around Florida as the promo code. If you book on line: (<https://www.choicehotels.com/reservations/groups/DC95M7>) and have trouble, call the hotel. (1-352 253-2378). Our special rate is for November 3 through 7, 2022. You can reserve for 2, 3 or 4 nights for the weekend. The special rate expires on September 5th, so please make your reservations by September 5th. An interesting fact is the hotel is on the Lake Wales Ridge that runs north south through the center of the state.

From the heat of Walk Around Florida 29 and the no name storm at the start of Walk Around Florida 30, we are hoping for nice weather for the event.

We are still developing our events that will take place in cities and towns that were once centers of Agriculture and now are bedroom and retirement communities. Tavares is the county seat of Lake County and has a Sea Plane base. Leesburg is located at the headwaters of the Ocklawaha River and has the Venetian Gardens built by the Works Progress Administration. Eustis was a busy port city before the railroad came to town and has an annual festival in honor of George Washington. Montverde was once a Native American settlement and is home to Montverde Academy boarding and day school where a fair number of professional basketball players have attended. We will be providing additional information in the coming weeks and months.

If you would like to support another club in the state, below is information about an event that might be of interest.

The First Coast Trail Forgers are holding a traditional event April 23 in Green Cove Springs, Florida, which is south of Jacksonville, located on the St Johns River, about a two hour drive north of Orlando. Registration is between 8:30 to 9:00 am at Spring Park, 321 Walnut St. As for all events, check out more information on their website before the event.



ESTABLISHED 1989

*31+ years supporting fun, fitness and
friendship*

**The Mid-Florida Milers
Walking Club**

— a member of AVA



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —

Comments from the Vice President by Dan Barnett, Vice President

The weather has been great to walking. My wife, Nancy, and my son, Christopher, went to Lakeland last Saturday to walk in Lake Parker Park. The weather was perfect and the park was wonderful! We even had a luncheon after the walk and several of us stayed to discuss Walk Around Florida 31 (WAF 31). This Lakeland walk was a joint walk between the Suncoast Sandpipers and the Mid-Florida Milers. It was a great success due to the hard work of volunteers from both clubs. A special big thanks to Alice Lawrence from the Suncoast Sandpipers who suggested the idea of a joint walk and did a great job of designing a wonderful walk for us to enjoy.

As discussed in the last newsletter, our club is responsible for WAF 31 which will be held November 4-6, 2022, in Tavares, FL. We have negotiated special rates at the Comfort Inn and Suites (\$95 per night). A Save the Date flyer has been developed (thank you Alice in designing our WAF 31 logo!) and is available in this newsletter and also on our website. There will be four walks (Tavares on Friday; Leesburg and Eustis on Saturday; and, Monteverde on Sunday). In addition, there will be a swim available at the hotel on Friday and Saturday. In order for this event to be a success, we will need club members to volunteer. Please contact Cathy Metherell (mcbmetherell@aol.com) if you are interested in being on the planning committee. As we get closer to WAF 31, we will require many volunteers to put on the events. Please consider volunteering when we send out the event volunteer listing in mid-2022.

As I discussed in the last newsletter, our website experienced a malware problem during 2021. Our website is based upon old technology and in order to prevent future malware problems, we needed to re-design our website. Dave Piatt did a great job in re-designing the website. However, we have had a hiccup which has prevented us from launching the newly-designed website. We are working with GoDaddy to resolve this issue. Stay tuned for our announcement of when we can roll out the redesigned website.

Lastly, I am the Newsletter editor and based upon my plea in the last newsletter, a few of you have taken pictures at our walks and provided them to me...thank you! Anyone can take pictures, I request you consider doing so and kindly send them to me (dnlcssb@aol.com). Additionally, many of you have walked in other parts of our country and in other countries. Please consider writing an article for our newsletter on your walk experience.

Elections and Annual Meeting by Dan Barnett, Vice President

The Board of Directors is currently reviewing our Constitution and By-Laws. Any changes to the Constitution will need to be voted on by the membership at our Annual Meeting. Information about any proposed changes will be e-mailed to the membership at least two weeks in advance of the meeting. We are planning for an Annual Meeting in May/June. More information on the Annual Meeting will be sent out as our plans are finalized.

Changes to the By-Laws can be approved by the Board of Directors. Once the changes are approved, we will notify the membership. If you have any changes to either the Constitution or By-Laws please let a member of the Board of Directors know. If you want to see a copy of these documents, the Constitution link is: Constitution and (midfloridamilers.org) and the By-Laws link is: By-Laws and (midfloridamilers.org)

One of the most important parts of the Annual Membership meeting is the election of members to the Board of Directors. This year we will be voting on the positions of President and Secretary. We are looking for people who would be willing to serve in these positions. If you have questions or are interested in running for either of these offices, please contact me, Dan Barnett (dnlcssb@aol.com), or any other Board member.

Membership Report by Dave Piatt, Membership Chairperson

As of March 8, 2022 we have 57 memberships and 89 members. This compares to 57 memberships and 87 members at the same time last year. While this may sound like not much has changed, it should be noted that 12 of these memberships are for people new to the club.

Since our last newsletter we have four new memberships. We would like to welcome as new members:

Jeanne and Bill Stokes
Teresa Cretcher and Gerald Wilhelm

Mabel and Hing Fan
Kathleen Green

Be sure to say hello and welcome them to the group when you see them on a walk.

WAF 31 Hosted by The Mid-Florida Milers Walking Club and sponsored by the three Central Florida Clubs: Happy Wanderers, Mid-Florida Milers and Suncoast Sandpipers

by Sharon Axelrod, Secretary

My fellow MFM members, it is our turn to host this yearly event which is always full of fun, fitness, and friends coming to visit Central Florida. As hosts, our planning has already begun. Where to hold this event? What will be our theme? Which walks should we create? All questions needing to be answered to begin our eight months of planning this annual and much looked forward to event, for the 31st time!

As hosts, MFM have a special responsibility to take the lead in preparing and overseeing the many tasks, responsibilities, and work involved in ensuring a success for an event of this size. We need all our members to be prepared to be called upon to give a hand and stepping up to participate in celebrating our 31st Walk Around Florida. There are several articles in this Newsletter addressing what we have accomplished so far. But starting soon we will be reaching out for volunteers to assist our Board of Directors and several other members who have already been giving their input and time in the preparations.

The weekend of WAF 31, November 4 through 6, 2022, we will be in need of volunteers to work at each of the walks in positions such as Registration, Stamping Books, Checkpoint coverage, and Information/Books Table, just to mention a few. There are normally fifty to seventy positions to be filled. If each member of each club volunteered for one slot, that would more than cover our needs. Looking toward August and September, you will hear more about the volunteer slots available. All WAF walk volunteers will receive detailed instructions and procedures for their position in advance of the event. Also, to ensure that by volunteering you do not miss your opportunity to walk an event and receive credit, pre-walks will be held in advance. This is a wonderful opportunity to meet some of those members that you see at the walks but have not really had time to talk with. Volunteering provides the fun & friendship we often refer to. We hope you all will become an actual part of planning this event and assist us with our efforts in producing a weekend to remember. Thank you!

Urgent need for Volunteers by Sharon Axelrod, Secretary

The Mid-Florida Milers Walking Club would like to give a sincere “Thank You” to Marcia and Mike Kepper who, for many years, have been our Printing Operations Team. Using our MFM Home Office discount card, The Keppers have completed our monthly need for printing of all walk instructions, monthly brochures and any additional flyers or notices. Their time and effort and their value to our Club is highly recognized. Now, Mike and Marcia are stepping down and an opportunity is available for another Club member or team to step up. Please contact our President, Cathy Metherell (mcbmetherell@aol.com) if you are interested and would like further information. Volunteers are the heart of our non-profit organization. Thank you.

Trailmaster Topics by Dan Barnett, Vice President

We completed eight walks during the past quarter, including traditional events in Wekiwa Springs and a joint Suncoast Sandpipers and Mid-Florida Milers walk in Lakeland. We want to thank Paul Erickson for volunteering to be the YRE POC for the walks at I-Drive and Universal. In the upcoming quarter, our club will have seven walks including a traditional walk in Winter Park at the Mead Botanical Garden. I want to thank Michael Kirchner, Sharon Axelrod, Ron Greene and Dave Piatt for developing our recent Traditional Events (TE). If anyone is interested in developing a TE, please contact Ron Greene or myself.

| 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 | Vacant |
| YRE Coordinator | Jenny Thomas |
| Volunteer Coordinator | Sharon Axelrod |
| Website | Nancy & Dan Barnett |

| 2021 YRE Participation | | | | | |
|------------------------|------------|------------|------------|------------|------------|
| | Q1 | Q2 | Q3 | Q4 | TOTAL |
| Celebration #1 | 30 | 3 | 43 | 24 | 100 |
| Celebration #2 | 4 | 7 | 2 | 33 | 46 |
| Delray Beach | 6 | 2 | 0 | 0 | 8 |
| Disney Springs / LBV | 23 | 3 | 16 | 0 | 42 |
| Ft Lauderdale | 5 | 1 | 0 | 0 | 6 |
| International Drive | 20 | 2 | 27 | 10 | 59 |
| Key West | 3 | 1 | 0 | 0 | 4 |
| Lake Sumter Landing | 67 | 3 | 33 | 22 | 125 |
| Maitland | 32 | 6 | 2 | 42 | 82 |
| Miami South Beach | 6 | 1 | 0 | 0 | 7 |
| Orlando Downtown | 4 | 75 | 2 | 10 | 91 |
| Orlando North | 3 | 5 | 2 | 31 | 41 |
| Orlando South | 23 | 2 | 23 | 1 | 49 |
| Spanish Springs | 24 | 0 | 5 | 27 | 56 |
| Universal Area | 3 | 20 | 0 | 9 | 32 |
| West Palm Beach | 6 | 1 | 0 | 0 | 7 |
| Winter Park | 54 | 2 | 42 | 23 | 122 |
| TOTALS: | 313 | 134 | 198 | 232 | 877 |

| 2021 Traditional Participation | | | | | |
|--------------------------------|-----------|-----------|-----------|-----------|------------|
| | Q1 | Q2 | Q3 | Q4 | TOTAL |
| LBV – New Year’s Day | 40 | | | | 40 |
| Orlando Southport Park | 28 | | | | 28 |
| Walk in Christmas | | 34 | | | 34 |
| Maitland Community Park | | 20 | | | 20 |
| Black Hammock Trailhead | | | 39 | | 39 |
| Winter Garden Station | | | | 31 | 31 |
| TOTALS: | 68 | 54 | 39 | 31 | 192 |

| First Quarter 2022 YRE Participation | | | | | |
|--------------------------------------|------------|-----------|-----------|-----------|------------|
| YRE 2022 1 st Qtr Results | Jan | Feb | Mar | OSB | TOTAL |
| Celebration #1 | 3 | 28 | | 4 | 35 |
| Celebration #2 | 7 | 3 | 3 | 2 | 15 |
| Delray Beach | | | | 4 | 4 |
| Disney Springs / LBV | | | | 8 | 8 |
| Ft Lauderdale | | | | 3 | 3 |
| International Drive | 3 | 1 | 1 | | 5 |
| Key West | | | | 7 | 7 |
| Lake Sumter Landing | | 32 | 3 | | 35 |
| Maitland | 6 | 1 | 1 | | 8 |
| Miami South Beach | | | | 8 | 8 |
| Orlando Downtown | 46 | 1 | | 1 | 48 |
| Orlando North | | | | | 0 |
| Orlando South | 3 | 1 | 19 | | 23 |
| Spanish Springs | | | | | 0 |
| Universal Area | 39 | 1 | 1 | 4 | 45 |
| West Palm Beach | | | | 5 | 5 |
| Winter Park | | | | 3 | 3 |
| TOTALS: | 107 | 68 | 28 | 49 | 252 |

| First Quarter 2022 TE Participation | | | | |
|-------------------------------------|-----------|----------|-----------|-----------|
| 2022 Traditional Events | Jan | Feb | Mar | TOTAL |
| Wekiwa Springs | 36 | | | 36 |
| Lakeland | | | 45 | 45 |
| TOTALS: | 36 | 0 | 45 | 81 |

Walking Information

| Q2 Mid-Florida Milers Walks | | |
|-----------------------------|--------------------------------------|--------------|
| 2 Apr | Maitland at Walgreens | 8:30-9:15 am |
| 16 Apr | Disney Springs at Lake Buena Vista | 8:30-9:15 am |
| 30 Apr | Celebration #2 at Starbucks | 8:30-9:15 am |
| 7 May | Winter Park at Mead Botanical Garden | 8:30-9:15 am |
| 21 May | The Villages at Spanish Springs | 9:00-9:30 am |
| 4 Jun | Winter Park at Amtrak Station | 8:30-9:15 am |
| 18 Jun | Disney Springs at Lake Buena Vista | 8:30-9:15 am |

| DATE | Q4 Other Florida Upcoming Traditional Events | REGISTER |
|--|---|-------------------------------|
| 16 Apr | HW Hontoon Island State Park, 2309 River Ridge Rd, Deland. | Register 10:00 am to 12:00 pm |
| 29 Apr – 1 May | HW Charleston/Savannah Bus Trip. | See HW Website |
| 4 Jun | HW Palm Coast at Princess Place Preserve. 2500 Princess Place Rd, Palm Coast. | Register TBD |
| <p>See HW, SS, and FCTF websites for Wednesday, Saturday and Sunday group walks of YREs</p> <p>The Happy Wanderers. https://www.happywanderersfl.org. http://www.facebook.com/HappyWanderersAVA. Additional walks on Sundays (YREs) & Wednesday evening (ACE walks (noncredit fun walks).</p> <p>Please see the First Coast Trail Forgers website for group walks http://www.firstcoasttrailforgerswalkingclub.org.</p> <p>Please see the Suncoast Sandpipers website http://www.suncoastsandpipers.org. http://www.facebook.com/suncoastsandpipers.</p> | | |

| MFM Member Milestone Achievements | | | |
|---|-----------|--------|----------|
| Name | City | Events | Distance |
| Paul Erickson | Maitland | 500 | 5,000 |
| Sharon Predham | Leesburg | 1,400 | |
| Gary Vannienwenhove | Lady Lake | 1,050 | |
| <p>Courtesy The American Wanderer, Mar 2022</p> | | | |

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

Merchandise for Sale:

Short-sleeve T-shirts with the Mid-Florida Milers logo are currently on sale. The Board has deeply discounted the cost, and all sizes are \$15. The 14 remaining Tahiti blue shirts are available in unisex sizes from Medium to 2XL and will be available for purchase (cash or check) at the upcoming walks. If you want to have a shirt held for you, please email JoAnne Cross (beachfan10478651@aol.com) to make sure your size is still available.

We can also order hooded nylon jackets with the Mid-Florida Milers patch on the front, along with your first name, for \$30 (see a sample at walks).

If you don't have one yet, you can also order your Magnetic name tag for \$8, Contact JoAnne (beachfan10478651@aol.com) or 407-706-3034.

Message from the AVA Board Chair by Nancy Wittenberg, CEO and President, AVA National Board Chair

Hello everyone. I hope you have had a good winter wherever you are. With our ongoing issue with closeness and illnesses, it reminded me of a very important part of our tagline if you will – the Friendship part. Although we primarily think, or at least I do, about getting people off the couch and walking, and hopefully with us, we are also a very social organization. We like to walk together with others. We join clubs, often because we like the people we are walking with, and because someone asks us our name. We can be recognized for the things we accomplish, maybe for the challenges we complete, even though to us the Fun might have been primary. We are thanked for helping out at walks our clubs put on. Those social recognitions flavor our walking lives. We have the opportunity to walk farther away from home. If we can travel, we can go to walking festivals in other parts of the country or even in other parts of the state or neighboring ones. We make new friends at those walking festivals. And, we look forward to seeing them again, perhaps at conventions or other walking venues – more opportunities to enhance the Friendship part of our sport. As we are welcoming to others at our walks, we spread that Friendship. By walking often and inviting others to walk with us, friendship becomes inbred. And we can't forget that the fourth "F," food, has always been the way for people to enjoy each other's company. I am thankful for all the wonderful people I have met walking from all over the country and in other parts of the world as well. Friendship is important to me and I'm sure it is to all of us. It is an important part of what we can spread, and in fact, sell as a reason to walk with us. Thank you all, for encouraging the social aspect of America's Walking Club.

AVA myth busting: Event fee and walking for IVV credit by John McClellan

Twenty-one years into the 21st Century, it is long past time for America's Walking Club to confront our financial survival as we transition to a more balanced revenue model. Before we can do so, we need a clear understanding of "what is" right now. As a former Regional Director, Deputy RD, and Chair of the Club Development and Support Committee, I have spoken to hundreds of walkers in dozens of clubs and there are some serious misperceptions concerning AVA's actual policy on participation fees, walking for credit and "free" walking.

AVA participation fees are 31 percent of our revenue (2019). Combined with sanction fees, these two lines represent fully half of all AVA revenue. Meanwhile, the number of events, clubs and participants have all declined steadily in the last 20 years. Paid participation, once 250,000 a year (2003), is now less than 100,000 (2019). That's more than \$187,500 in lost revenues annually, while costs (insurance, programs, services...) have generally increased. Our Big Give fundraiser has managed to address about half of that deficit, but where will the rest come from? Those of you who are tired of social media posts about the BigGive, GoodSearch and AmazonSmile — these numbers are why you are seeing all those fundraising appeals!

Myth #1: What is AVA's policy on event fees? Here's section 4.06 General Rules for Events, Section II.E.(2): "Clubs will establish pre-registration fees and day-of-the-event fees; however, the fee for IVV credit only will be no more than \$3. Clubs may determine the fee for participants who do not want the event award or IVV credit." That's correct! Clubs can charge all other categories of walkers (except IVV-credit) any amount they deem appropriate for the event. The \$3 is a cap that applies to credit walkers only. This is the only context in which this number appears in policy. The actual AVA participation fee (Appendix B) is \$1.25. Clubs are invoiced \$1.25 per participant to AVA, whatever they charge. Nor are clubs required to charge IVV credit at \$3, they just can't charge more. These are not recent changes: this has been the policy for many years. And yet, this is totally misunderstood across the AVA. I can't tell you how many times I've had this conversation in the last several years.

Myth #2: Event fees are not charged to “pay for the stamps.” The IVV credit program is self-funded: people keeping books must buy the books themselves. The reasoning behind the \$3 cap is not to overcharge the credit walkers, who make up only 20 percent of all participants in the USA but are responsible for 60 percent or more of all paid event participation! Please read that last sentence again.

A national standard for fees across all events is useful – Volkssporters know what to expect at any YRE box across America. But it is not policy. In fact, for years many clubs have charged non-IVV walkers less than the credit walker cap. Some of these are membership incentives or discount programs. Personally, I think that’s backwards, but these are club decisions and fully appropriate – as they come out of the club’s portion of event revenue. But if your club talks about local standards like: “It’s \$2 to walk, but \$3 if you want credit” – they are mis-representing policy and doing a disservice to our organization by implying that credit costs an extra \$1. Credit walkers should be paying the same or less than other participants, not more.

The real sad part in this discussion is that our event offerings have real value all on their own — regardless of IVV credit status. Someone planned a safe, interesting route for you to see a particular place, and provided you a map, written directions and historical notes/points of interest. An entire self-guided tour! In the case of clubs that hold group walks, we provide the added value of bringing together a whole group of people for you to enjoy the walk with, as opposed to you being all alone. And a guide! It’s organized. Personally, I think we routinely under-value what we offer. In 2022, \$3 bucks...is cheap! Less than a cup of coffee, or a beer.

This brings me to the very emotional topic of “free” walking. The “free walker” category is also misunderstood and, sadly, abused. This (free walkers) is a program that our national organization underwrites. The registration category of “free” is intended for certain specific purposes, such as: marketing and recruiting; special events (say, Veterans on Veteran’s Day for instance); guests of members; or members with a known financial hardship. It was never intended to be a lifelong self-designation, as in “I’m a free walker.”

Myth #3: Whose decision is it to permit a free walker on the trail? Answer: The clubs. Not the individual. The club controls registration at Traditional events and which log they use (900A or 900B) for their Year Round or Seasonal events. Here’s the rub: those decisions are made at the lowest level but impact our financial health nationally. In 2019, that impact was \$8,705.00. That’s what the free walker program cost in AVA’s budget. Of course, the positive impact in marketing, retention, or good will is certainly real, and also difficult to quantify. The good news is, use of this category has start to decline recently after a concerted information campaign. Some clubs have started using the ACE-WG (weekday guided) event – where the club pays only a small flat fee for insurance coverage – as a way to market Volkssporting by offering events at no cost to the participant.

Where do we go now? Start by talking about these difficult issues in your club and with your RD, who represents you on the board. Share the ideas that have worked for your club with the clubs in your state or region. The Policy Manual is under review for updates, right now. Send comments! I believe that the AVA \$1.25 must increase now for us to survive, but the details (and math) of how we do that is up to us. Or, can we scrap participation fees altogether? If we did: what replaces them? Our choices are many: reinvigorate participation; increase membership; increase new clubs starts; open new markets and find new sources of revenue; continue AVA fundraising campaigns and expand these outside our ranks. Perhaps all of the above!

Remember: our product has value! Go out and sell it! Whatever we are going to do, we better do it soon! See you on the trails!

2023 IVV Olympiad and IML/TTR Updates by Henry J. Rosales, CEO and President, AVA National Office

HOST HOTEL CONFIRMED-LA QUINTA BY WYNDHAM SAN ANTONIO RIVERWALK HOTEL

The 2023 IVV Olympiad and IML Texas Trail Roundup planning committee conducted a site visit and planning meeting in San Antonio, Texas late February. The La Quinta San Antonio Riverwalk Hotel has been selected as the host hotel for the 2023 IVV Olympiad/IML. The rate for a single, double, triple, or quad room is \$159.00 plus taxes. This rate includes breakfast. Parking is discounted at a rate of \$18.00/night for AVA hotel guests. The standard rate is \$26.00. There is a city parking lot across the street from the hotel.

RESERVATION METHOD/PROCEDURE

Reservations will be made by calling 800-753-3757 or by using the link below on or before 1/19/2023:

[La Quinta Inn & Suites by Wyndham San Antonio Riverwalk | San Antonio, TX Hotels \(wyndhamhotels.com\)](https://www.wyndhamhotels.com)

Please use the information below when calling to make reservations:

- Reservations Department #: 800-753-3757
- Hotel: La Quinta by Wyndham San Antonio Riverwalk (property #53402)
- Group Name: American Volkssport Association
- Group Code: CG8650
- Please be prepared to provide credit card information to guarantee reservations.

HOTEL RESERVATION CUT OFF DATE

Registration is scheduled to open in April. The registration link will be posted on the AVA website, or you can go to: Home - IVV Olympiad 2023 ([Home - IVV Olympiad 2023](#))

Note there will be an early bird discount so be sure to register early! The host hotel, La Quinta, will be the event registration and packet pickup site.

VOLUNTEERS WANTED!

This will be an incredible event that will require many volunteers. If you would like to volunteer, please contact Susan Pinneke at nc_rd@ava.org

The 2023 IVV Olympiad/IML TTR committee meets monthly. We welcome your concerns, questions, recommendations, and Olympiad stories! If you would like to share with us, you may contact us at olympiad2023@ava.org

A Year in South Carolina by Mike and Joan

We moved here in May 2021 in the midst of COVID, got promoted to Delta, and as we enter 2022, Omicron popped in. That said, the vaccination rate is lower than the national average by a bunch. With that intro we have walked the Upstate Pathfinders Volkssport events through the summer and fall. The club is very active and always follows walks with lunch as they start group walking at 10:30. This works well, though some walks were still in the 30s when we started.

This area suits us well with the low AM and nice PM temps on most non raining days. We also received a winter welcome (unusual) 5 inch snowfall. We have ventured to some surrounding towns and walked the “white squirrel” event in Brevard NC (lucky picture attached). Between the Upstate Club and Asheville Amblers there are lots of interesting events within a couple hours.

We finally moved into a final home and are looking forward to the WAF 31 Lakes walks in November 2022 and seeing many friends.



Pictures 2022

These are from the 1Q events that I took or were provided to me by Cathy Metherell, Jenny Thomas and Sharon Axelrod. I urge those that carry cameras (i.e., smartphones) to take and submit pictures of our events and email them to me at dnlcssb@aol.com. Thank You!

1 January at Universal



15 January at Orlando Downtown



22 January at Wekiwa Springs



5 February at **Celebration #1**



19 February at **The Villages (Lake Sumter)**



5 March at **Orlando South**



19 March at I-Drive



Start



Jo Anne & Rita



Cathy



Howard

26 March at Lakeland



IVY Banner



Start



Bob & Lorraine
Walking Clubs
T-Shirt/Patch Quilt



Christopher



Walk Around Florida 31

4—6 NOVEMBER 2022

at the

Comfort Inn & Suites Tavares North Tavares FL

*Rooms are \$95 (King or Two Queens); and/or extended stay dates – 1 day before and after, including (self) parking on-site *plus tax.*

(NOTE: LAST DAY TO GET THIS RATE IS SEPTEMBER 5, 2022)

For online reservations :

<https://www.choicehotels.com/reservations/groups/DC95M7>

Or

Call 1-877-424-6423 and say "Walk Around Florida"

4 walks & 1 swim

An AVA multi-event weekend brought to you by the Mid-Florida Milers, Happy Wanderers, and the Suncoast Sandpipers.

AVA: America's Walking Club!

<http://facebook.com/WalkaroundFlorida31>

Questions contact: mcbmetherell@aol.com

