

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

Upcoming walks this quarter:
Jul 2, 16 & 30, Aug 6 & 20, Sep 3 & 17
See Page 4

MID-FLORIDA MILERS NEWSLETTER

Comments from the President

by Cathy Metherell, President

Hope you had a nice spring and are staying cool in the early summer heat!

Members of the Mid-Florida Milers joined members of the Suncoast Sandpipers, Happy Wanderers, and the First Coast Trail Forgers for a walking weekend bus trip to Charleston SC and Savannah GA. We arrived mid-afternoon for the first walk at Magnolia Plantation and Gardens located outside of Charleston. The garden founded by the Drayton family in 1676 opened its door to the public in 1870 and is the oldest public garden in America. As I was walking through different areas of the gardens, I found myself wondering what would be around the next path and staying in the moment. There is a wildlife observation tower, where I observed one gator in the Ashley River which runs along part of the gardens. The Audubon Swamp Garden area had a lot of birds, and it was near the old slave quarters. This was a working plantation at one time. The design of the garden has its roots in Industrial Europe where gardens had a wild design about them. When my family and I visited the garden in 1982, we met descendants of the Drayton family. Our walkers spent about four hours at the garden before heading to our hotel for the weekend.

The next day our morning walk was over the Arthur Ravenel, Jr Bridge that goes over the Cooper River and opened in 2005. The bridge is the 3rd longest cable-stayed bridge in the western hemisphere and is 13,200 feet long and the main span is 1,536 feet. It is 575 feet tall, with 186 feet clearance above the Cooper River. From the bridge you can see the USS Yorktown, CV-10, commissioned in 1843 and saw action in the Pacific during WWII and Vietnam. The ship was known as the "Fighting Lady" and in 1968 served as the recovery ship for Apollo 8. In the distance one can see Fort Sumter National Monument where the Confederate forces fired the first shots of the Civil War upon Federal troops. A part of this walk included the new Mount

Pleasant Pier and Park. Yes, this was a pleasant place to walk.

Next up, was the city walk in Charleston, known as the "The Holy City" because of the number of churches. No building can be taller than the steeple of the St Philip's Episcopal Church. Charleston was founded as Charles Town in 1670 and incorporated in 1783. The walk started near Marion Square where there was one of the largest Farmer's Markets I have ever walked through. From there, the walk went down a street with lots of shops, and into the College of Charleston. Next the route took me into a neighborhood with lots of shade trees and included the White Point Gardens near the mouth of the Ashley River. I sat on a bench for a while watching people and boats, including a sailing regatta, go by in the harbor. I walked along the Battery which is a raised walkway to keep storm surges out of the city. This is the area where the famous "Rainbow Row" houses are located. Then I headed to the Waterfront Park past the beautiful Pineapple fountain, walking to the end of the pier where there was a nice breeze. This walk would not be complete without walking through the Charleston Market where I purchased a painting of the Arthur Ravenel Jr Bridge. It was entertaining to watch all of the bridal parties walk around with their heart shaped sunglasses on. At the end of the walk, I found a restaurant where I had yummy crab cakes. After 5 hours of walking, I was grateful for the free bus ride back to the hotel. Once back at the hotel, I went to the pool and put my feet in the cold water and soaked them for 20 minutes, after all, I had walked all day.

Sunday morning, we headed to Savannah GA, where we walked downtown. Most of the first part of the walk went through Forsyth Park and many of the squares in downtown. I can say that I was grateful for the tree canopy because it was a humid day to walk. After a lunch break with other walkers, I headed for the waterfront part of the walk along the Savannah River. I had to stop at the famous Savannah Candy Shop which

has the best pralines in the world, and I ran into other walkers in the shop. I made my way back to the start so I could tour the museum and shops before getting on the bus to head back home. Savannah is famous for the movie "Midnight in the Garden of Good and Evil." For the drive between Savannah and Jacksonville, we watched the movie on the bus. After dropping off walkers in Jacksonville and Port Orange, we arrived back in Orlando at 10pm Sunday night.

I hope you enjoyed my recollection of the Happy Wanderer sponsored volksmarching bus trip. As Walk Around Florida 31 (WAF 31) is rapidly approaching (4-6 November), I ask you please look for information about WAF 31 in this newsletter. Please note you must make reservation by September 5th to get the Walk Around Florida rate. Hope to see you out on the trail and always remember to drink water on these hot summer days.



Comments from the Vice President by Dan Barnett, Vice President

The weather has been getting hotter and I know it makes walking a challenge, please ensure you stay hydrated while participating and pace yourselves in our upcoming walks.

Elections and Annual Meeting by Dan Barnett, Vice President

The Annual Meeting took place on May 20, 2022. While attendance was sparse, we did have a quorum. The Club voted to accept the Constitution changes and our election was held.

Cathy Metherell and Sharon Axelrod were elected to serve another two-year term. Thank you, Cathy and Sharon, for all you do for the club!

Membership Report by Dave Piatt, Membership Chairperson

Membership Renewal

Our membership drive has begun! Mid-Florida Milers membership runs from July 1 to June 30. The costs for renewing now are \$15 for a single person membership and \$25 for a couple or family.

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 soon, 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 are joining for the first time, then you should send in a completed membership form. Go to

www.midfloridamilers.org

At the bottom of the Left-Hand Column, you can click on the link to download a pdf of the Membership Application. Just fill in the information and turn it in, along with the fee, at a walk or mail it to the above address.

With your help, our membership drive should be a big success! We are already over ¼ of the way to completing the drive.

Volunteer Update and need for Volunteers by Sharon Axelrod, Secretary

Thank you to John Hunter. John, along with all his other volunteer positions, has graciously offered to be the “Mid-Florida Milers’ printing volunteer” going forward. You are so appreciated!

MFM upcoming volunteer opportunity: We have one more Traditional Event on our 2022 walk schedule that needs to be planned. On October 15th we are scheduled to have an event in Rock Springs/Kelly Park. This park is over 350 acres and offers camping, picnicking, tubing, kayaking and much more for visitors. The walking/hiking trails are along the waterfront and nature areas; a great place to spend Saturday morning in the outdoors. Our volunteers would need to map out a route for 5k and 10k walkers. However, MFM has walked here back in 2005 and 2008 and the walk used is in the archives and would be an alternative to starting from scratch. Just re-walk it & see if there needs to be any changes or add some of your own ideas. Please contact any Board member if you will assist us in planning this Traditional Event.

Traditional Event Committee: As discussed at our annual meeting, the Board is looking for at least three members to give some of their time to assist in the creation of Traditional walks for the 2023 walk schedule. This year we were able to include six TEs with help from a number of our members and we are looking for participation from some more of our members this coming year. Join this team and learn about exploring potential routes and locations, mapping out a trail, and coordinating the event with city/town officials. We would like to continue to have variety in our walks in addition to just the Year Round Events that we all do enjoy. Please contact a Board member for details.

Walk Around Florida 31 Nov 4 - 6: As the host of WAF31, the Mid-Florida Milers will be seeking volunteers from our membership to help with some pre-event activities, as well as filling positions during the event. We hope all our members will plan on participating in this annual fun weekend. You will begin to see more details over the next couple weeks. We expect to have our WAF31 Brochure ready for publication soon.

Trailmaster Topics by Dan Barnett, Vice President

Boy, the year is already halfway done, and we have had tremendous walks and I look forward to the walks we have planned for the remainder of the year. This includes three Traditional Events. They are at Blanchard Park, Kelly Park, and Lake Louisa. Also coming up will be our WAF 31 events, scheduled for November 4-6. The events include Traditional Events in Tavares, Leesburg, and Eustis, and a different version of the Year-Round Event in Mount Dora. Also, there will be a swim event. Please plan on coming out and supporting the club in these and other club events.

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	Vacant
Operations Support	John Hunter
YRE Coordinator	Jenny Thomas
Volunteer Coordinator	Sharon Axelrod
Website	Nancy & Dan Barnett

Walking Information

Q3 Mid-Florida Milers Walks		
2 Jul	Orlando North at Mark Street Sr Ctr	8:30-9:15 am
16 Jul	Orlando at Blanchard Park	8:30-9:15 am
30 Jul	International Drive at Comfort Inn and Suites	8:30-9:15 am
2 Aug	Celebration #2 at Starbucks	8:30-9:15 am
20 Aug	Orlando South at Beardall Sr Ctrs	8:30-9:15 am
3 Sep	Winter Park at Amtrak Station	8:30-9:15 am
17 Sep	The Villages at Lake Sumter	9:00-9:30 am

DATE	Q4 Other Florida Upcoming Traditional Events	REGISTER
17 Sep	HW Bike Event at Monroe Park, 975 S. Charles Richard Beall Blvd, DeBary. 13 and 25K guided bike event.	Register 8:30 am, with start at 9:00 am
4-6 Nov	Walk Around Florida 31 (WAF 31). See HW, SS, and FCTF websites 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 website http://www.suncoastsandpipers.org . http://www.facebook.com/suncoastsandpipers .	See MFM Website

MFM Member Milestone Achievements			
Name	City	Events	Distance
Dan Barnett	Merritt Island	1800	20,000
John Hunter	Orlando	325	3500
Cathy Metherell	Orlando	525	

Courtesy The American Wanderer, Jun 2022

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 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 President/CEO of the AVA by Henry Rosales

AVA BOARD OF DIRECTORS APPROVE JOINING IVV-AMERICAS

During the May 11, 2022, board meeting, the IVV Americas Special Committee chaired by Bob Morrison presented a report and motion recommending the AVA join the International Federation of Popular Sports – Americas, (IVV-Americas). The motion was approved. An application for acceptance to the IVV-Americas was submitted May 27, 2022 and approved by the IVV-Americas board on Friday, June 3, 2022. Special thanks to Bob Morrison and his committee for their efforts. For more information refer to the May 11, 2022, board meeting minutes on the AVA website or contact your Regional Director.

NEW BENEFIT FOR AVA CLUB AND ASSOCIATE MEMBERS!

HotelPlanner, a leading provider of online hotel sourcing and reservation services, has partnered with AVA to offer its members discounted rates on their hotel stays.

“Working with the American Volkssport Association is a great privilege for Hotel Planner,” said Wayne Robbins, Director of Affinity Sales at HotelPlanner. “We are excited to work with their members to provide additional value for their membership by providing deeply discounted hotel stays. The team at AVA has been very collaborative and is very focused on ensuring that their members get best-in-class products and services.”

HotelPlanner has a state-of-the-art booking portal that aggregates discounted room rates from many distinct sources to bring AVA members the best published and unpublished proprietary room rates and terms for their hotel for that date.

Through its relationships, HotelPlanner offers over 950,000 lodging options with the most room inventory and available room categories, at hotels, condo rentals, bed ‘n’ breakfast Inns, corporate housing, and rental homes, including VRBO.”

Booking a hotel stay via our relationship with HotelPlanner not only is great savings for you, but you are also supporting AVA as well! Click <https://volkssport.hotelplanner.com> to book a hotel stay today!

AVA Publicity Committee Update by Susan Fine

Have you registered for the 2023 Olympiad in San Antonio, February 19 – 26, 2023? We encourage you to register early, click [IVV/IML Registration \(ava.org\)](https://ava.org) (before September 30). This is a huge undertaking for the committee, and they need to order medals, bags, and other goodies in October to ensure items arrive in time for the event in February. We are also sending out a survey to everyone to ask your thoughts about the Olympiad. Everyone who responds will be entered to win an IVV Olympiad pass, or an IML Texas Trail Roundup pass. To participate in the survey click [2023 Olympiad Questionnaire \(google.com\)](https://ava.org), please respond by August 31.

We have been working on the Olympiad website [Home - IVV Olympiad 2023](#) to give you more information, with FAQ's (Frequently Asked Questions) ([FAQ - IVV Olympiad 2023](#)). Information about San Antonio and all the Things to See, along with more information as the Olympiad gets closer. If there is something you are not finding on the web site, please let me know: finesusan25@gmail.com. Most immediate updates will be posted on the Olympiad Facebook page ([\(9\) 2023 IVV Olympiad - USA | Facebook](#)). We encourage you to share posts on your personal page, to encourage family and friends to join in San Antonio.

The event includes seven days of walk, bike and swim events. The IVV Olympiad is February 19-22, 2023, followed by the IML Texas Trail Roundup February 24-26.

Pictures 2022

These are from the 2Q events that I took or were provided to me by Cathy Metherell, Paul Erickson 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!

30 April at **Celebration #2**



7 May at **Winter Park (Mead Garden)**



21 May at The Villages (Spanish Springs)



Greeters



Start



Start

4 June at Winter Park



Pete, Linda & Nancy



Pete & Dan



18 June at Disney Springs



Sharon P, Sharon A, Howard, Paul

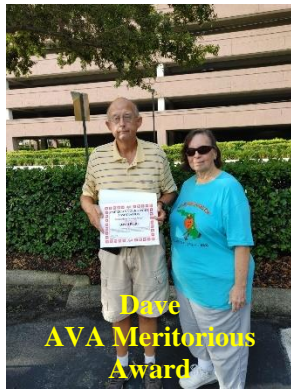


Tom, Paul, Sharon A, Sharon P



Tom, Paul, Sharon P, Cathy

AVA and Club Awards



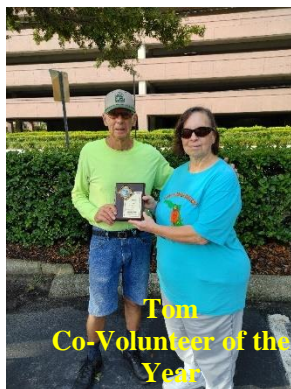
Dave
AVA Meritorious
Award



Sharon
Volksporter of the
Year



Dan
President's Award



Tom
Co-Volunteer of the
Year



John
Co-Volunteer of the
Year



Michael
Certificate of
Appreciations



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

