

Please provide YOUR Newsletter Inputs—  
Travel, Comment, Pictures, Topics  
to Dan Barnett at  
[dnlcssb@aol.com](mailto:dnlcssb@aol.com)

**Upcoming walks this quarter:**  
Oct 1, 15 & 29, Nov 4-6, 19 & 25, Dec 3 & 17  
See Page 4

## MID-FLORIDA MILERS NEWSLETTER

### Comments from the President

by Cathy Metherell, President

FRO PA. What is that you ask? It is short for frontal passage a term they use on the Weather Channel for when a cold front passes through an area. As I sit here watching coverage of Hurricane Ian on the Weather Channel, I am wishing for one of those fronts right about now. Let's hope the damage from this storm is minimal without much disruption to our lives. I for one am looking forward to low temperatures and humidity.

Walk Around Florida 31 (WAF 31), a multiple event weekend, is coming up during November 4-6 in Lake County Florida. The walks take place in the cities of Tavares, Leesburg, Eustis, and Mount Dora. There will also be a swim event at the hotel pool as well. The hotel for the weekend is the Comfort Inn and Suites in Tavares, Florida. In planning these walks, I have learned a lot about the history of Lake County. Each of the cities are charming in their own way. Please come join us and do any or all of the events that weekend. Please check the Mid-Florida Milers web site for more information.

While on vacation in south Florida this summer, I walked all five of our remote walks. First one I did was the walk in Delray Beach, which is a nice little beach town. I was told by a shop keeper that a lot of artists call Delray home. The next walk I did was Miami South Beach. The Art Deco buildings are beautiful, and I had to dodge a lot of roller bladders on Ocean Drive. I watched a few cruise ships come into port. My third walk was Fort Lauderdale that follows a path along the New River where a fair number of yachts are moored. The route takes you to Las Olas Blvd which has lots of shops and restaurants. From there I headed out to the beach. There is a nice walkway on the beach and the International Swimming Hall of Fame is across the street. I had to avoid roller bladders here too. Next up was West Palm Beach which I had a limited amount of time to walk. I was grateful for the hotel hot tub after all these walks.

The last walk I did was in Key West. I must say this is my favorite of all the Mid-Florida Miler walks. There is so much to see and do in Key West. I started walking through the port area and then walked along Duval Street passing Sloppy Joes. Next up was the cemetery where there is a grave that says: "I told you I was sick." The walk goes by a couple of beaches and then past the Southernmost Point in the US, before heading back to the start. The one thing I liked about all of these walks was the wonderful tropical foliage I passed along the way.

That is it for now. I hope to see you at WAF 31 or on another trail.





### **Comments from the Vice President** by Dan Barnett, Vice President

WAF 31 will soon be here (4-6 November) and I hope you plan on taking advantage of the four great walks and one swim our organizing committee has put together. If you have not pre-registered, no problem. You can register at each walk. We still have some volunteer positions open. Please consider supporting our club by volunteering for one (or more) position. I hope to see you at WAF 31.

### **Membership Report** by Dave Piatt, Membership Chairperson

As of 9/23/22 we have 51 memberships and 75 members. This compares to 49 memberships and 75 members for the same time last year. So, our member numbers continue to hold steady.

With that said however, there are 12 memberships from last year who have not renewed as of this date. If you have not renewed yet, please consider doing so. Memberships can be renewed at any of our walks or by following the membership applications instructions (left-hand column of the [midfloridamilers.com](http://midfloridamilers.com) home page)

Since your last newsletter we have had a number of new members join Mid-Florida Milers. We want to thank them for joining and welcome them to our club.

Ellen Callahan and Jim Tompkins  
Elaine Braga  
Susan Florer and Kevin Hoolihan

Veronica Palacios and Jorge Palacios  
June Knesl  
Leslee Green

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

**Volunteer Update and need for Volunteers** by Sharon Axelrod, Secretary

Thank you to all who have volunteered for the upcoming WAF 31. We still have 11 volunteer positions which need to be filled and request our club members consider filling these vacancies. The 11 positions are:

**4 Nov 2022,**

**Tavares Walk:**

- Tavares Trail Sweeper & pick up arrows 10K at 5:00pm (Need one individual and can be the last walker to pick up the arrows used to mark directions for the 10K walk)
- Man the 5/10K Checkpoint at Aesop’s Park from 12:00 to 2:30pm. (Need two individuals)
- Man the 10K Checkpoint at Summerall Park from 1:30 to 3:30pm (Need one individual)
- Man the 10K Checkpoint at Summerall Park from 3:30 to 5:30pm (Need two individuals)

**6 Nov 2022,**

**Mount Dora Walk**

- Set Up the Start at Palm Island Park in Mount Dora at 8:15am (Need two individuals)
- Mount Dora Trail Sweeper & pick up arrows 10K at 11:45am (Need 1 individual)
- Man the 5/10K Checkpoint at Baker Street and Donnelly Park from 9:15 to 11:15am (Need two individuals)

You can sign up with this link [The Happy Wanderers, The Mid-Florida Milers, The Suncoast Sandpipers: WAF31 > Lake Walks In Old Florida \(signupgenius.com\).](http://The Happy Wanderers, The Mid-Florida Milers, The Suncoast Sandpipers: WAF31 > Lake Walks In Old Florida (signupgenius.com).)

**Trailmaster Topics** by Dan Barnett, Vice President

By the time you receive this newsletter, WAF 31 be soon here. Come enjoy four walks and a swim over the 4 to 6 November three day weekend.

Hopefully everyone came through Hurricane Ian with minimal damage, but we recognize some of our members may not have been so fortunate. Those members who have suffered from the impact of hurricane Ian are in our thoughts and prayers.

We have surveyed our WAF 31 walks. Overall, the walks had minimal damage and they are available to walk for WAF 31. If anyone knows of an issue on any of our YRE’s, please let the respective YRE POC, Jenny or myself know.

Our club is in the midst of developing next year’s walking schedule. If you have any walk recommendations, please provide them to me as soon as you can.

<b>MFM Club Officers/Committees</b>	
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

Q4 Mid-Florida Milers Walks		
1 Oct	Universal at Miller's Ale House	8:30-9:15 am
15 Oct	Lake Mary	8:30-9:15 am
29 Oct	Maitland at Walgreens	8:30-9:15 am
4-6 Nov	WAF 31	Various
19 Nov	Orlando Downtown at Beardall Sr Ctr	8:30-9:15 am
25 Nov	Orlando North at Marks Street Senior Recreation	8:30-9:15 am
3 Dec	Lake Louisa	8:30-9:15 am
17 Dec	Celebration #1 at Starbucks (night guided walk)	5:30-6:00 pm

DATE	Q4 Other Florida Upcoming Traditional Events	REGISTER
22 Oct	HW Lake Helen FL –Halloween Walk at Colby-Alderman Park, 1099 Massachusetts St, Lake Helen.	Register 8:30 – 10:00 am
4-6 Nov	Walk Around Florida 31 (WAF 31).	See MFM Website
17 Dec	SS Monument Walk –19703 Gulf Blvd, Indian Shores	Register 9:00 – 10:00 am
	See HW, SS, and FCTF websites for Wednesday, Saturday and Sunday group walks of YREs	
	The Happy Wanderers. <a href="https://www.happywanderersfl.org">https://www.happywanderersfl.org</a> . <a href="http://www.facebook.com/HappyWanderersAVA">http://www.facebook.com/HappyWanderersAVA</a> . Additional walks on Sundays (YREs) & Wednesday evening (ACE walks (noncredit fun walks).	
	Please see the First Coast Trail Forgers website for group walks <a href="http://www.firstcoasttrailforgerswalkingclub.org">http://www.firstcoasttrailforgerswalkingclub.org</a> .	
	Please see the Suncoast Sandpipers website <a href="http://www.suncoastsandpipers.org">http://www.suncoastsandpipers.org</a> . <a href="http://www.facebook.com/suncoastsandpipers">http://www.facebook.com/suncoastsandpipers</a> .	

MFM Member Milestone Achievements			
Name	City	Events	Distance
Sharon Axelrod	Orlando	375	
Paul Erickson		550	5500

Courtesy The American Wanderer, Sep 2022

YREWalk 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	Paul Erickson
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.

## Website Update by Dave Piatt

We thought some of our members might be interested in learning a little more about our website (midfloridamilers.org). As you probably know we redesigned the website using WordPress software and moved to a new web hosting site (HostGator). This allowed us to adopt a more modern looking design. In addition, we were able to add Google Analytics to the website.

Google Analytics is a web analytics service that allow us to track website traffic. Like most software programs, this is a very powerful program that offers many capabilities. Many of those capabilities we are still learning about, but we wanted to share some of the basic information to provide our membership with a better understanding of the amount of traffic to our website, where they are from and how they are using it.

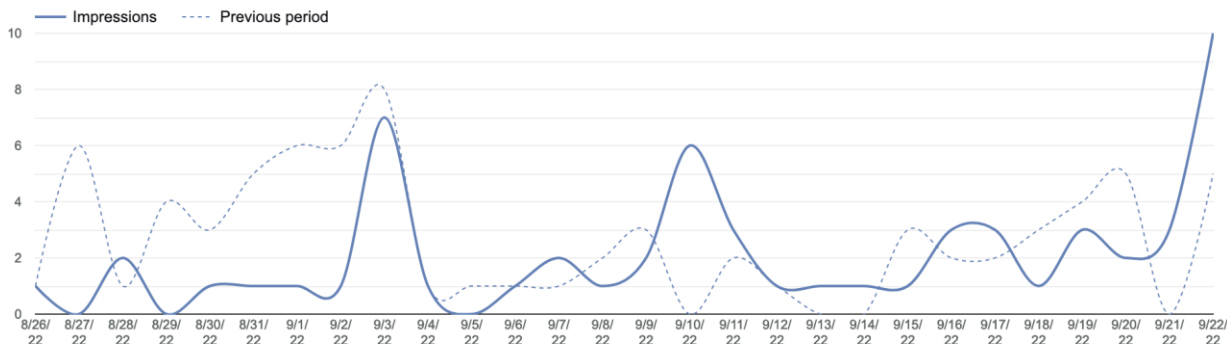
What this article will provide is a snapshot in time of the site traffic. This data is for the period of August 26-September 22, 2022. For that period, the number of impressions (number of times a URL from our site was viewed- not the same as the number of people viewing the site) was 123 and increase of 26.8% from the previous period.

How did those people get to our site? 51% were direct entry of the URL, 25% were from a search, 13% were from social media (probably Facebook) and 11% were referred from another site.

Where do those people who visited live? Not surprising 92.7% live in the US. However, 4.9% live in China. To be clear we do not know how many are real people and how many may be “bots.”

What type of devices are people using when they visit the site? 46.3% are mobile, 44.7% are desktop and 8.9% are tablets. To you this information may not seem important, but when you are designing the website you have three separate designs for each type of device.

To understand how the number of impressions vary each day, see the chart below which shows the impressions of the site each day of the last period compared to the previous period.



We had walks in Winter Park (9/3) and Lake Sumter, The Villages (17). That probably explains two of the peaks. The reason for the other peaks is not clear but may be related to days on which the web pages were being modified. It should also be noted that most impressions for a single day was 10 and the least was 0. We hope that we get more web traffic in the future.

Unique pageviews are the number of sessions during which a page was views (For example if I visit the site and bounce around to several pages and during that I visit one page 4 times, it only counts as 1 unique view). The top pages (number of unique pageviews over the period) are: home page (168), Upcoming Events (58), About MFM (20), Newsletters (17), Year Round Events (18) and Photos (9).

Also informative is the bounce rate. That is simply the percent of the visits to that particular page where that page is the only page they visit. Thus, you would expect the home page to be a lower percentage since many people go there and then use the links on this page to get to the other information on the site. For the top pages, the bounce rate is: home page (46.6%), Upcoming Events (72.7%), About MFM (75%), Newsletters (100%), Year Round Events (0%) and Photos (0%).

The last piece of information to discuss is something called the Largest Contentful Paint. This is a measure of how fast the page loads. Currently we take 3.9 seconds for mobile and 0.9 seconds for desktop. The mobile time falls in the need's improvement range.

From the above discussion you can see why Google Analytics can be such a valuable tool for improving the website. It shows us snapshots of what parts of our website are being visited so we can focus our attention there. It also lets us see how our website is performing on various platforms.

## **Message from the President/CEO of the AVA** by Henry Rosales

### **THE OLYMPIAD REGISTRATION CONTINUES! REGISTER TODAY AND RECEIVE A DISCOUNT! By PRESIDENT/CEO**

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. Discounted registration for the 2023 IVV Olympiad and IML/Texas Trail Roundup Walking Festival continues through October 31, 2022. This discount will expire at the end of October so be sure to act fast! Single day passes will be available on the Olympiad registration site soon. The price for a single day pass is \$30.00. This price does not include the Margarita and Taco Trail Walk or the Friendship Celebration.

### **THANK YOU FOR MAKING AN IMPACT!**

Thank you to everyone who has already contributed to the Big Give 2022. We are that much closer to reaching our \$90,000 goal thanks to the help and support we received from our 290 wonderful donors. To date, 251 individual donors and 39 AVA clubs have contributed a total of \$59,828.\* Each gift made during the Big Give campaign will allow us to further our mission of bringing health and wellness education and activities to our community. Thank you for creating a way to help so many people. A special thank you to our Peer-to-Peer fundraisers, Match Sponsors, and the individuals who gave during the eight Match Minutes. \$2,155 was generated from this year's Match Minutes. Thank you to each and every one of you. We are truly grateful for your generosity and kindness. \* (Donor amount includes online and check donations as well as duplicate donors.)

The Big Give is not over yet! Our individual donor campaign will continue through the end of October. If you would like to make a contribution, please mail your donation check to the AVA National Office or make an online donation through the AVA website [Donate - AVA: America's Walking Club \(charityproud.org\)](https://charityproud.org) before October 31, 2022. Remember that any donor (individual or club) who donates \$100 or more to our Big Give fundraiser will have their name entered into a drawing for a chance to win a VIP Pass to the 2023 IVV Olympiad or IML. We will be giving away five VIP Passes! Additionally,

for every 50 donors (individuals only), a 2023 Starting Point Book will be raffled off, and two lucky club donors will be chosen to receive a complimentary registration to the 23rd AVA Biennial Convention. This is our way of saying thank you for your support!

### **2023 CENTURION ACHIEVEMENT CHALLENGE by ACCOUNTING SPECIALIST by Marian DeVaul**

The 2023 program begins January 1, 2023. You must be an AVA Associate Member (annual or lifetime) to participate in the Challenge. Eligible participants may register for the 2023 Challenge between October 1, 2022 and September 30, 2023 using the official registration form. Please mail forms to AVA, 1008 S. Alamo St, San Antonio, TX 78210, or e-mail to [marian@ava.org](mailto:marian@ava.org).

### **SMARTPHONE VIEWING OF OSB WALK DIRECTIONS by IT COMMITTEE Chair, Mike Green,**

We all are anxiously awaiting the development of an AVA App to provide turn-by-turn directions (something like a car GPS does when directing us to a chosen location). Meanwhile, there is currently a free App available that will help you to more conveniently use/view OSB walk directions on your favorite mobile device (smartphone).

Liquid Mode - The free Adobe Acrobat Reader application (App), that you can download on your iPhone, iPad, or any Android device, now supports a feature known as a "liquid mode". Using the latest Adobe Acrobat Reader App to open/view an OSB directions PDF file, you may then choose to activate liquid mode (tap the tear drop icon at the top of the display). With liquid mode activated, the OSB directions file pdf, that is typically formatted for printing as an 8.5"x11" page, will be reformatted to fit on your device's screen. (Note, depending on the processing speed of your device, it can take a moment for the reformatting to finish completely.) Then to view the entire PDF contents, you simply scroll (swipe) up and down. Also, in liquid mode the 2 column walk directions are formatted into a single column preserving the order of the original 2 column directions. You may also choose to increase the size of (zoom in) the displayed page to further enhance your view. Note: Other PDF viewer Apps may also support this popular viewing feature. Where is my downloaded directions PDF? - Smartphone users who manage to register and download OSB directions can lose track of the directions they just downloaded. Depending on the smartphone and Internet browser used when the OSB directions PDF file is originally downloaded, the PDF may or may not be displayed after the download is completed. Either way, one reliable way to arrange for later access to this PDF file is to email the PDF to yourself as a file attachment. Sending yourself an email with an attached PDF - If the PDF is currently displayed by your browser, tap the "Share" icon (Apple -, Android - ) to share the PDF via an email to yourself. If the PDF is not currently displayed, create a new email then choose the option to attach a file (Apple - a long tap in the body of the email displays a menu bar that includes a file attachment option, after tapping the right arrow. Android/Gmail - tap the paperclip icon.) Upon activating the file attachment option, a file selection box will appear that lists files by their creation date, the most recent first. A recently downloaded OSB directions PDF file (having a file name of the form, Y####.pdf) should be near the top of the selection file list. Once the directions PDF is attached to the new email, send this email to yourself.

Then in your email inbox, you will have this email with the PDF file attached. Assuming the free Adobe Acrobat Reader App is installed, open this email, then tap on attached PDF file. Apple users should then tap on "Share" icon then tap the Adobe Acrobat Icon. Android/Gmail users should now be seeing an "Open with" screen, tap on Adobe Acrobat Icon. (More experienced Android/Gmail users may wish to configure their device to make the Adobe Acrobat Reader the default application for displaying PDFs.)

Warning - Continuously using a phone during a “lengthy” walk may exhaust the battery charge before the end of the walk. Consider carrying a battery-based phone charger to re-charge your phone along the way.

### **2023 AVA Joins the IVV-Americas Continental Association** by Tim Miner

At the June 2022 online meeting of the IVV-Americas continental organization, the hemispheric association for the International Federation of Popular Sports (IVV), the representatives of the member states of Canada and Australia accepted the application of the American Volkssports Association, America’s Walking Club, to join as its third member. The effort culminated months of work by the special committee created by board chair, Nancy Wittenberg, and led by Robert Morrison of Washington. With AVA’s acceptance comes ambitious plans for collaborations across the borders for popular sport activities and events.

With the upcoming spotlight on the IVV-Olympiad coming to the Western Hemisphere for the first time in February 2023, the AVA Programs Committee petitioned the board of directors to reexamine the possibilities of expanding the AVA’s international outreach and connections at its autumn board meeting in 2021. The board voted to create a special committee to make recommendations on the motion. Wittenberg quickly appointed Morrison to the role as committee chair and tasked the group to examine all the positive and negative outcomes and present its findings to the board. At their May 2022 board meeting, the committee shared its report that overwhelmingly supported the AVA joining the IVV-Americas association. With only one dissenting vote, the board of directors approved the motion to join. Wittenberg travelled to Canada later in May to present the application in person to the IVV Americas leadership. IVV created continental associations for the expressed purpose of fostering cooperation among Volkssporting countries on each continent. Already European and Asian Volkssporters have been enjoying their own active associations. The spirit of international friendship came alive at the biennial convention (festival) of the Canadian Volkssport Federation which took place in Penticton, British Columbia. Over 100 other AVA members joined Wittenberg and other AVA leaders, as well as the leadership of the IVV-Americas and CVF on the trails. Many attended a special session led by Wittenberg and Brenda Dudfield, the secretary to the IVV Americas, to hear the reasons why AVA applied to the association.

Wittenberg said, “I’m really excited to be here in Canada with our walking partners. There are really three reasons why it was in AVA’s interest to join the IVV-Americas. First, we have another vote at the table during IVV meetings. Second, we have more opportunities to work with Volkssport partners in other countries. Finally, we have the chance to grow popular sport events again in the Western Hemisphere, and maybe bring the world Olympiad and a new Ameripiad to the continent soon.” The board chair then introduced her appointments to the June IVV-Americas General Assembly. They were Timothy Miner and Carl Cortes as AVA representatives, and Morrison to the IVV-America Governing Council as the Vice President for AVA.

Morrison said, “I am delighted to be involved with an organization that is working to foster cooperation between the countries in the Americas as well as future relationships in Oceania. In joining Canada and Australia, we believe AVA can bring new ideas and energy to IVV-Americas to grow visibility and participation in Volkssporting across the continents.”

With AVA’s new membership in the continental association, the AVA national Program Committee is already at work to plan and share events and festivals across the borders. There will be a very large contingent of Canadians joining the AVA at the 2023 Olympiad in Texas. All AVA Special Programs will be marketed across the border and Canadian Special Programs will be available to AVA members.



There will be “cross-border” challenges to foster international friendships and incentives to join with popular sport friends from around the world.

There are new doors for popular sport activities opening up for all AVA members as a result of the strategic vision to truly embrace the international friendship that has always been part of Volkssports. Stay tuned for more information on events and programs that will come from this association in future issues of The American Wanderer.

## Pictures 2022

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 and email them to me at [dnlcssb@aol.com](mailto:dnlcssb@aol.com). Thank You!

### 2 July at Orlando North



Registration

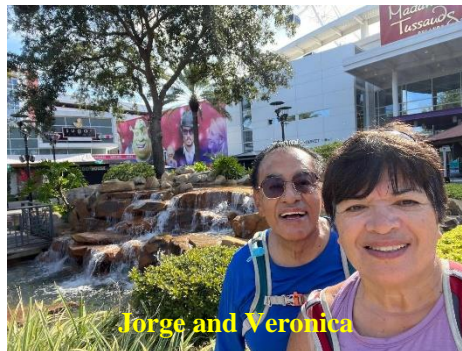


Registration



New Walker Discussion

### 30 July at International Drive

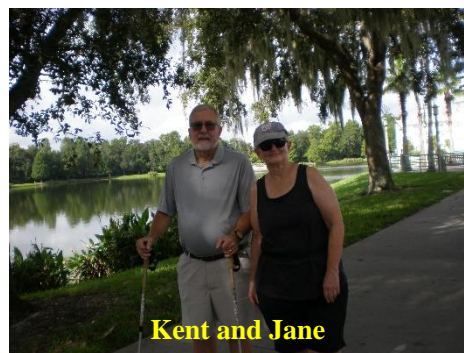


Jorge and Veronica

### 6 August at Celebration #2



Bob and Letty



Kent and Jane



Enjoying the Walk



Enjoying the Walk

20 August at **Orlando South**



Tom, Sharon and Paul

3 September at **Winter Park**



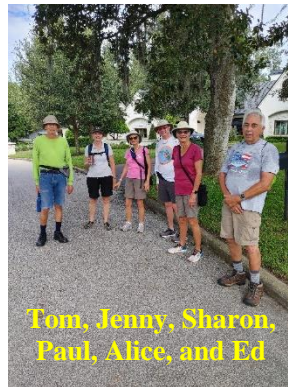
Registration



Registration



Registration



Tom, Jenny, Sharon,  
Paul, Alice, and Ed

**Other Pictures**



Paul Certificate of  
Appreciation



Sunrail Promotional Video  
June, Cathy and Jenny