

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

Upcoming walks this quarter:
July 1, 15 & 29, August 5 & 19, September 2, 16 &
30
See Page 3

MID-FLORIDA MILERS NEWSLETTER

Comments from the President

by Cathy Metherell, President

Annual Membership Meeting, Books, Trains, and a Yellow Tree.

First, I would like to thank those of you who came out for the Annual Membership walk, meeting and potluck lunch at the Maitland library. The dishes you brought were very tasty. I would like to express my gratitude whether you attended the meeting or not, for your help in keeping our club going.

For those of you who maintain AVA books, if you have any laying around which you have not submitted to the AVA for processing, I encourage you to do so. You can find the AVA address on the front of your books. I am currently doing the A-to-Z special program book and I only need walks beginning with the letter R and U to complete my book. I am also working on the 50 States book and have completed 20 States and have only 30 more to go. I am also doing the City Halls/Town Halls special program. By doing these special programs, I learn something new by reading the historical markers outside city halls I walk by. I just started the Par for the Couse special program and so far, I have used a playground and exercise station to qualify for the program. You can find more information on these special programs by visiting the [AVA website](#).

Brightline train services from Orlando to south Florida, will start this coming fall. Trains will operate seven days a week. The West Palm Beach train stop is just north of our Year-Round Event (YRE) and the YRE walk goes right by the train parking lot. There is an eight-minute walk from the Ft Lauderdale train stop to the start of our YRE.

Once the service is up and running, I hope to take a trip down to do these walks. This will be the first time in 100 years that new rail service between two major metro areas goes into operation in the United States.

Have you noticed a tree with yellow flowers blooming all over Orlando in the past month? The name is *Peltophroum pterocarpum* also called Copperpode



due to the color of seed pods. This subtropical tree is native to south Asia, down to northern Australia and is used as a tree to line streets. The wood is used in cabinet making and flowers for decorations for several South Asian festivals. You can see this flowier along our Downtown, North and South, Maitland and Winter Park YRE's.

With the hot days of summer upon us, please be sure to drink water and I hope to see you out on the trail!

Annual Meeting by Dan Barnett, former Vice-President

Greetings Fellow Mid-Florida Milers! This is my last article as the club Vice-President. On 20 May, we held our Annual Meeting at the Maitland Library after a very enjoyable walk, through neighborhoods in Maitland and Winter Park. I want to thank those who attended our meeting and brought delicious food for all to enjoy.

The highlight of our meeting was discussing club volunteer positions and club elections. I am happy to report Veronica Palacios volunteered to be our club Publicity point of contact. If you have ideas on how to get the word out to your local communities on our walks, please contact Veronica (palacver@gmail.com).

We discussed volunteer positions for the Routes and Trails committee. Unfortunately, no one volunteered. This is a committee intended to be three individuals with no one having too much on their plate. Currently your Board of Directors are managing our walk schedule and we sure could use some help. If you are interested in volunteering, please contact myself (dnlcssb@aol.com), Cathy (mcbmetherell@aol.com) or Sharon (palmtreesax@gmail.com).

I want to thank Kent Allingham for the past two years serving as our club Treasurer! This year we had two Board positions to be elected. They were Vice-President and Treasurer. I am happy to announce Paul Erickson was elected as the club Vice-President and I was elected to be the club Treasurer.

Membership Report by Dave Piatt, Membership Chairperson

As of 6/30/23 we have 55 memberships and 84 members. This compares to 58 memberships and 91 members at the same time last year. This is down slightly since last year.

Recently Veronica Palacios has taken over the publicity committee and I am hopeful that her new ideas will result in recruiting more new members.

Our one new member since April is **Diana LaPorta**. So, if you see her on one of our walks, be sure to say hello and welcome her to our group.

Membership Renewal by Dave Piatt, Membership Chairperson

It is time to RENEW! Mid-Florida Milers membership runs from July 1 to June 30. The costs for renewing 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 of 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. The link below will download the membership form.

[MFM Membership Form](#)

With your help, our membership drive will be a big success!

Routes and Trails Topics by Dan Barnett, Routes and Trails

This coming quarter, we will have one Traditional Event (TE) Walk along with our Year-Round Events. The TE will be at Orlando, Creative Village and South College Park at the Marks Street Senior Recreation Center.

Walk Around Florida 32 will be taking place 27-29 October in St Petersburg.

Please see the [WAF 32 Flier](#).

MFM Club Officers/Committees	
President	Cathy Metherell
Vice President	Paul Erickson
Secretary	Sharon Axelrod
Treasurer	Dan Barnett
Newsletter	Dan Barnett
Membership	Dave Piatt
Publicity	Veronica Palacios
Routes and Trails	Dan Barnett
Operations Support	John Hunter/Tom Carter
YRE Coordinator	Jenny Thomas
Volunteer Coordinator	Sharon Axelrod
Website	Dave Piatt

Walk Information

Q3 Mid-Florida Milers Walks		
1 Jul	Orlando North	8:30-9:15 am
15 Jul	Orlando, Creative Village and South College Park	8:30-9:15 am
29 Jul	Maitland	8:30-9:15 am
5 Aug	Celebration #2	8:30-9:15 am
19 Aug	International Drive	8:30-9:15 am
2 Sep	Orlando South	8:30-9:15 am
16 Sep	Disney Springs, LBV	8:30-9:15 am
30 Sep	Winter Park	8:30-9:15 am

DATE	Q3 Other Florida Upcoming Traditional Events	REGISTER
1 Jul	Jacksonville, Avondale, Boone Park, 3730 Park St, Jacksonville.	Register 6:30am, walk at 7:00am
9 Sep	Enterprise, Green Springs Park, 994 Enterprise-Osteen Road, Enterprise. 13/25K Bicycle Event.	Register 9:00am
	For information on other group walks in Central Florida, please visit (click on) the below club's websites or Facebook	
	Happy Wanderers Webpage Facebook	
	First Coast Trail Forgers Webpage	
	Suncoast Sandpipers Webpage Facebook.	

Walk Information cont'd

MFM Member Milestone Achievements			
Name	City	Events	Distance
Dan Barnett	Merritt Island	1900	21000
Nancy Barnett	Merritt Island	250	
Paul Erickson	Maitland	650	6500
Fred Sheets	Palm Bay	1300	

Courtesy The American Wanderer, Jun 2023

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 - 5Online	
The Villages - Lake Sumter Lndg	Jan Van Vlack
The Villages - Spanish Springs	Gerry Vannienwenhove
Winter Park	Michael Kirchner

Merchandise for Sale:

Short-sleeved 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).

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

2023 IVV OLYMPIAD AND IML TEXAS TRAIL ROUNDUP A HUGE SUCCESS!

The IVV Olympiad and IML Texas Trail Roundup drew over 1,400 participants from 41 States and 23 countries! The total duplicated number of walk participants was 4,954. The total number of bike participants was 113 and total swim participants was 110 (duplicated number is approximately 10). Event revenues were \$207,154 and expenses were \$235,974. A full recap of the event will be presented during the June 2023 Regular Membership Meeting.

Special thanks to the AVA Board and Deputy Directors, the IVV and IML leadership, the AVA National Office team and office volunteers, the Olympiad/TTR Planning Committee, AVA clubs and members, and all volunteers, donors, and sponsors.

This historical event demonstrates the durability and impact of the AVA when we all work together as one organization.

SPECIAL THANKS TO ALL WHO PARTICIPATED IN THE KING WILLIAM PARADE!

The King William Parade in San Antonio, Texas was a phenomenal walking event and fun for those who participated. It is important to participate in these types of events because they are excellent marketing and outreach opportunities to different audiences who may want to volunteer or just walk with us.

As a result of the publicity, we received from the Olympiad, the AVA was invited to participate in this citywide parade. It was unfortunate the parade date coincided with one of the local walks in New Braunfels, although in the end, both were well attended. Hopefully the AVA will be invited again next year, with advance notice, so we can coordinate better with local clubs. Again, thank you to AVA officers, club members, high school students, family, friends, and the National Office for making this happen with minimal notice!

Special thanks to Ellen Ott, Road Runners President, and club members for organizing the second annual Medal Mania! They raised \$282.00 for the AVA! In case you are not aware, the San Antonio Fiesta is all about how many medals you can wear without falling over! Some say the medal concept originated with Volksmarching!

Message from the Board Chair of the AVA by Nancy Wittenberg

Hello, everyone. Here we are again, in the middle of great walking weather. I hope that is true where you live, it certainly is here in the Pacific Northwest. Although I've talked about the Friendship part of our tagline in the past, I want to emphasize how important it is to cultivate a welcoming, inviting atmosphere to encourage people to walk with you. So, are you familiar with our mission? Your club's is the same as AVA's. It must be. Although socializing with club members is fun, we must not get to the point where that is all we do. We can't let our own club become just a little social clique.

So, what is our mission? In the process of developing our strategic plan in 2016, we confirmed the Purpose, Vision and Mission of AVA. They are:

Purpose: Promote the public health, physical fitness, and wellbeing of Americans.

Vision: Increasingly engage Americans in lifelong walking and other noncompetitive physical fitness activities.

Mission: Promote and organize noncompetitive fitness activities that encourage lifelong fun, fitness and friendship for all ages and abilities.

That's all well and good, you say. We put on walks, but no one will join our club and we are tired! When you read those three statements, where does it say you have to join a club? Our goal is to get people to walk with us. They join a club because they like the people they are walking with. Maybe they will go out to lunch with you afterwards and each of you will find out a little about each other. Perhaps you will invite them to other club activities or to walk with you again. It isn't about putting on a walk once in a while, stamping books and off you go.

So, how do you make that happen? Talk with others. Who are the clubs that are thriving? What are they doing? Make opportunities! Use Meetup.com or other social media to post all your walks, meetings, and other events? What does your club use to get the word out?

How often do you walk as a group? Is it once a week? There should be a regular schedule of events because people look for things they can do often. Things they can put on their calendar: "Wednesday:

Walk with XXXX club.” They want the safety of a group, especially women, but men as well. They want to socialize. It combats loneliness. Do you make it fun? Do you have a traveling guided walk stamp? If you do, why not explore a new area?

Remember, we are not built to sit on our derrieres. We are built to walk. We have been walking as human beings since before written time. Our legs, knees, hips, etc. are built to move. Don't let arthritis, pain or fear keep you down. Get up and move and invite others to walk with you. Have fun and enjoy our wonderful world!

AVA Publicity Committee Update by Susan Fine.

The Windy City Walkers in Chicago hosted Robin Roberts with Good American America, on Wednesday May 10th, as part of National Walking Month. What a wonderful opportunity this was to publicize AVA: America's Walking Club. We sent talking points about AVA and will gladly do so for your club. If you have been contacted by any TV, radio, or newspaper, whether local or national media, please let us know, so we can help in any way you need. We also appreciate receiving copies, or links to any media about AVA or your walking clubs. You can email me anytime: susanf@ava.org or 817-925-5447.

One big event is coming up: US Freedom Walk, October 20-22, 2023, in Arlington, Virginia, an international IML event which explores parts of Arlington and Washington D.C. The IML Presidium will be attending, so we would like to have a huge crowd welcoming them. Get more info: <https://www.usfreedomwalk.org/>.

I know many clubs will be downsizing their events this summer, as the heat rises. But an idea is to meet at a local mall to walk indoors and continue the momentum of walking and talking. Most malls open early for walkers. For many malls, it would take 8-10 laps for a 10K, depending on the mall size. Remember to post your walks/photos on [AVA Facebook page](#), so we continue seeing the wonderful events you do.

ELECTRONIC IVV BOOKS – AN UPDATE by Chris Zegelin

It has been two years since the convention in Madison. At that meeting I asked about online or electronic IVV books. The response was surprisingly positive with a sea of hands affirming a desire to make this possible.

The time was spent working on the new ESR code. That code is more than 400,000 characters; it was a huge design effort. We are collecting design flaws and some bugs (bugs are things that prevent it from working correctly) to do an update starting in April. February to May is our quiet time for sanctioning. While working to make sure the ESR is stable, I have had a chance to think more about electronic books in general.

Electronic books can be made far more interesting than the current books. Many sanctions have pictures and descriptions of the event. It is fairly easy to allow people to include this information in their book. The personal book becomes an online resource that you can print yourself or publish with a picture book service at any time. The reasons to keep books increase while the hassles can be reduced. The book can be searchable; “when did we do Lodi?” Ever lost a set of books because they got wet? Awards and recognition can be automatic. No need to submit your books to headquarters.

Most importantly we will never have any success attracting a younger generation until we can offer electronic books. Geocaching went from nothing to over a million participants in five years; all record

keeping is online. Even with our current participants, smart phones have gone from rare to ubiquitous over the past eight years. More and more of the backbone of Volkssporting is moving online.

The AVA and clubs have a funding method. Basically, for YREs and Seasonals, participants pay for the stamp. I know there are differing opinions here, but the practical reality is “pay for stamp.” This is how the OSB (Online Start Box) works to be compliant with permitting laws everywhere; it is not possible to get a stamp on the OSB without paying for it. Any new feature must keep this minimum requirement to maintain the integrity of the funding and remain compliant with local laws.

Electronic books will work best with a smart phone with internet service; a home desktop will also work. One person can continue to manage the books for all the people in their “connection” list. You will still manage books for children, family or friends who are tech averse.

Creating electronic books, given that the OSB is a viable starting point, will require two things. The first is to completely rethink the OSB insert cards into a personal book.

The second is where the club impact will be felt. All clubs would have to participate for all events as there is no easy method for a club to give any random individual an electronic stamp. Imagine the hassles; it has to be easy for the clubs as well as the participants.

Electronic books will work in parallel with the existing physical start boxes and start tables that use a rubber stamp and paper directions. Clubs will not have to modify their start boxes (or tables), maps or directions to support electronic books.

Not everyone will want to, or be able to, transition immediately to electronic books, but everyone who makes the transition has to be able to participate in any IVV event in the US. This means that all electronic book holders would pay for all Traditional, YRE’s and Seasonal events through a payment methodology that is linked to the electronic book system to provide the stamp. This is what the current OSB does.

Some of the exceptions that we will have to deal with are the things like worker walk stamps and international participants that require a physical stamp. We also need to handle club discounts or coupons that reduce the walk fee for club members.

The timeline for electronic books is at least 12 months of effort. It is a complex set of changes in the software that deals with money. It has to be robust and accurate from the get-go while providing the features that people want.

I am open to questions and comments as well as alternative ideas. I will need ideas on how to accommodate special program books (electronic special program books?). Please email me at chris@zegelin.com and I will try to respond in a timely manner.

Pictures 2023

These are from the 2Q 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. Thank You!

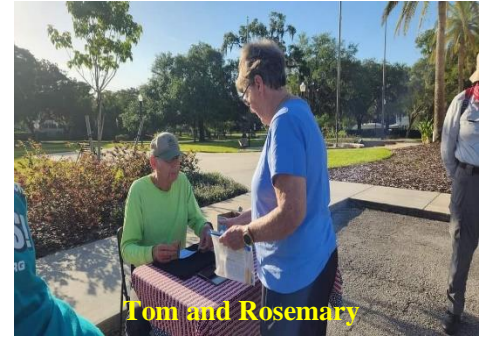
1 April at Orlando Downtown



Registration



Cathy, John, Paul and Tom



Tom and Rosemary



Walkers

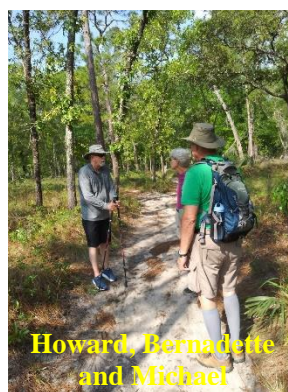


Walkers

15 April Wekiwa Springs



Walkers Group Photo



Howard, Bernadette and Michael



Turkey on the Trail

29 April at Celebration #1



Jenny, Bernadette, Tom, Sharon



Bernadette, Leslie and Cathy



Letty, Bob and Cathy



Larry and John



Larry, John, Sharon and Paul

6 May at The Villages, Lake Sumter



Walkers



Paul, Sharon, John and Dan

20 May at Maitland Annual Meeting



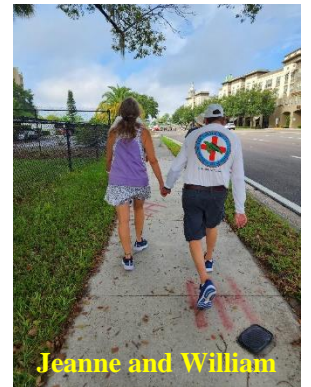
Registration



Registration

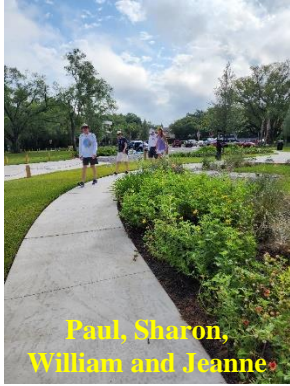


Kevin and Susan



Jeanne and William

20 May at Maitland Annual Meeting Cont'd



Paul, Sharon,
William and Jeanne



Annual Meeting



Annual Meeting



Tom Certificate of
Appreciation



Michael Certificate of
Appreciation



Joanne Certificate of
Appreciation



Jenny Certificate of
Appreciation



Dave Certificate of
Appreciation



Paul Volunteer of the
Year



Sharon Certificate of
Appreciation



Jane on behalf Kent
Certificate of
Appreciation



Dan Certificate of
Appreciation



Howard President's
Award

3 June at Winter Park

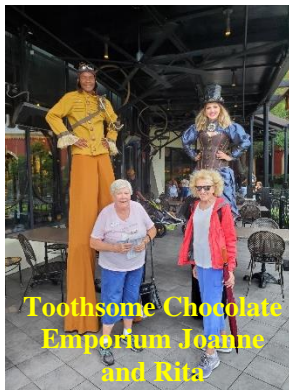


Registration



John Certificate of Appreciation

17 June at Universal



Toothsome Chocolate Emporium Joanne and Rita



Joanne, Howard, Rita and Tom

Additional Awards



Leslie Volkssporter of the Year



Susan and Kevin Complete First AVA Event Books