

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

**Upcoming walks this quarter:**  
April 6 & 20, May 4 & 18, June 1, 15 & 29  
See Page 3

## MID-FLORIDA MILERS NEWSLETTER

### Comments from the President

by Cathy Metherell, President

Thank you, Heart Health,

Time to come together and future events. First of all, I would like to thank all of you who shared words of support and comfort after the passing of my husband Allen. It makes the grief and sadness I felt, bearable.

Allen was diagnosed with congestive heart failure (CHF) in 2014. Most people who are diagnosed with CHF at age 70, typically only live about 3 to 5 years after being diagnosed with CHF. American Heart Association recommends that at least 150 minutes of cardio every week. Waking two 10Ks and three 5k a week would get you to that goal. Cardio exercise can be walking, running, biking or swimming. Another exercise one should add to your workout routine is weight training. Do your upper body and arms one day then your core the next day and your legs the next day. Do each at least one a week. Being active helps reduce stress level; improves mood; you sleep better; makes you stronger; and helps lower your risk for developing some medical conditions like high cholesterol and heart issues.

We hope you will join Mid-Florida Milers annual membership meeting on May 18th with a walk in Celebration and lunch afterward at Celebration Town Tavern which is located across the street from the Starbucks. The president and secretary positions will be up for a vote this year. Awards will be given out as well. I would encourage you to sign up so we can let the restaurant know how many will be coming that day. For your convenience, here is the link to sign up: [Annual Meeting Signup](#)

Mid-Florida Millers will hold a Traditional Event in Casselberry on June 29th. We have the use of a pavilion from 8:30am to 12:30pm. It would be nice if you could bring your own lunch after the walk and join your fellow walkers for lunch.

There are some upcoming events to put on your 2024 and 2025 calendars.

- Walk Around Florida 33. Palm Coast, FL Nov 1-3, 2024
- 2024 AVA Biennial Convention Las Cruces, New Mexico April 26-May 4, 2025
- The 19th IVV Olympiad Tampere Finland Aug 14-17, 2025
- Walk Around Florida 34 2025 TBD

More information to follow in upcoming Newsletters. See you out on the trail.

### Delay of the April-June Quarter Newsletter

by Dan Barnett

I apologize for not sending out the 2<sup>nd</sup> Quarter Newsletter on 1 April. My wife, Nancy, and I took a 6 ½ week trip to Hawaii, New Zealand and Australia. We left the area on March 4 and returned on April 20. I will be including in our 3<sup>rd</sup> Quarter Newsletter an article on our trip as our trip also included a few volksmarches in Australia.

## Annual Membership Meeting

On May 18, our Annual Membership Meeting will take place at the Celebration Town Tavern Restaurant, 721 Front Street, following our Celebration #2 year-round event. The meeting will be held in a private area of the restaurant which opens at 11:00 am. Please plan on arriving when it opens. When you arrive, please notify the hostess that you are there for our Mid-Florida Milers meeting.

Please join us. We will be holding the bi-annual elections for President and Secretary. In the event you cannot attend the Annual Meeting, request you send your proxy vote to our President, Cathy Metherell (mcbmetherell@aol.com) and Secretary, Sharon Axelrod (palmtreesax@gmail.com). We request you consider running for one of these important club positions. If you would like additional information or would like to run for either position, please send Cathy and Sharon an email. We will also be discussing some Club business and upcoming events. We welcome your input and comments. Plan on relaxing and enjoying some time with fellow club members on this day of Fun, Fitness, Friendship and Food. The sign up link is in our President's Comments in this newsletter. Our agenda is:

- Welcome by our President
- Secretary report
- Treasurer Report
- Membership Report
- Routes and Trails Report
- Newsletter Editor Report
- Volunteer Report
- New Business
  - Elections (Effective July 1, 2024)
    - Secretary
    - President
  - WAF 33 Update
  - WAF 34—Hosted by the Mid-Florida Milers
- Awards
  - Certificates of Appreciation

### Membership Report by Dave Piatt, Membership Chairperson

As of 4/23/24 we have 52 memberships and 78 members. This compares to 52 memberships and 82 members on 4/25/23. Membership appears stable.

Since the beginning of the year, we have had two new members. If you see them on the trail, be sure to welcome:

**Judy D'Angelo**      **Scott Kennedy**

**Membership Renewal** by Dave Piatt, Membership Chairperson

Our 2024- 2025 Membership Drive will begin May 18. Mid-Florida Milers membership runs from July 1, 2024 to June 30, 2025. 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

The quarter of April 1 through June 30 has many exciting volksmarching events planned. Our walks include Traditional Events in St Cloud and Casselberry. On May 18, we will have our Annual Membership meeting at the Celebration Town Tavern. Our Annual Meeting will take place after walking our Celebration #2 year round event. I hope many of you are able to walk on May 18<sup>th</sup> and also attend the meeting. You can sign up for the meeting by using the following link: [Annual Meeting Sign-up](#).

I hope to see you at all of our great walks this quarter.

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

Q2 Mid-Florida Milers Walks		
6 Apr	Orlando North, Marks Street Senior Center	8:30-9:15 am
20 Apr	St Cloud, Lakefront Park	8:30-9:15 am
4 May	Lake Sumter Landing, Waterfront Inn, The Villages	9:00-9:30 am
18 May	Celebration #2, Starbucks (Annual Meeting afterward)	8:30-9:15 am
1 Jun	Maitland, Walgreens Pharmacy	8:30-9:15 am
15 Jun	Disney Springs, Lake Buena Vista	8:45-9:30 am
29 Jun	Casselberry, Casselberry Recreation Center	8:30-9:15 am

DATE	Q1 Other Florida Upcoming Traditional Events	REGISTER
4 May	Suncoast Sandpipers, Largo, NE Largo Central Park Nature Preserve, 150 Highland Avenue N, Largo, FL 7K	Registration 9:00am
11 May	First Coast Trail Forgers, Gainesville, The Thomas Center, 306 NE 6 <sup>th</sup> Avenue, Gainesville, FL. 5/10K walk.	Register 1:00pm, walk at 1:30pm
18 May	First Coast Trail Forgers, Orange Park, 165 Wells Road, Orange Park, FL. 5/10K walk.	Register 7:30am, walk at 8:00am.
22 Jun	First Coast Trail Forgers, Cradle Creek, South Beach Park, 2514 S Beach Parkway, Jacksonville Beach, FL.	Registration 6:30am, walk at 7:00am
	For information on other group walks in Central Florida, please visit (click on) the below club's websites or Facebook pages	
	Happy Wanderers	<a href="#">Happy Wanderers Walking Club Webpage</a> <a href="#">Happy Wanderers Facebook Page</a>
	First Coast Trail Forgers	<a href="#">First Coast Trail Forgers Walking Club Webpage</a>
	Suncoast Sandpipers	<a href="#">Suncoast Sandpipers Webpage</a> <a href="#">Suncoast Sandpipers Facebook Page</a>

MFM Member Milestone Achievements			
Name	City	Events	Distance
Sharon Axelrod	Orlando	400	4000
Nancy Barnett	Merritt Island	275	2500
Paul Erickson	Maitland	750	7500
John Hunter	Orlando	400	4000
Cathy Metherell	Orlando	650	5500
Fred Sheets	Palm Bay		12000

Courtesy The American Wanderer, Apr 2024

YREWalk Monitors	
Celebration	Howard Daughtrey
Maitland	Tom Carter
Orlando Downtown	Jo Anne Cross
Orlando North	John Hunter
Orlando South	Jo Anne 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 Vannierwenhove
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 four Medium and one XXL 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).

**SAVE THE DATES! WAF33 IN PALM COAST, FL NOVEMBER 1 – 3, 2024** by John McClellan, Cathy Metherell, and Alice Lawrence

Save the dates for this year's thirty-third edition of Walk Around Florida (WAF33) to be held 1—3 November in beautiful Palm Coast, FL! WAF33 is brought to you by the Happy Wanderers, Mid-Florida Milers and Suncoast Sandpipers walking clubs in the SE Region of AVA: America's Walking Club!

Palm Coast is located in Flagler County, Florida – 70 miles south of Jacksonville and 30 miles north of Daytona Beach. It is one of Florida's newest cities, just incorporated in 1999. The latest population estimates show that nearly 94,000 people call Palm Coast home. Quality of life is paramount in Palm Coast. The vibrant lifestyle and the natural environment go hand-in-hand here. The city offers a dozen beautiful parks and 130+ miles of connecting trails and paths for walking/bicycling. Lined with historic oaks, towering pines and indigenous vegetation, Palm Coast's parks and trails showcase the splendid elegance of the native Florida landscape. Bird-watching is popular at St. Joe Walkway and Linear Park, which are designated as Great Florida Birding & Wildlife Trails, and visitors can spot dolphins and seabirds as they stroll along the Intracoastal at Waterfront Park.

We expect WAF33 to include our traditional offering of four walking events starting Friday afternoon, with two walks on Saturday and the last on Sunday morning. We'll have a sanctioned swim event at the hotel pool and we're planning a bike event as well – which means we can potentially offer a volkssporting triathlon! Anyone who's been to WAF before also knows we'll have plenty of social activities, games & activities – with an opening evening Meet & Greet, raffle baskets featuring locale faire, a photo contest, and a banquet dinner on Saturday night, just to mention a few. Stay tuned for future articles with more information on the activities, "A" Award, social activities and pre-registration brochure. We expect to start pre-registration early in summer. You'll find information on WAF33 on the three club websites: [Happy Wanderers Webpage](#), [Mid-Florida Milers Webpage](#), [Suncoast Sandpipers Webpage](#) and Facebook at: [Walk Around Florida 33 | Facebook](#) We're looking forward to seeing you at our 33rd multi-event weekend!

**Message from the Board Chair of the AVA** by Nancy Wittenberg

Hello, everyone! And, welcome to our new The American Wanderer (TAW). This is a big step in providing the news and information we need for planning to attend events across the AVA nation. Provided, of course, our clubs send information to the TAW as soon as possible. By eliminating the costs of mailing and returning of undeliverable newsprint TAWs we reduce national office expenses, and we can get the TAW sooner – right in our email, to save for later reading or to print off with your PDF application. Many thanks to our Publicity Committee for their hard work designing this magazine format.

One decision of the last board meeting on February 13, was to have the 2025 AVA convention in Las Cruces, New Mexico in late April or early May. I am not aware of a definite date as I write this article, but stay tuned for more information. We received a video presentation from Albert Herrera of Visit Las Cruces and were happy to hear of the support that we could get from the area.

My next trip is to the International Volkssport Federation's (IVV) Congress in Canberra, Australia, March 19-24 along with their Peace Walks. We have four attending as delegates: Carl Cordes, Vice Chair, Leslie Stone, Secretary, and Delores Grenier, chair of the USA Freedom Walks, as well as myself. We paid our own way to not impact the budget in any way. We will be electing officers, approving the budget, and hearing reports. Some of us will see more of Australia and New Zealand during the trip.

I hope you all have a wonderful walking spring and can travel to other areas. I will be attending the Atlantic Regional Conference in Dover, Delaware in early April.

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

I hope everyone is enjoying the new American Wanderer (TAW). The new TAW will be employed primarily as a marketing tool to share with the universe of walkers what it is that we do. The hope is that by casting a wider marketing net we will draw more new participants to our events. Clubs should take advantage of this and use the TAW to market local and regional events. Stories are also a great way to market our events so please keep sending the TAW stories of your experiences on the trails.

Because one of the primary audiences of the TAW will be external, we will no longer post details about AVA operations, policies, guidelines, etc. These notices will continue to be posted in the monthly Checkpoint so please read it. If you would like to receive the Checkpoint, please email Hector at [hector@ava.org](mailto:hector@ava.org).

### **IVV CONGRESS OF DELEGATES 2024** by Carl Cordes, Board Vice Chair of the AVA

The IVV Congress of Delegates met in Canberra, Australia March 20th. AVA was represented by four delegates; Leslie Stone, Delores Grenier, Fred Sheets and myself. Note our delegate expenses were not funded by the AVA. Delegates from 14 member countries and the Presidents from the three Continental Associations attended.

Horst Volkmer, IVV Honorary President, praised the IVV Strategy Plan for work that has been done and the next phase. He urged all delegates and countries to "Bring new life into IVV!" IVV President Giuseppe Colantonio (Italy) extended thanks to AVA and the volunteers for putting on an outstanding 18th Olympiad in San Antonio last year. And he complimented AVA for promoting the health and fitness emphasis of IVV.

Outgoing IVV Vice President Graham Fawcett (Canada) noted many accomplishments of the IT Committee and Marketing Committee he chaired and as IVV webmaster. Work continues on QR codes and International IVV Rating system for walks. Long due facelift to the official [IVV-web.org](http://IVV-web.org) site and programming enhancements will be deployed soon. The IVV Facebook page was launched. The [IVV events](http://IVV-events) IVV events website is adding walks in non-IVV member countries.

Presidium officers elected for two-year term were Giuseppe Colantonio IVV President, Spike Elliot (UK) IVV Vice-President, Albert Huber (Germany) Treasurer and Emil Dannemark (Belgium) Secretary. Positions on IVV Arbitration, Audit, and Disciplinary Committees were elected. David Bonowitz was elected to chair the Disciplinary Committee. Delegates voted to accept application from

Belgian Volkssport Federation to host the next IVV Congress of Delegates meeting in Butgenbach Belgium on June 9, 2026. IVV Luxembourg presented their bid to host the 2027 Olympiad in Coque Luxembourg June 14-19, 2027. The delegates approved the bid.

Among motions approved was a revision of IVV Special Programs to eliminate T-shirt, cap and vest awards due to postage and increased prices. Effective April 1, 2024 IVV new World Cup, Europe Cup, and Pacific Cup special program books will be reduced to 20€ each including postage and award. Upon completion a patch and certificate will be awarded. Membership fee increases for National Member Associations approved as well as revision of fees charged to Direct Member Clubs.

IVV Honors bestowed by IVV President included 50 year certificate for IVV Belgium, 25 year certificate for IVV South Korea and IVV Pin of Honors for outgoing Presidium Vice President Graham Fawcett and Treasurer Walter Motz.

**2025 AVA BIENNIAL CONVENTION LAS CRUCES, NEW MEXICO** by Jerry Wilson, Chair, AVA Convention Committee

The 2025 AVA Biennial Convention will be held in Las Cruces, New Mexico. The dates, pending availability, will be Tuesday, April 29 - Friday, May 2. Added to these convention dates will be pre-convention events Saturday through Monday, April 26 - 28, and post-convention events Saturday and Sunday May 3 and 4. National Office staff, Convention Committee members, nation-wide volunteers, local volunteers and local visitors bureau representatives are working to provide a great event! We want to see you in New Mexico in 2025! Hold these dates and travel dates.

**AVA ELEVATOR SPEECH** by Susan Fine, Chair of the AVA Publicity Committee

Just in case you get caught up in an elevator and are asked “What is the AVA or American Volkssport Association?”, you may use the description below. It is always nice to share a story or one of your fond memories about Volkssporting! Special thanks to the AVA’s Publicity Committee for drafting this.

AVA is America’s Walking Club, which is the largest organized walking organization in the United States.

We are dedicated to promoting health and wellness by providing fun-filled, well-planned, and informative walks. These walks are non-competitive, which allows participants to walk at their own pace. We also support hikes, bike rides, swimming, and in some regions, cross-country skiing, and snowshoeing.

We have more than 180 clubs across the United States, with more than 2,500 events each year. Visit our website at [ava.org](http://ava.org) to locate a club and walks near you.



# Pictures Q1 2024

These are from the Q1 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!

## 1 January at Universal



Paul and Tom at Registration



Howard, Sharon,  
Sharon and John



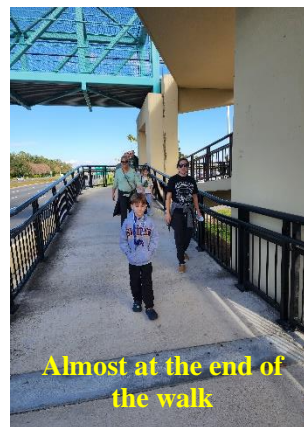
JoAnne, Rita, Bernadette, Dan and  
David



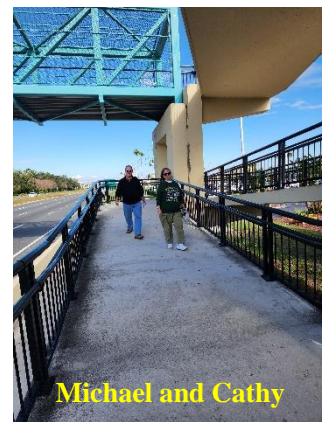
Kevin, Allie, Luke,  
Bethany, Dan and  
Nancy



Gisela, JoAnne, Rita  
and Dan

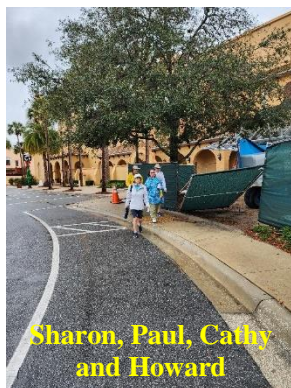


Almost at the end of  
the walk



Michael and Cathy

## 6 January at The Villages, Spanish Springs



Sharon, Paul, Cathy  
and Howard



John



20 January at Orlando South



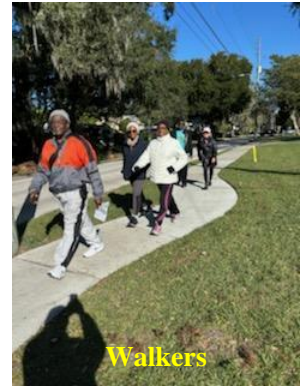
Registration



It is cold outside!



Registration



Walkers



Walkers



Walkers

3 February at International Drive



Registration



Registration



Walkers



Tom, Sharon and Paul



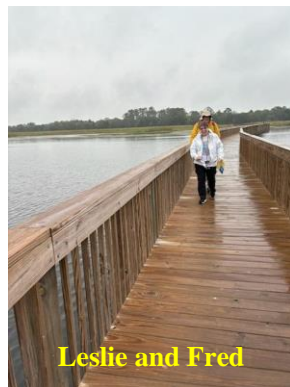
17 February at Orlando Wetlands



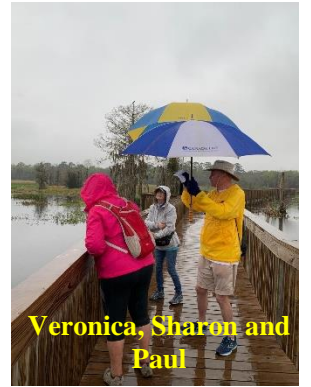
JoAnne at Registration



Paul and Veronica



Leslie and Fred



Veronica, Sharon and Paul



Jackie and Morgan



Walkers



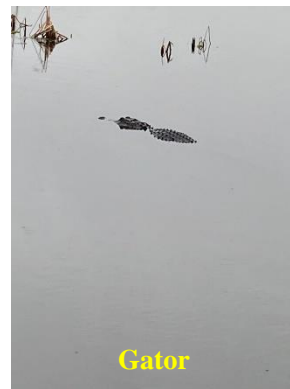
Blue Heron



Cathy and Rita



Checkpoint



Gator



Pink Spoonbill

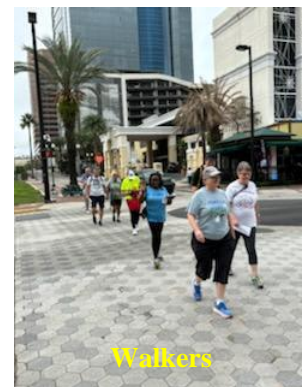
16 March at Orlando Downtown



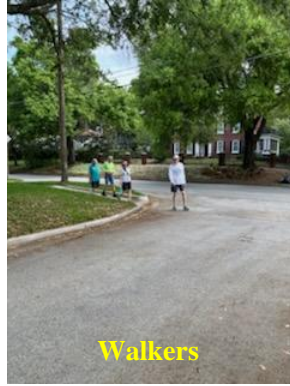
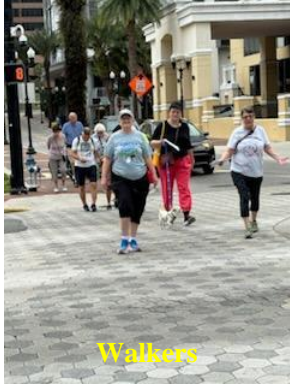
Registration



Registration



Walkers



30 March at **Winter Park**

(Sorry no pictures were provided. For future walks, request walkers take pictures and email them to me at [dnlcssb@aol.com](mailto:dnlcssb@aol.com) or text to 808.342.8584)