

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

Upcoming walks this quarter:
April 5 & 19, May 3, 17 & 31, June 7 & 21
See Page 3

MID-FLORIDA MILERS NEWSLETTER

Comments from the President

by Cathy Metherell, President

With the arrival of spring, I hope you have been able to get out and enjoy walking in this beautiful weather.

For those of you who participated in our Big Tree Park walk, did you notice a vine with yellow flowers along the trail? Carolina Jassamine or Gelsemium sermpervirens native to southeastern and south-central United States is a twin vine with trumpet shaped yellow flowers. This plant has won United Kingdom's Royal Horticultural Society's Award of Garden Merit. Gelsemium sermpervirens can be found growing in mild and coastal areas of United Kingdom.



For those of you who keep track of your walks for events and distance record books, please note the American Volkssport Association has a new address. It is 1032 S. Alamo St. San Antonio TX. 78210. If you have books that need to be sent in, please do so for our club's recognition of walk participation.

Please note the club's annual meeting will take place May 17th with a walk starting at San Sebastian Trailhead of Seminole Wekiva Trail located off SR436 west side of I 4 in Altamonte Springs. Lunch takes place after the walk at Kiwi's Pub & Grill. We will be electing our Club Vice President and Treasurer. Please consider running for these positions. If interested in running for either position, please contact [Sharon Axelrod](#), Club Secretary.

To try and beat the heat, the summer start time for all walks in May June, July, August and September (except Disney and those in The Villages) will be 8:00-8:45.

The [Walk Around Florida 34](#) will be held November 7-9, in south Orange and north Osceola counties in central Florida. The Mid-Florida Milers, Happy Wanderers and Suncoast Sandpipers are in the planning process for the weekend. We are planning walks in the cities of St. Cloud, and Kissimmee, Celebration and Lake Nona.

St. Cloud is located on the south shore of East Lake Tohopekaliga and started out as a retirement community for Civil War union veterans.

Kissimmee is located on the northwest shore of Lake Tohopekaliga and is the county seat of Osceola County. Cattle ranching was its main source of income until Disney came along.

Celebration is a planned community originally developed by Walt Disney Company and is known for its nature trails.

Lake Nona is a part of the city of Orlando along both sides of SR417 toll road. This a mixed-use planned community that includes Medical City, University of Central Florida College of Medicine and several hospitals including VA Hospital.

The hotel is the Fairfield Inn and Suites on Route 192 near Celebration. Please see the [Reservation-Link](#) for hotel information.

I hope to see you see out on the trail and keep calm and walk on.

Membership Report by Dave Piatt, Membership Chairperson

As of 3/24/25 we have 50 memberships and 77 members. This compares to 51 memberships and 76 members on 3/24/24. Our membership is stable.

Come join our members on an upcoming walk before the warm weather arrives.

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 a Traditional Event at San Sebastian Trailhead in Altamonte Springs as part of our Annual Meeting. The meeting and walk take place on May 17. Our Annual Meeting will be at the Kiwi's Pub & Grill in Altamonte Springs which opens at 11:00am. Request you be there by 11:15am. I hope many of you are able to walk on May 17th and also attend the meeting. You can sign up for the meeting by using the following link: [Annual Meeting Sign-up](#).

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

NOTE: Beginning with our May walks through September, the registration times changes from 8:30 – 9:15am to 8:00 – 8:45am. The exception to this is for the walk at Disney Springs as it does not open until 9:00am and the walks in The Villages. Please visit midfloridamilers.org for the registration time for those particular walks.

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

Walk Information

Q2 Mid-Florida Milers Walks		
5 Apr	The Villages, Spanish Springs, TownePlace Suites	9:00-9:30 am
19 Apr	Celebration #2, Starbucks	8:30-9:15 am
3 May	Orlando North, Marks Street Senior Recreation	8:00-8:45 am
17 May	Altamonte Springs, San Sebastian Trailhead (Annual Membership Meeting at Kiwi's Pub & Grill, Annual Meeting Sign-up)	8:00-8:45 am
31 May	Maitland, Walgreens	8:00-8:45 am
7 Jun	Disney Springs, Orange Parking Garage	8:45-9:30 am
21 Jun	Orlando South, Beardall Senior Center	8:00-8:45 am

DATE	Q2 Other Florida Upcoming Traditional Events	REGISTER
5 Apr	First Coast Trail Forgers, Jacksonville, Springfield Dog Park, 956 Hubbard St, Jacksonville, 5/10K walk.	Register 7:30am, walk at 8:00am
5 Apr	Suncoast Sandpipers, Palm Harbor, Wall Springs Park, 3725 Desoto Blvd, Palm Harbor, 5/10K walk.	Register 9:00am-10:30am
12 Apr	Happy Wanderers, (Bike) Titusville, Chain of Lakes Park, 2300 Truman Scarborough Way, Titusville, 13/25K bike.	Register 9:00-9:30am
12 Apr	Happy Wanderers, Titusville, Chain of Lakes Park, 2300 Truman Scarborough Way, Titusville, 5/10K walk.	Registration 9:00-10:30am
3 May	First Coast Trail Forgers, Jacksonville, Hanna Park, 500 Wonderwood Dr, Jacksonville, 5/10K walk	Register 8:30am, walk at 9:00am
21 Jun	First Coast Trail Forgers, Jacksonville, Stockton Park, 4201 Ortega Blvd, Jacksonville, 7/11K walk	Register 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 Happy Wanderers Walking Club Webpage Happy Wanderers Facebook Page	
	First Coast Trail Forgers First Coast Trail Forgers Walking Club Webpage	
	Suncoast Sandpipers Suncoast Sandpipers Webpage Suncoast Sandpipers Facebook Page	

MFM Member Milestone Achievements			
Name	City	Events	Distance
Dan Barnett	Merritt Island	2100	
Paul Erickson	Maitland	850	
John Hunter	Orlando	425	6500k
Joan Lanpher	Simpsonville, SC	1400	
Fred Sheets	Palm Bay	1450	
Leslie Stone	Ormand Beach		13000k
Bill Stokes	Leesburg	75	
Jeanne Stokes	Leesburg	75	

Courtesy The American Wanderer, March 2025

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	Paul Erickson
Orlando Universal	Paul Erickson
South Florida - 5 Online	
The Villages - Lake Sumter Lndg	Jan Van Vlack
The Villages - Spanish Springs	Jan Van Vlack
Winter Park	Michael Kirchner

My Friend, Susan Medlin – (d) 2/16/2025 by John McClellan, President, The Happy Wanderers



My friend, Susan Medlin – (d) 2/16/2025

Last month I got the devastating news of the loss of my dear friend, Susan Medlin. Wife, mother, Army Veteran, and volkssporter.

"Susan Ameling Medlin passed peacefully surrounded by her family at 11:00 am, Sunday, February 16th, 2025. The boys held her hands the entire time and she is in a better place now. Sending love to everyone and condolences, but be heartened to know she is no longer suffering."

Susan had been struggling with a set of "mystery" symptoms dating back to before the 2023 Olympiad. In the fall of 2024, the diagnosis was finally determined: Amyotrophic Lateral Sclerosis (ALS), colloquially known as "Lou Gerhig's" disease – a progressive, neurodegenerative disorder for which there is little treatment and no cure.

Susan loved volksmarching. She was a knowledgeable, engaged and caring leader for America's Walking Club - serving as Southwest Regional Director and AVA Vice-Chair. She was a leader in the Texas Volkssporting Association and petitioned the International Marching League (IML) to designate the "Texas Trail Round-Up" (TTR) weekend as an approved IML walking festival. Susan was a national Co-chair for the 2023 (18th) IVV Olympiad / IML TTR in San Antonio, TX – the first ever held in North America and in the United States. She headed up the development of all the trails for that event and led the team that marked trails (up to marathon distance) and manning for all the Checkpoints. At this year's TTR (likely the last...) the AVA announced her posthumous honor as a member of the AVA Hall of Fame.

More than any of this though, Susan was my friend. She is parted from us way too soon, and I miss her. If you would like to honor Susan, consider a donation to:

[Walk to Defeat ALS San Antonio: Search for a Participant or Team - The ALS Association](#)

Susan is survived by her mother Josaphine Ameling, her husband of 37 years Darren, her sons Travis (Brittney) and Kyle (Megan) Medlin, brothers Michael and Steve (Pat) Ameling, and sister Betsey (John) (Ameling) Plevris.

Susan will be interred at Fort Sam Houston National Cemetery; details are to be announced.

SMALL CHANGES THAT LEAD TO BIG IMPROVEMENTS IN WELL-BEING

by Patricia Sarmiento, Public Health Corps

Feeling your best every day begins with intentional choices that support your overall well-being. Building a foundation of healthy habits fosters balance, resilience, and energy that carries into every aspect of life. Small, consistent changes have the power to transform how you feel and function, creating a sense of alignment and vitality. Prioritizing what nurtures both your body and mind enhances your ability to navigate challenges and embrace opportunities. A life centered on well-being empowers you to thrive with confidence and clarity

ADD ORGANIC SUPER GREENS

Elevating your nutrition is a crucial step toward achieving optimal health and vitality. By incorporating organic super greens into your diet, you can significantly enhance your nutrient intake. These greens are rich in essential vitamins and minerals that support overall well-being. Opting for super greens in powder form allows you to create delicious, nutrient-rich smoothies that seamlessly fit into your daily routine. This simple dietary addition can lead to noticeable improvements in energy levels and digestive health, making it a valuable investment in your long-term wellness. For a deeper understanding of the benefits, [consider an analysis of Live it Up Greens](#), which highlights their role in supporting a healthy lifestyle.

WHOLE FOODS FOR BETTER HEALTH

Incorporating whole foods like fruits, vegetables, whole grains, and lean proteins into your diet promotes balanced energy and overall health. These nutrient-rich options provide essential vitamins, minerals, and fiber that support optimal digestion and vitality. Fresh produce offers natural antioxidants, whole grains sustain energy levels, and lean proteins aid in muscle repair and maintenance. Adding variety from these sources ensures [your body gets a broad spectrum of nutrients](#) without unnecessary additives. Choosing whole foods over processed alternatives fosters a nourishing, sustainable approach to eating that benefits both body and mind.

USE PORTION CONTROL

Understanding portion control is essential for effective weight management and overall well-being. By recognizing [appropriate serving sizes](#), you can positively influence your eating habits and maintain a healthy weight. Utilizing tools like scales, measuring cups, and smaller plates can enhance your ability to estimate portions accurately. Incorporating pre-portioned foods into your meals simplifies decisions about food quantities, supporting weight loss and maintenance. While the effectiveness of these strategies can vary, they offer practical solutions to the challenges posed by large portion sizes, which are often linked to obesity.

SET THE STAGE FOR A GOOD NIGHT'S REST

Quality sleep is essential for rejuvenating the body and mind, making it a cornerstone of overall well-being. Establishing a bedtime routine helps signal your body to wind down and prepare for rest, promoting deeper, more restorative sleep. Calming activities like reading, gentle stretching, or meditation can ease the transition from a busy day to a restful night. [Prioritizing consistent sleep schedules](#) reinforces this rhythm, ensuring your body gets the recovery it needs. With these habits, sleep becomes a powerful ally in maintaining energy and resilience every day.

PRIORITIZE GUT HEALTH

Understanding the connection between gut health and nutrition is crucial for boosting your overall well-being. By adopting a balanced diet rich in diverse fibers, quality probiotics, and colorful plant foods, you can significantly enhance your microbiome. This, in turn, supports your immune system and mental clarity. Incorporating fermented foods and paying attention to your body's unique responses allows you to tailor your diet for optimal energy and vitality. Although research on the [long-term effects of dietary interventions on gut microbiota](#) is still evolving, embracing a microbiome-friendly diet is a proactive step towards disease prevention and longevity.

CHOOSE A VARIETY OF EXERCISES

Incorporating a variety of exercises, including walking, ensures your body stays engaged while preventing monotony. Walking, whether solo or as [part of a walking club](#), is an accessible way to boost cardiovascular health and build endurance. Combining this with strength training, cardio workouts, and flexibility exercises targets different muscle groups for a balanced approach to fitness. Joining others for a walk adds a social aspect, making it more enjoyable and motivating. Mixing activities keeps workouts fresh and reduces the risk of overuse, helping you stay consistent and energized.

DRINK MORE WATER

Recognizing the vital role of hydration in your daily life is key to enhancing both physical and mental health. Even slight dehydration can lead to reduced energy, mood swings, and impaired cognitive functions like memory and attention. [A recent study](#) involving college-aged males found that dehydration negatively impacted energy and self-esteem, while rehydration improved mood and cognitive performance. Despite its importance, many struggle to maintain adequate hydration due to busy lifestyles or forgetfulness. To address this, consider using reminders or apps to track your water intake, ensuring you meet your personal hydration needs based on your activity level and environment.

Incorporating these strategies into your lifestyle can lead to profound improvements in your health and well-being. Each choice you make, from the food you eat to the water you drink, contributes to a healthier you. By prioritizing these practices, you not only enhance your own life but also contribute positively to the environment and future generations.

Discover the joy of walking with [America's Walking Club](#) and join a vibrant community dedicated to Fun, Fitness, and Friendship. Check out our exciting events and partnerships today!

Pictures Q1 2025

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 dnlcassb@aol.com.
Thank You!

1 January at Universal



Paul at Registration



Bernadette, Michael



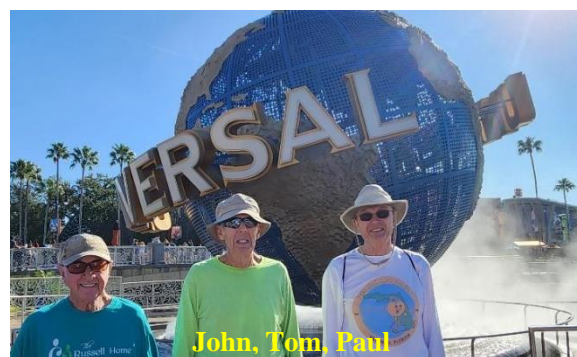
Debbie, Beth



Howard, Pat



John, Paul, Tom



John, Tom, Paul



Patricia, JoAnne, Rita



Sharon, Cathy



Sharon



Cathy



Viv, John, Sharon, John



JoAnne, Patricia, Michael, Bernadette, Paul, John



Luncheon



Luncheon



4 January at Orlando South



18 January at **Lake Sumter**





Dan, Sharon, Tom, Jeanne



Sharon, Tom, Paul, Dan



Must Be A Party House



Sharon, Tom, Paul



Lunch After The Walk



Dan, Jeanne, Sharon, Paul at Lunch



Sharon, Paul at Lunch

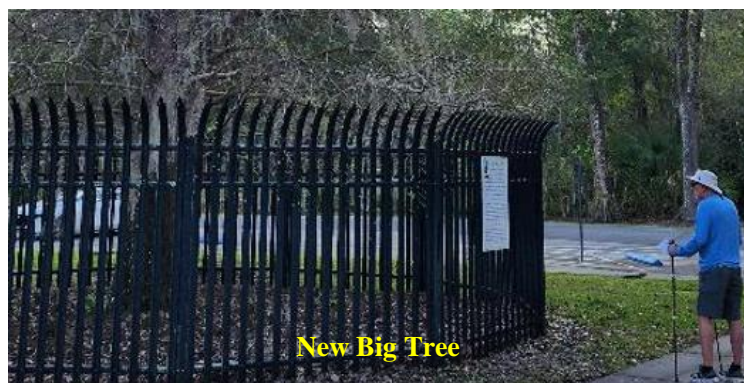
1 February at I-Drive

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

15 February at Big Tree Park



Howard, First Row Left



New Big Tree



Sharon



Bill, Jeanne, Sharon



Bill, John, Rita, Jeanne



Michael, Bernadette Staffing the Checkpoint



Walkers from The Happy Wanderers



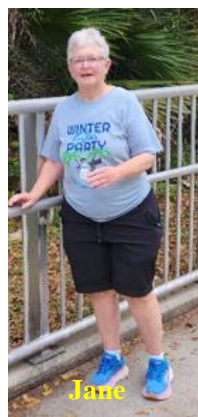
Walkers from The Happy Wanderers



John, Sheila



Howard



Jane



Jenny, Sharon, Rita, John



Sharon, Bill, Jenny, Paul



Jasmayne, Charmaine, Lorenzo



Sharon, Paul, Jeanne, Bill

1 March at **Orlando Downtown**



Sharon, Sharon

15 March at **Blue Jacket Park**

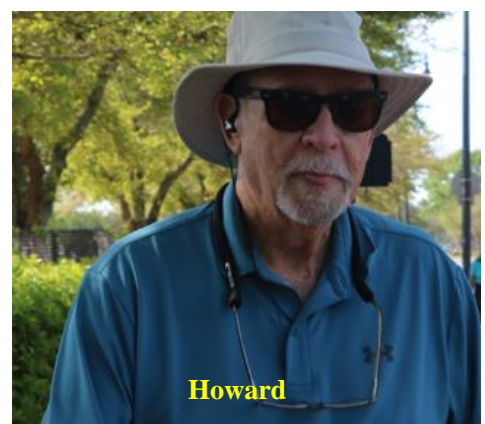


Registration



Registration

Registration



Howard

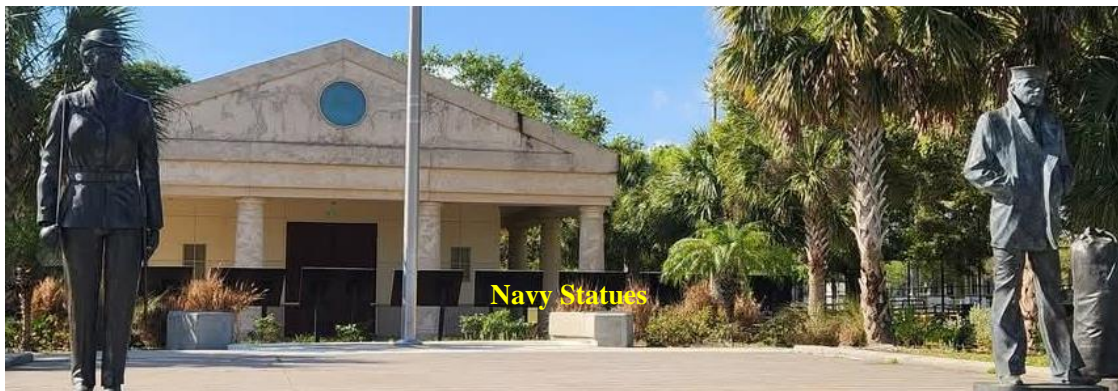


Jackie



Kevin, Susan





Navy Statues

29 March at Winter Park



Registration



John, Tom, Jenny, Sharon, Paul, Debbie



Tom, Jenny, Paul, Debbie, John