

# The Pelican's Potpourri

July / August 2010

Volume 10 Issue 4

## Mark Your Calendars!

### Walk Schedule: September through May 2010-2011

- Sat. Sept. 18 8:00 AM **Atlantic Beach YRE**  
Sat. Oct. 2 8:00 AM Old Ortega  
Sat. Oct. 16 9:00 AM Hanna Park Walk and Picnic (Start Time Change)  
Sat. Oct. 23 9:00 AM **Gainesville YRE** (new walk route)  
Sat. Oct. 30 9:00 AM Ft. Caroline (Florida Georgia Game Day)  
Sat. Nov. 6 9:00 AM **JAX Riverwalk YRE**  
Sat. Nov. 13 9:00 AM Jekyll Island, Georgia Day Trip  
Sat. Dec. 4 9:00 AM **Fernandina YRE**  
Sat. Dec. 18 3:00 PM St. Augustine Christmas Lights (Start Time Change)

#### Happy New Year!

- Sat. Jan. 8 9:00 AM Orange Park  
Sat. Jan. 22 9:00 AM **San Marco YRE**  
Sat. Feb. 5 9:00 AM University of North Florida  
Sat. Feb. 12 9:00 AM Ft. George Island  
Fri. Sat. Sun. Feb. 18, 19, 20 **President's Day Weekend, Orange Beach Alabama**  
Sat. Mar. 5 9:00 AM Ravine Gardens, Palatka  
Sat. Mar. 19 9:00AM **Neptune Beach YRE** (High Tide 8:30 AM)  
Sat. Mar. 26 9:00 AM Springfield Historic District  
Sat. Apr. 2 9:00 AM Ft. **Clinch State Park YRE**, Fernandina Beach  
(High Tide 8:16 AM)  
Sat. Apr. 9 9:00 AM Avondale Historic District  
Sat. Apr. 16 9:00 AM **St. Mary's, Georgia YRE**  
Sat. Apr. 30 9:00 AM Camp Chowenwa/Green Cove Springs  
**Walk, Drive, Eat!**  
Sat. May 14 9:00 AM **JAX Riverside YRE**



#### AVA News!

It was announced that Nicole Rogers will be the next Executive Director of the American Volkssport Association after Jackie Wilson retires on

August 31, 2010. The executive board determined this important appointment.

The First Coast Trail Forgers - AVA 868  
305 Oakhaven Court, St. Augustine, FL 32092  
[www.firstcoasttrailforgerswalkingclub.org](http://www.firstcoasttrailforgerswalkingclub.org)

Florida Volkssport Association -FVA website:  
[www.angelfire.com/fl3/fva/news100504.html](http://www.angelfire.com/fl3/fva/news100504.html)  
American Volkssport Association -AVA  
[www.ava.org](http://www.ava.org)



The First Coast Trail Forgers Walking Club exists to provide people of average athletic ability opportunities for leisurely, non-competitive walks in scenic and historic areas.

**President**  
**Harold Weber**  
904-704-8402  
**Vice-President**  
**Kristin Raasch**  
**Secretary**

**Treasurer**  
**Sharon Scott**  
**Publicity**  
**Terry Green**  
**Communications**  
**Kristin Raasch E-mail and phone**

**Web Master**  
**Gordon Lindblom**  
**Newsletter Editor**  
**Gloria Merwarth**  
**Newsletter Mailout**  
**Sharon Scott**  
**Membership**  
**Kristin Raasch**  
**Specialties**

**Diana Sherrill**  
904-608-4689  
**Social & Food Services**  
**Kristin Raasch**  
**FVA Representative**  
**Kathy Rapacki**

## President's Corner

Hello fellow trail forgers. I hope you are enjoying this Summer despite the very hot weather we've had for the last month or so. I recently held a meeting with the officers of your club (Kristin Raasch, Sharon Scott and Diana Sherrill) and Marie Weber, where we reviewed all the items that had been raised at our last club meeting following the Neptune Beach walk in May. We met for almost four hours so I'll just report on a couple of the highlights at this time with further updates coming later.

First, we spent most of our time developing next year's walk schedule, which is included elsewhere in this issue of the newsletter. Take a look at it. We are trying several new tactics to enliven next year's walk experience. During the peak walking weather, when it isn't so hot, we are sometimes walking every week rather than every other week which has been our custom. At the Hannah Park Walk, which has excellent picnic facilities, we are offering our members a free picnic lunch. The Gainesville walk will feature a new route. We will do a jaunt to Jekyll Island all in a single day. And we are doing a walk, drive, walk, eat variation at the combined Camp Chowenwa/Green Cove Springs walk. All of these changes are designed to provide some new variation to enhance your walking pleasure throughout the year.

(Continued on page 2)

# Trail Forgers Achievements

## EVENTS

Diana Sherrill	50
Harold Weber	125
Marie Weber	125

## DISTANCE

Diana Sherrill	500
Mark Merwarth	7500
Gloria Merwarth	7500

## Rev Up Your Walk Live Longer!

A comfortable daily walk is a good place to start if you want to live younger and longer. But include a few spurts of power walking, too. This kind of "interval training" can be a great way to boost your exercise capacity -an emerging marker of longevity.

### Build Up Your Steam

In a large study of women, exercise capacity—a measure of how hard you're able to work out—was tightly connected with mortality rates. The women who had low exercise capacity were almost twice as likely to die during the study follow-up period, compared with the women who had more exercise power. Find out about the hidden symptoms women may experience during a heart attack.

### Boost Your Grade with Intervals

So how can you increase your exercise capacity? Interval training helps. Just add a few short bouts of more intense exercise to any moderately paces activity. For example, throw some 1-to 2 minute jogging sessions into a long, brisk walk. Or if you're a steady biker, add a block of rapid pedaling here and there. Interval training can help you burn more fat, too.

Power up these other helpful exercise tips:

- \* Pick up the pace. Learn why simply walking a bit faster overall may help you live longer.
- \* Mind your timing. Here's how to pick the right time of day to optimize your workouts.
- \* Build brawn. Interval training can help with this, too.

## President's Corner

(Continued from page 1)

Next, we are going to stress membership growth throughout the year. As you might know, most AVA clubs have been struggling to maintain membership levels. To attract and retain more new members, Diana Sherrill has volunteered to become our Membership Chairperson leading a team of FCTF members to concentrate on making our club experience more attractive for new walkers. Diana will be contacting some club members to help her in this effort, so please do your best to participate. Also, if you would like to take the initiative and volunteer for this program, please let

Diana know by calling her at 904 608-4689 or emailing her at [diana.sherrill@clearwire.net](mailto:diana.sherrill@clearwire.net). This new program will be our number one priority during this year's walk season. Both Diana and I will be updating you regarding our plans and efforts and soliciting your support.

So enjoy the remaining two months of extreme Southern heat, then rest up and get out those walking shoes for the cool Fall breezes and lots of FCTF fun.

See you on the trail,

*Harold Weber*

Blood pressure under control? *Check.* Gait speed good? *Umm...why does that matter, you ask?*

### Ready, Set, Go

Your gait speed is the speed at which you walk when you're really trying. Faster walkers may be more resilient and able to bounce back better from a health crisis. Which may explain why the zippy over-65-walkers in a recent study enjoyed lower mortality rates. The magic speed for staying young? At least 2.25 miles per hour for peopl 65 and older. So time yourself on a treadmill or around the track. (While you're at it check your heart-rate recovery with this tool.)

### Contingency Plan for Slow Walkers

If you don't hit the 2-mile per hour mark, don't despair. *Improving* your gait speed boosts your longevity, too. Start by doing some interval training, where you intermittently pick up the pace for a short distance. Some strength training can help you walk better and stronger, too. Here's an easy strength workout that uses your body as a gym.

And start walking—every day. Before you know it, you'll be covering more ground in a little less time.

### Real Age Benefit:

A physical activity program that builds stamina, strength, and flexibility can make your RealAge as much as 8.1 years younger.



## One Year Away so Plan...

...on attending the AVA convention in Iowa 18 – 26 June 2011. The invitation by Deb Gaskins states "the Greater Des Moines Volkssport Association would like to invite you to the 2011 American Volkssport Convention in Des Moines, Iowa. We are very excited about hosting the 2011 Convention and showcasing all the amazing things Iowa has to offer. We are working hard to provide you with a variety of walks and convention events that will be interesting, but most of all FUN! We want you to leave Iowa with that "What a great time I had!" feeling. We are looking forward to seeing you in June, 2011! Information in detail is on the AVA web site at [www.AVA.org](http://www.AVA.org) 2011 Convention

## How Did Our YREs Do In the Second Quarter

Events	1st	2nd
Riverwalk	8	2
San Marco	3	2
Fernandina	30	6
Riverside	17	3
Atlantic Beach	16	4
Fort Caroline	11	3
Neptune Beach	11	13
Gainesville	11	15
St. Mary's, GA		37

## Calendar of Events:

June through August: Restaurant/  
Fun Walks Only

## Footsteps in the Sand : Walk Around Florida XXI

This year, November 19–21, the Happy Wanderers, Mid-Florida Milers and the Suncoast Sandpipers invite everyone to join them for Walk Around Florida XXI, a multi-event weekend which will be held this year on the central Florida Gulf Coast. This will be the 21<sup>st</sup> time the clubs will assemble to enjoy a full slate of volkssport events with a spirit of cooperation and camaraderie. Planned are walks in Treasure Island, St. Pete Beach, and Indian Shores, all gorgeous locations with unique atmospheres to be cherished, especially in light of the recent environmental disaster in the northern Gulf Coast.

The highlight of the weekend will be Treasure Island's "Sanding Ovations," a sand sculpture competition and music festival to be held Nov 18-21. Sculpting masters from throughout North America will create astonishing works of art from sand, water, and imagination. In addition to Sanding Ovations, Treasure Island will also be home to the walk headquarters at the Sands Hotel. This resort, located directly on the Gulf of Mexico, will remind many of childhood escapes to the beach. Registration for all of the events can be done on Friday (Nov 19) afternoon in the hotel's pool area. On Friday night, the walk will be from the hotel, guiding participants over the John's Pass Bridge into the John's Pass Village, a quaint turn-of-the-century fishing village that is home to over 100 merchants. Walkers will finish with a lighted tour of the sand sculptures. The walk will also be offered as a guided walk on Saturday (Nov 20) from a local church (for those who registered the night before, it can be done from the hotel with the church as a checkpoint).

Also on Saturday, registration for two other walks will take place at the St. Pete Beach Community Center, a fabulous facility on the Intracoastal Waterway. One walk route goes from the Community Center to the lively and sometimes raucous Sunset Beach, where sunset parties are the rule at Caddy's on the Waterfront, a famous beach bar. After a walk around the peninsula, it's back to St. Pete Beach and a tour of the Corey Ave. Shopping District, home to a variety of shops and restaurants and a classic movie house. To reach the second St. Pete Beach walk, participants must drive or take a trolley to the start point in the beach community of Pass a Grille. (The Suncoast Trolley is a fun and cheap way to reach all walks and social activities). Discovered and named by Spanish explorers in the 1500's, Pass-a-Grille is nestled between the Gulf of Mexico and Boca Ciega Bay, at the southern end of St Pete Beach. Not much more than a

couple of blocks wide, the community has small art galleries, antique shops, and boutiques (not to mention more great restaurants and bars). Walkers will be given the opportunity to visit the Don Cesar Beach Resort, flamingo pink and resembling a fairy tale sandcastle. "Pink Palace" guests include F. Scott Fitzgerald, Al Capone, and President Clinton.

Participants will have the day to do the St. Pete Beach walks. However, they must be finished by 4 p.m. in order to attend the Green Flash party to be held on the beach. All attendees will receive a shot glass, filled with the Green Flash Cocktail, to raise in salute as the sun sets into the Gulf. Partiers will stare intently to see the "Green Flash," a green spot that, for a fleeting moment, may be seen above the setting sun. Legend has it those who see the green flash will never be deceived in matters of the heart. Once the sun has set, it will be off to a local favorite restaurant for an evening of good fellowship and great seafood.

On Nov 21, activities take place in Indian Shores. The small community is proud to show off boulevard improvements: underground utilities, marked pedestrian and bike paths, and newly completed landscaping. Walk route will include a stop in the renowned Suncoast Seabird Sanctuary. Following the walk, participants are invited to a pancake and sausage breakfast.

Proceeds from the breakfast, as well as other fundraising activities during the weekend, will go to the struggle to alleviate the damage caused by the BP oil spill. While the walks are for free for those not interested in volkssport credit, donations will be welcome to support efforts to rescue wildlife and to restore waters, marshes and beaches harmed by the catastrophe. The fundraising efforts will be fun, with lots of prizes and games. The sponsoring clubs hope they will add to making this WAF weekend the most memorable yet.

The flier will be posted this summer on all host club websites. For more information, contact [pipers@tampabay.rr.com](mailto:pipers@tampabay.rr.com) or call Alice at 727-595-2173. If you'd like to reserve a room at The Sands, call 727-367-1969 and ask for the walk rate. The hotel is offering a special WAF rate for one bedroom units with fully equipped kitchens and living areas. Please call by Nov 1. If there are 12 reservations by that time, the rate will drop from \$80 to \$70.

*Alice Lawrence*

## Walks Around The State

7/31 Café Eleven, St. Augustine Bch. W  
8/1 Palms Resort, Sanford W  
Happy Wanderers

8/7 Altamonte Springs W  
8/14 Winter Park W  
8/21 Winter Springs W

10/30 Colby Lake Park Cassadaga W  
Happy Wanderers

**Event Codes** *W=Regular Event, NW=Night Walk, GW=Guided Walk, GNW=Guided Night Walk*

### Club Contacts

Walkin' Nassau  
904-261-7215  
[Nedtyson63@att.net](mailto:Nedtyson63@att.net)

Happy Wanderers  
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Nature Coast Volkssport Biking & Hiking Club—  
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July / August 2010

Volume 10 Issue 4

**Editor - Gloria Merwarth**  
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## *MEMBERSHIP RENEWAL*

MEMBER NAME(S): \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

TELEPHONE: \_\_\_\_\_ E-MAIL \_\_\_\_\_

ANNUAL DUES: Single \$10 \_\_\_\_\_ Household \$15 \_\_\_\_\_

Alternate Address \_\_\_\_\_

Cell Phone \_\_\_\_\_

## **Membership Dues Are Due**

Dues are payable by July 1 of each year with membership valid through June 30 of the following year. If you joined after April 1 your membership is good through June 30, 2011. We value your membership and request that you renew at this time to:

- Receive this bi-monthly newsletter
- Proudly wear your name tag at meetings and events
- Obtain information about walks in Florida
- Enjoy fun and fitness in a friendly atmosphere

Please complete the membership renewal and make check payable to:

**First Coast Trail Forgers**  
**C/O Sharon Scott**  
**2081 Orange Picker Rd.**  
**Jacksonville, FL 32223**