

# The Pelican's Potpourri

November / December 2009

Volume 9 Issue 6

## It's Party Time In Fernandina

We'll start the fun on December 5 with the delightful walk through the historic town of Fernandina Beach with its many Victorian style homes before wandering down the greenway on your way to the light house.

Plan to meet at the Hampton Inn & Suites, 19 S. Second St. 8:45 AM to register. The group walk will begin around 9 AM. When the walk is finished we'll gather at O'Kanes Irish Pub located at 318 Centre St. in downtown Fernandina. We have already reserved a private room for the Trail Forgers so you can enjoy a great lunch and a brew if you wish. You will walk right past this restaurant on your walk. Closer to the event we will send out an e-mail to RSVP to the Merwarths so we can tell the restaurant how many they can expect.

**Directions:** From I-95 take exit 373 heading east onto SR200/A1A into Fernandina Beach. At Centre St/Atlantic Ave. turn left onto Centre St. to Front St. At Front St. turn left one block. Turn left on Ash St. then left on Second St. Hotel is on the left. Meet in the lobby.

Hope to see a good crowd!

*Gloria Merwarth*



## Walk St. Augustine See the Christmas Lights

Join us on December 19 when we walk through history as we tour the wonders of "the oldest city in the United States". It will be especially beautiful decorated for Christmas. Pass by the old Spanish Fort, Castillo de San Marco, continue through a National Cemetery, numerous historic sites, horse-drawn carriages, unique shops and restaurants, the magnificent edifice of Flagler College.

We'll meet at the Shrine Gift Shop -27 Ocean Ave. around 2:45 pm to register for the group walk starting at 3 PM.

**Directions:** SOUTHBOUND: From I-95 take Exit 318 onto Hwy 16, the Green cove Springs/St. Augustine exit (also the Outlet Mall exit). Drive 5.6 miles to San Marco Ave. and turn right (south) onto San Marco Ave. Drive .9 mile to Ocean Ave. and turn left (east) onto Ocean Ave. Drive .1 mile to first entrance to parking lot. Turn right into parking lot and the Shrine Gift Shop will be on your left.

## Happy Holidays



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)



## President's Corner

Over the last year, I have been approached several times by club members who desired a club walk at least once per month that was NOT scheduled on the weekend. This topic came up again at our club meeting after the Fort Caroline walk in September. And before the meeting was over, we had decided to start a new club program appropriately named the "Mid-Week Milers". Here's the way it will work.

A specific member will host and sponsor each walk. Accordingly, that member will select the walk location, the date and time of the walk, and a restaurant to eat at following the walk. Walk locations might include existing FCTF YRE's, a Florida State Park walk, or YRE's sponsored by another club in the Northeast Florida area. The walk date must be off-weekend. And a restaurant must be selected and advertised along with the walk in advance of the walk. Once these particulars are established, give me a call (Harold Weber - 904 704-8402) and we will begin advertising your Mid-Week Miler walk. Please try to schedule your walk at least one month in advance and try not to clash with our regularly sched-

*(Continued on page 2)*

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**  
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**Communications**  
Kristin Raasch E-mail  
and phone

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**Newsletter Mailout**  
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**Membership**  
Kristin Raasch

**Specialties**  
Diana Sherrill  
904-608-4689

**Social & Food Services**  
Kristin Raasch

**FVA Representative**  
Kathy Rapacki

# Trail Forgers Achievements

## EVENTS

Owen Merwarth	10
Jan Varnon	600
Bob Varnon	600

## DISTANCE

### How Did Our YREs Do In the 2nd Quarter?

Events	1st	2nd
Riverwalk	4	14
San Marco	1	9
Fernandina	13	11
Riverside	8	24
Atlantic Beach	11	10
Fort Caroline	45	3
Neptune Beach	10	10
Gainesville	11	5

**Welcome New Members**  
**A big welcome goes to**  
**Ro & Bob Vanderwaag and**  
**Susan Rabidas.**  
**We're glad to have you**  
**with us. See you on the trail.**

## Join Us to the Jacksonville Riverwalk

Mark your calendars for November 21 when we'll meet at the Omni Hotel to walk the Riverwalk. This event covers both shores of the Jacksonville riverfront. You will experience the Jacksonville Landing with its many shops and restaurants. You will go through the city with its tall buildings and see the sports complex (home of the Jaguars), the Jacksonville Veterans Memorial Arena. You will witness Friendship Fountain and the centuries old Treaty Oak.

Plan to meet at 8:45 am to register for the group walk starting at 9 am.  
**Directions:** From I-95 NORTHBOUND- Take exit 352B (Forsyth St.) Go about .9 mi. to Pearl St. Turn right. Go two blocks to Water St. Turn left. Hotel on left.

**SOUTHBOUND** -Take left lane exit 353B (West Union St.) Go left toward Riverfront/ Sports Complex. Go about .6 mile to Pearl St. Turn right. Go 9 blocks to Water St. Turn left. Hotel on left.

Free parking downtown on weekends.

## President's Corner

*(Continued from page 1)*

uled group walks twice per month and each month's Fun Walk. Ideally, we will now have a FCTF sponsored event each week of the month. So, select one of your favorite walks, pick a time during the middle of the week, pick a restaurant, and give me a call to begin advertising your Mid-Week Miler event. November is waiting!

Now for a word on Fun Walks. Our Fun Walk program continues to be well attended with an average of 10 walkers per event. Our thanks go to Bob and Joan Curtis for putting together a Fun Walk at Camp Milton.

Fun Walks for December and January haven't yet been scheduled. If you would like to host a fun walk in the near future, please let me know and we'll get it on the schedule.

Finally, I regret to report that Brian

Lenihan, our treasurer, is moving back to Cincinnati, Ohio in mid November. Brian has done an exceptional job of taking care of our financial responsibilities. Best wishes to Brian as he returns to his home town. Sharon Scott has agreed to take the Treasurer position and once again, Brian has been very helpful in passing along his knowledge of these duties, including helping Sharon to load a copy of Microsoft Money on her computer, which is used for some of our financial reporting. In turn, Diana Sherrill has agreed to take over Sharon's prior duties ordering and delivering AVA Specialty items. Many thanks to Brian for his support and to Sharon and Diana for stepping in to keep our club running smoothly.

Take care and see you on the trails,  
*Harold Weber*

## Fun Walk Scheduled - Sunday, November 15

Plan now to join us for a fun walk at Camp Milton Historical Preserve (Civil War Site) at 1175 Halsema Rd. on West side of Jacksonville. From Jax take I-10 West to Exit 351, turn left on Chaffee Rd (North); follow Chaffee to Beaver St. (US90) and turn left (West). Follow Beaver about a mile or so and turn right on Halsema to Preserve several miles on right -see signs.

We'll meet at 3PM at the Interpretive Center. The park contains nature trails and historical markers related to its time in Civil War when 8,000 Confederates used this as a base.

Let us know if you plan to attend:  
 Robjoan@hotmail.com

Or  
 904-777-3654

*Joan Curtis*

## Calendar of Events:

Sat. Nov. 7	9AM	Avondale
Sat. Nov. 21	9AM	Jax/Riverwalk
Sat. Dec. 5	9AM	Fernandina Beach
Sat. Dec. 19	3PM	St. Augustine

### 2010

Sat. Jan. 9	9AM	Olde Ortega
Sat. Jan. 23	9AM	Ft. George Island
Sat. Feb. 6	9AM	UNF
Sat. Feb. 20	9AM	Orange Park
Sat. Mar. 6	9AM	Ravine Gardens / Palatka
Sat. Mar. 20	8AM	Jax/Riverside
Sat. Apr. 3	8AM	American Beach
Sat. Apr. 17	9AM	St. Mary's Georgia
Sat. May 1	8AM	Jax/Springfield
Sat. May 15	8AM	Neptune Beach

## Walk With Us in Avondale—November 7

In 1920 Telfair Stockton organized the Avondale Co. and purchased 220 acres along the St. Johns River. He envisioned the area as a state of the art suburban development and hire noted landscape architect William Pitkin to design the plan. His design called for the innovative use of curvilinear and diagonal streets and large building lots. He also included ample green spaces in the design. The design was unique to the City of Jacksonville when it was laid out. Within a national context it was a part of the Garden City and City Beautiful movements.

Today the Avondale area is a beautiful section of Jacksonville, which features many large shade trees, large historic homes in the Mediterranean Revival style, a pleasant retail area with restaurants and shops, and views of the St. John's River.

### Newsletter Online

This newsletter can be mailed to you if you wish. Simply let Sharon Scott know.

Jagscott500@aol.com or  
904-268-0315

### Christmas Gift Ideas

Plan now to purchase a club T-shirt so we can show our colors at the next walk \$10

- A New Walker packet if you haven't started collecting credits for events \$5. This is the best deal on the market. There are 3 free coupons for your first 3 walks in addition to other incentives to keep you walking!
- Visors \$5
- FCTF Patches \$5
- FCTF Pins \$3
- Crewneck long sleeve T-shirt \$10.50
- Tank Top Shirst \$7.50
- Zippered Hooded Sweatshirts \$19.50
- Windbreaker Jackets \$30

We have everything but the last 4 items on hand. The price may be subject to change depending on the number or-

The walk will begin in Boone Park near the tennis courts at 9:00 am on November 7th and will include a 5K and 10K option. The park is located at 3700 Park St. If you have questions please contact Kristin Raasch

904-221-2021

E.raasch@comcast.net

**Directions:** From I-10 take the Roosevelt Blvd exit (#361 - if you are traveling west on I-10 it is a left exit). From I-10 take North Park St. headed north east. Boone Park is on your right at the corner of Park St. and Van Wert. From Riverside Dr. headed south, take a right on Edgewood. At Edgewood take a left onto Park St. Boone Park will be on your left at the corner of Van Wert

*Kristin Raasch*

### Get Sock Savvy

Funny how you can spend 70 bucks for a pair of super-cushy walking shoes, then ruin the experience by slipping on a pair of thin, threadbare socks. The truth is that a very good pair of walking socks can make a so-so pair of shoes feel a lot cushier!

dered. We plan to place a special order if you are interested. Please notify our Specialties chairperson by December 10 if you wish to purchase one (or more) of these fine products.

Call or e-mail:

Diana Sherrill

904-608-4689

diana.sherrill@clearwire.net

If you like to travel one of the best gifts you can buy is the *Starting Point* published by the American Volkssport Association. This book is your guide to more than 1800+ walking and biking trails throughout the USA. Find Great Trails to do at your own pace, any day of the year. Enjoy daily walking trails in your area. Visit destination attractions such as the Riverwalk in San Antonio, TX and enjoy seeing them afoot.

If you're interested in ordering one go to [AVA.org](http://AVA.org) and click on Specialties.

## Walks Around The State

11/11 Port Orange County Library  
Happy Wanderers

**11/13-15 Walk Around Florida XX  
Orlando  
Mid-Florida Milers**

12/5 Marks St. Senior Center GW  
Orlando  
Mid-Florida Milers

12/31 Ft. Mellon Park GW  
Sanford  
Happy Wanderers

1/1/10 Crab House Lake Buena Vista  
GW Mid-Florida Milers

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

### Club Contacts

Happy Wanderers  
386-788-4026  
Marvst717@cfl.rr.com

Nature Coast Volkssport Biking & Hiking Club—  
Inverness  
Otherkseid@hotmail.com

Mid-Florida Milers  
407-695-9181  
Mlanpher@cfl.rr.com

Suncoast Sandpipers  
727-595-2173  
Pipers@tampabay.rr.com

Meandering Manatees  
239-368-1673  
Bevmneill@aol.com

Panama City Volksmarchers  
850-525-2844  
Emeraldcoastvsc@yahoo.com

Pensacola Volksmarch Club  
850-457-2763  
Beaver2153@bellsouth.net



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## Why Walk?

By incorporating walking into your daily routine, you can help to limit pain and disability, and possibly even prevent arthritis, a disease that already costs the US economy \$128 billion annually. Arthritis affects 46 million adults, or one in five, as well as 300,000 children. And it's reaching epidemic proportions. This year alone, nearly a million people will be diagnosed with arthritis. Obesity also puts people at risk for arthritis, but walking can help you achieve and maintain a healthy weight. Consider this: Losing 10 pounds relieves 40 pounds of pressure on your knees. Losing as little as 11 pounds may reduce joint pain and help prevent knee osteoarthritis, and losing 15 pounds can cut knee pain in half.

With statistics like that, why wait!



## The Pelican's Potpourri

### American Volkssport Association

The AVA would like to invite you to start up or renew your Volkssport Associate Membership. The cost is \$25 individual or \$30 family.

As a member you receive the following benefits.

- Annually receive six editions of "The American Wanderer" newspaper, AVA's national publication that promotes activities and special events across the United States. The newspaper will list Volkssporting events by state, date of the event, and provide host club information all at your fingertips. Featured are articles, special program information and AVA history. As you achieve each level in our Award Program, you will see your name listed!
- Becoming an AVA Associate Member entitles you to a 10% discount

on AVA Specialties including event and distance books, as well as the *Starting Point Book*, AVA's annual event book that lists events that are available year round throughout the United States.

If you have any concerns or questions please email Linda Rebmann, Membership Services at [linda@ava.org](mailto:linda@ava.org) or telephone 210-659-2112

Mail your check to:  
1001 Pat Booker Rd, #101  
Universal City, TX 78148