

Walkin' Nassau

Volkssport Club

Winter

Volume 1, Issue 4



Meet our Walkin' Nassau Board L-R Gloria Merwarth - Newsletter Editor, Lilia Smith—Treasurer, Doug Bailey—Trail Master & YRE Coordinator, Dyanne Hughes - President, Jane Bailey—Secretary, (Not present-Natalie Blackwell –Vice-President)

Mark Your Calendars!

Walk Schedule: January through May 2011

January 12 6:00 PM	Walkin' In The New Year	Café Karibo
	Membership Meeting	
February 5 8:30 AM	Pirates on the Run partnering with Amelia Island Runners	
March 8 6:00 PM	Fun walk –Yulee/North Hampton	TBD
April 16th 9:00 AM	Katie Ride for Life partnering with Katie Caples Foundation	
May 21st 9:00 AM	American Beach YRE Meeting and Social	Meet at Gourmet, Gourmet To follow
June 15 6:00 PM	Old Town Fernandina YRE Social at Café Karibo	Meet at Red Otter

Help Needed

Walkin' Nassau needs a Volunteer to handle Specialties. This includes T-shirts, record books, and other club items.

Also, as you look at the list to the right you can see that our current volunteers

are handling more than one job. How can you help ?

E-mail or call Natalie Blackwell to volunteer

natalierhea@live.com
904-261-2618

Walkin' Nassau Volkssport Club
2134B First Ave. Fernandina Beach, FL 32034
www.walkinnassau.org
Florida Volkssport Association-FVA website
www.angelfire.com/planet/fva2247
American Volkssport Association—AVA
www.ava.org



The Walkin' Nassau Volkssport Club exists to provide people of average athletic ability opportunities for leisurely, non-competitive walks in scenic and historic areas.

President

Dyanne Hughes
904-206-4417
dyhughes@att.net

Vice-President /Public Relations

Natalie Blackwell

Secretary/Member Service Communications

Jane Bailey

Treasurer

Lilia Smith

Trail Master

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YRE Coordinator

Doug Bailey

Newsletter Editor

Gloria Merwarth
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Dues are \$10/yr. For single and \$15 for couple or family. These dues are renewed July 1 and are good until July 1 of the following year.



President's Corner

WALKIN' IN THE NEW YEAR!



Welcome to Walkin' Nassau!

I am Dyanne Hughes the 2011 Walkin' Nassau Club President.

A New Year is just around the corner – can you believe it will be 2011 in a few short weeks? As you begin the New Year and contemplate your resolutions think about your health and well being and how Walkin' Nassau and our fun social walks can help on all accounts.

2011 will mark our second full year as a club. We took several giant steps in 2010 – we restructured the board, created our logo, sanctioned Year Round Events that will begin in January and held several regular walks/social events. Our goal for 2011 is to continue to build the club both events and members. And more importantly get our members out there walking and participating in the club. I want to take a moment to thank the previous board of directors and club initiators, especially our friend Ned Tyson who passed away recently, for all their efforts getting us up and Walkin'! Our club would not exist without all their efforts!

AVA Walking Achievements

EVENTS

Gloria Merwarth	750
Mark Merwarth	750

DISTANCE

Gloria Merwarth	7500 KM
Mark Merwarth	7500

When your event and distance books are completed please send them to AVA for your awards so they can be published in *The American Wanderer* national newspaper and here in this column so we can brag about your accomplishments.



The Walkin' Nassau Board of Directors is pleased to present our new Walkin' Nassau logo. We spent a lot of time discussing how we wanted to brand the club and felt this logo represented Nassau but also a fun approach to walking.

We would like to thank Natalie Blackwell for her work on this creation as well as P5Productions and Loren & Bobbi Lum who developed the logo and donated their time and efforts for the club.

We have T-shirts available to purchase for \$15 with the logo on it available at the Walkin' in the New Year meeting in January.

Hope to see you there!

Dyanne Hughes

President's Corner *(continued)*

But now it is time for us to plan for 2011 and get out there Walkin'. We have scheduled a Walkin' in the New Year kick-off event at Café Karibo on January 12 at 6:00 pm. This will be a networking and planning meeting to get us started for 2011. We will begin with a meeting and update our membership on ways you can participate. We'll follow this by a social time when you can eat, drink and meet your fellow walkers. Details about this important kick-off event will be sent to

everyone at a later time – but mark your calendars and join us as we go Walkin' in the New Year! Everyone is welcome to come and bring your friends – the more the merrier!

Happy Holidays and Keep Walkin'

Dyanne Hughes



The Not So Quick Guide to Volkssporting

DID YOU KNOW? To get you started on your way to a record of personal achievement, you may purchase a New Walker Packet for \$5. This packet includes the first books you will need to start you off on the right (or left) foot.

- First event book: Good for your first 10 events and you will earn your first Achievement Award (\$5 value)
- First distance book: Good for your first 500 KM (\$5 value)
- Three coupons for free credit at events; so you can go to three events for free and still get the credit stamp in your books (\$9 value)
- A coupon for a free issue of *The American Wanderer (TAW)* (\$4 value).
- An explanation about the record books and how they are processed.
- 10% off your first AVA Specialties order. The total cash value of this packet is \$23. But, you purchase the packet for \$5.

Now that's a bargain and keeping a record of your walks is a great incentive to walk in more places.

DID YOUR KNOW?: These books are IVV record books. IVV stands for International Volkssport Verband. The books are sold by

clubs at each event for \$5 each and are good worldwide. The American Volkssport Association-AVA-is the organization that oversees the clubs in America. You redeem your books at achievement levels such as 10 events, 30 events, 500 kilometers, 1000 kilometers by sending them into the AVA office located in Texas. You will receive a certificate, patch and hat pin to display your achievement.

Event Record Books are stamped once for each event (no matter how many times you completed the trail).

Distance Record Books are stamped for each completion of the trail with distance recorded. (Mark and I received credit for 3500 KM when we laid out the trail at the Amelia Island Plantation.

At each event, by paying a single credit fee (\$3) you get **BOTH** books stamped. Also, part of the money goes to the club to keep it running and the other part goes to support the National AVA office.

When you see your book is almost complete, purchase a new one to have on hand. Most clubs have a Specialty chairperson that handles books as well as club T-shirts, etc. Otherwise books can be purchased directly from AVA.

Welcome to Our Year Round Events

Our club has sanctioned three new Year Round Events (YRE's). These walks may be walked any day of the year either for free or credit (\$3). They include 5 and 10 KM routes. Simply go the start point and ask for the walk box. Fill out the sign in sheet and a start card, stamp your books and take the start card and an envelope to mail your check to the club. Then take the directions and enjoy the walk.

American Beach

Start Point - Gourmet Gourmet

1408 Lewis St., Fernandina Beach

Step back into history! A.L. Lewis, Florida's first black millionaire, lived in Jacksonville where he co-founded the Afro-American Life Insurance Company in 1901. He wanted a place where black people could go swimming or get together for social events and summer vacations. In 1935 black people were not allowed on white beaches. He encouraged his friends to purchase and build summer homes in the area soon to be known as American Beach on Amelia Island. The streets were named for influential people who helped develop the area.

The trail includes 3 KM along the beach and winds its way back through a lovely paved path along the Amelia Island Parkway. Along the way you will pass the

"Nana" dune, the island's largest dune protected by the National Park Service, joining the dune at Kitty Hawk, NC from which Wilbur and Orville Wright made their successful airplane flight in 1903.

Old Town Fernandina

Start Point—Red Otter Outfitters

1012 Atlantic Ave. Fernandina Beach

Old Town is the matriarch of Amelia Island and all of Nassau County. Its soil held up the walls of old Spanish forts and missions. The harbor of Old Town is where British and Spanish Galleons anchored, and on its streets rowdy pirates sold prizes of the sea and drank continuously. A stroll through Bosque Bella Cemetery will take you past grave markers dating back to 1813. You'll also pass Victorian homes built at the turn of the last century.

Amelia Island Greenway

Start Point—Residence Inn

2301 Sadler Rd. Fernandina Beach

Meander on the unique Greenway which consists of over 300 acres that run north to south along Eagan's Creek. The Greenway was opened for public use in the summer of 2000 as an undeveloped park for passive recreational use. Its grass-covered roads are suitable for walking and biking plus its environment exhibits a variety of natural wildlife and vegetation.

A Tribute to Ned Tyson

Amelia island's community lost a dear friend. Ned Tyson died after an unbelievably courageous battle with ALS.

Ned was a champion of helping folks of all ages and abilities improve their health and fitness. He was a member of Nassau County Health Improvement Coalition and founded our local walking club, the Walkin' Nassau Volkssport Club. He invited long time AVA walkers, Gloria & Mark Merwarth, to help build the club.

As an AIR member and walking advocate, we worked with David Caples and

John McBrearty to help set up the Katie Walk for Life, a 5K/10K walk now held annually in conjunction with Katie Ride for Life.

Christina Tillman described Ned as "a friend, teacher, mentor and more."

Ned wrote a few days before his passing "Farewell friends and family. Thank you for the wonderful memories —'til we meet again. Love, Ned

Walks Around The State

12/31 Port Orange GW
Happy Wanderers

1/1/11 Lake Buena Vista W
Regular Event
Mid-Florida Milers

1/8 Orange Park GW 9 am
First Coast Trail Forgers

1/22 Deltona W
Happy Wanderers

1/29 Dade City W
Suncoast Sandpipers

1/31 Key West W
Worldwide Walking Club
avawalk5@gmail.com

2/5 Jacksonville GW
First Coast Trail Forgers

2/18-21 Florabama 7-W
Pensacola Volksmarch Club

Event Codes W=Regular Event,
GW=Club Walk

CLUB CONTACTS
First Coast Trail Forgers
904-268-0315

Happy Wanderers
386-788-4026
marvs717@cfl.rr.com

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

Suncoast Sandpipers
352-588-9895
pipers@tampabay.rr.com

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



WALKIN' NASSAU VOLKSSPORT CLUB

2134B First Ave.
Fernandina Beach, FL 32034

We're on the Web!
Www.walkinnassau
.org

The Benefits of Walking

Easy to do There is no great trick to walking. It does not require any special skills or advanced conditioning. Walking doesn't require any special equipment or clothing. All you need is a good pair of walking shoes, comfortable clothing, a pedometer, and you're all set.

Healthy When Hippocrates said that "walking is man's best medicine", he didn't realize that thousands of years later, new benefits of walking would be discovered daily. Some health benefits of walking include:

- Burns almost as many calories as jogging
- Eases back pains
- Slims your waist
- Lowers blood pressure
- Reduces levels of bad cholesterol
- Reduces heart attack risk
- Enhances stamina & energy
- Lessens anxiety
- Improves muscle tone
- Easy on your joints
- Reduces appetite
- Increases aerobic capacity
- Can be done in short bouts
- Slows down osteoporosis bone loss
- Can be done when you're traveling
- No advanced degree required

Our Membership Roster

Jane & Doug Bailey
 Natalie Blackwell
 Judy Bock
 Becky Carter
 Kim Clemons
 Phyllis & John Dietrich
 Marsha Dingwell
 Bob & Cheryl Duttweiler
 Cynthia Griffin
 Debbie & Jimmy Grupposo
 Darlene Edmondson
 Robyn Friendly
 Dyanne Hughes
 Claudia & Stan Kavan
 Marlene Kozak
 Sharon Lovett
 John & Andrea Mateer
 John McBrearty
 Mark & Gloria Merwarth
 Robyn Nemes
 David Olson
 Joyce Plumlee

Joyce Plumlee
 Barb & Scif Rathmell
 Bradley Simpson & Charles DePetris
 Lilia Marie Smith
 Phyllis Stabler
 Jackie Tyson
 Virginia Theumling
 Judy Walker
 Patrick Whelan

We're glad to have you with us to enjoy Fun, Fitness and Fellowship!

