



Mid Florida Milers Walking Club

Delray Beach 5K & 10K YRE Walk©

Administrative Information for the Delray Beach Walk. Event SE20/114171 Questions today? 407.304.6394.

DIRECTIONS: Map: <http://tinyurl.com/DelrayPublix>; GPS: 26.4710652,-80.0673911. To Publix at 555 NE 5th Ave from I-95S/N use exit 52, Atlantic Ave. Turn left from I-95S (right from I-95N). Go .9 mi and turn left on Swinton Ave. Go .5 mi and turn right on NE 4th St. Turn left on NE 6th Ave. at light & then turn left into Publix. Wheelchairs/strollers are OK. Pets are allowed on a leash. There are restrooms at Publix and Anchor Park (10k). Lots of eating locations on Atlantic.

This map and directions may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

AVA Special Programs: Ice Cream Parlors, Rock Around the Clock, Walk the USA A-Z: D.

MFM South Florida Walks				Online Start Box @ https://my.ava.org		
Event ID	Type	YRE#	Description	Special Program	Qualifier	5/6K apply
114171	YRW	2020/Y0278	Delray Beach	Ice Cream Parlors	Sloan's, 111 E Atlantic Ave.	X
114171	YRW	2020/Y0278	Delray Beach	Rockin' Around the Clock	PNC Bank 5th St & 1st	X
114171	YRW	2020/Y0278	Delray Beach	Walking the USA A - Z	D	X

As with all remote walks your assistance to keep the route and information current is requested. Issues, comments? Email mlanpher@gmail.com or call 407.695.9181 and leave a message.

Walks south on I-95 are Ft. Lauderdale (exit 26) and Miami South Beach (exit 4). Walk north is West Palm Beach (exit 70).

Log into the OSB system (my.ava.org) to “finish/complete” your online registration after doing the walk. A fee of \$2 for a downloaded pdf is deducted from the user’s Event Bank when the pdf is downloaded. Later, any pdf fees are credited back to a walker’s Event Bank when he/she submits the walk completion info as a paying for credit walker, i.e. \$3.



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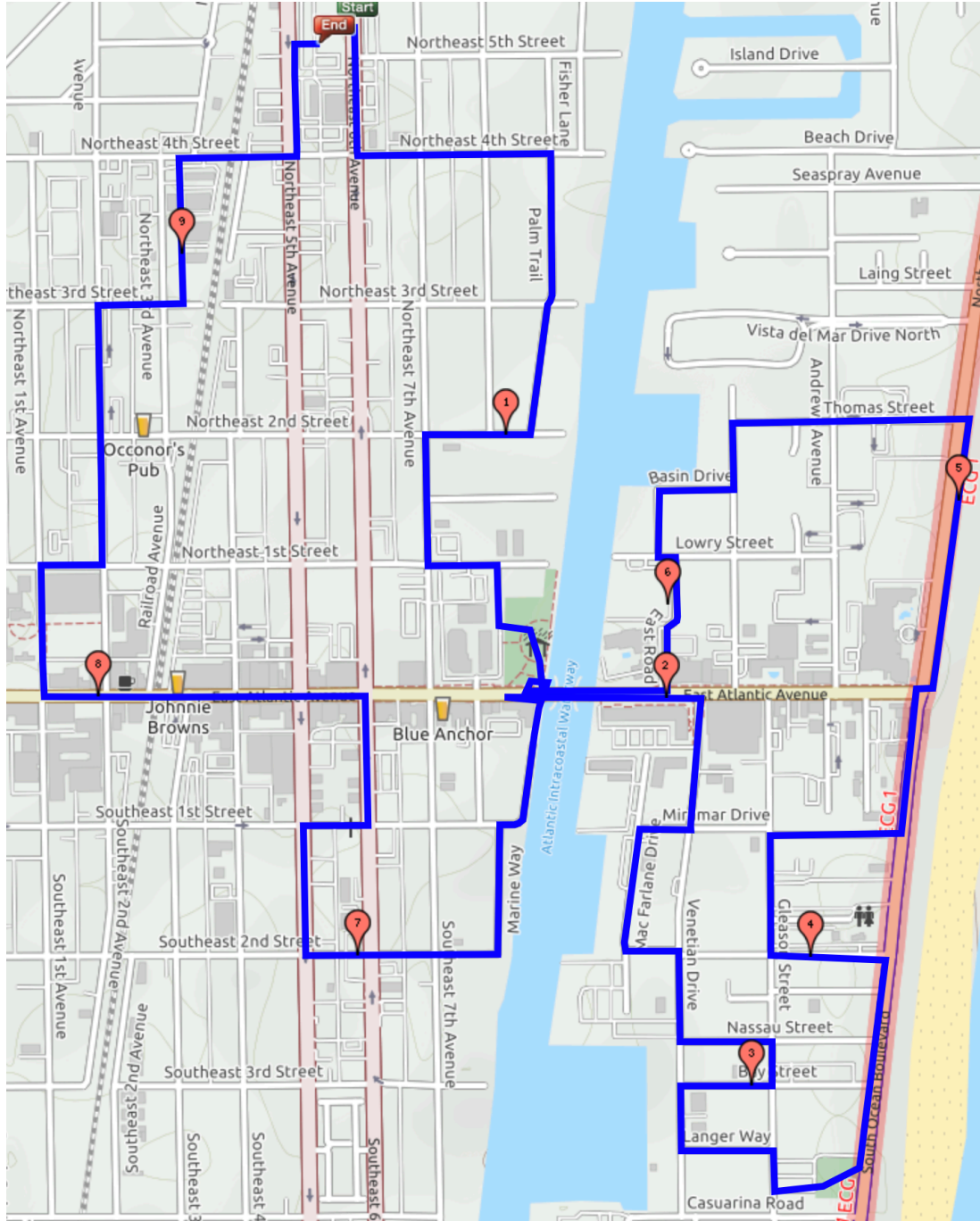
	Emergency-911; Incident Notification: 407.304.6394
1.	From Publix front go LEFT on walkway to 6th Ave/US1. Turn RIGHT to NE 4 St.
2.	Cross and LEFT on NE 4 th St. crossing US 1/NE 6 th Ave. Carefully cross to LEFT side facing traffic. No sidewalks.
3.	RIGHT on Palm Trail. <i>Homes on Intracoastal.</i>
4.	RIGHT on NE. 2nd St.
5.	Cross & LEFT on NE 7th Ave.
6.	Cross & LEFT on NE 1st St. crossing 7 th Ave.
7.	RIGHT on Adult Center Rd. with shuffleboard on the left to Veterans Park.
8.	LEFT into Veterans Park at crosswalk towards pavilion and take walkway to RIGHT to bridge.
9.	5K: Go to Instruction # 32. 10K: LEFT on Atlantic Ave. crossing the Intracoastal waterway.
10.	RIGHT & cross Atlantic at Venetian Dr.
11.	RIGHT on Miramar Dr.
12.	LEFT on MacFarland Dr. Walk on left.
13.	LEFT on Ingraham Ave.
14.	Cross & RIGHT on Venetian Dr.
15.	LEFT on Nassau St.
16.	Cross & RIGHT on Gleason St.
17.	RIGHT on Bay St. crossing Gleason.
18.	LEFT on Venetian Dr.
19.	LEFT on Langer Way.
20.	Cross & RIGHT on Gleason St. and enter Anchor Park thru parking <u>exit</u> to sidewalk to Highway A1A. Restrooms on left.
21.	LEFT on A1A.
22.	LEFT on Ingraham Ave.
23.	Cross & RIGHT on Gleason St.
24.	RIGHT on Miramar St. crossing Gleason.
25.	LEFT on A1A to Atlantic Ave. RIGHT & cross Atlantic Ave. continuing LEFT on A1A.
26.	LEFT on Thomas St. at crosswalk/East Wind Condos.
27.	LEFT on Seabreeze Ave.

28.	RIGHT on Basin Dr. and curve to the LEFT to Lowry St.
29.	LEFT on Lowry St. for 20 m.
30.	RIGHT on E Rd. 1st right.
31.	RIGHT on Atlantic Ave., cross the Waterway.
32.	5K: Bear LEFT and walk under Atlantic Ave. at the bridge. Continue on the walkway next to the intracoastal passing Deck 84 restaurant. 10K: Curve right to Park and then RIGHT and under Atlantic Ave. at the bridge. Continue on the walkway next to the intracoastal passing Deck 84 restaurant onto Marine Way.
33.	RIGHT on SE 1st St.
34.	LEFT immediately on Marine Way.
35.	RIGHT on SE 2nd St. RIGHT crossing 2d St. and LEFT crossing SE 6th Ave. continuing on SE 2d St.
36.	Cross & RIGHT on SE 5th Ave. to SE 1 st St
37.	Cross & RIGHT on SE 1st St.
38.	LEFT on SE 6th Ave. to Atlantic Ave.
39.	Cross & LEFT on Atlantic Ave. Walk to NE. 1st Ave. (5 Blocks).
POI	<i>The 100ft Christmas Tree in the holiday season is located in the park For more than 25 years, Delray residents and visitors alike have marveled at our Famous 100 Ft. Christmas Tree. Building the Tree is a month-long community event each Nov that brings together people of all ages and all walks of life. 15 tons of steel, 650 steel panels, 15,000 lights, 12,000 ornaments.</i>
40.	RIGHT on NE 1 st Ave. continue on sidewalk with park on the right. Carefully cross to left side. Continue to NE 1 st St.
41.	Cross & RIGHT on NE 1 st St. crossing 1 st Ave.
42.	LEFT on NE 2d Ave. and enter Pineapple Grove Art District. Cross 2d St.
43.	RIGHT on NE 3d St.
44.	LEFT on Artist Alley carefully crossing 3d St. Pass colorful Produce Market at end.
45.	RIGHT on NE 4 th St. Sidewalk disappears, continue carefully to NE 5 th Ave.
46.	Cross 5th Ave and LEFT then cross 4 th St. on NE 5th Ave. to Publix walkway and finish.
Thanks for walking in Delray Beach	



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