


Mid Florida Milers Walking Club

Palm Beach 6K & 11K YRE Walk©

DIRECTIONS: Map: <http://tinyurl.com/PalmBchMFM>; GPS: 26.716941,-80.042406 . From I-95S use Exit 70, Okeechobee Blvd, and turn left. Go 3.2 mi crossing bridge onto Royal Palm Way. At the 1st light, turn left on Cocoanut Row for 0.6 mi passing Flagler Museum and the Palm Beach Towers on the left to the office center. Turn left into the office area and left again parking in the area near Toojays (Royal Poinciana Plaza, 313 Royal Poinciana Way, Palm Beach, FL). Do not cross Royal Poinciana Ave. You can buy drinks and bakery items at Toojays but they are not a sponsor. There are restrooms only at Breakers & Greens Pharmacy. Questions today? 407.304.6394.

AVA Special Programs: Provided as a separate sheet.

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

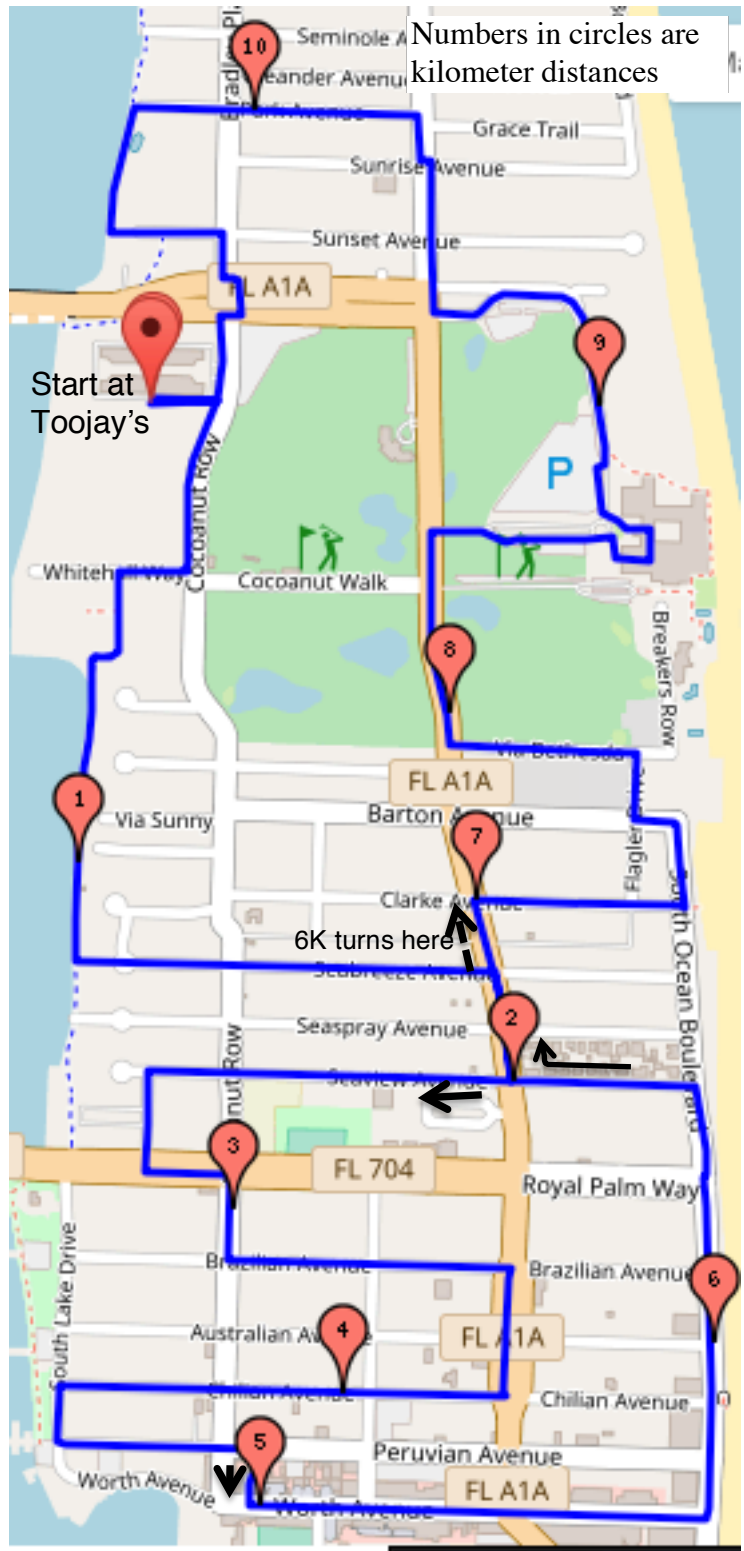
	Emergency-911; Injury notification - 407.304.6394 or 407.920.3174
1.	Walk to Cocoanut Row from where you parked to the walk path.
2.	Face Cocoanut Row away from the businesses. Turn RIGHT on Cocoanut Row.
3.	RIGHT on Whitehall Way and then LEFT in front of Flagler Museum (Tu-Sa 10-5pm; Su 12-5pm). Enter the Lake Trail passing the very large Kapok tree (a Banyan) on the left . Pass Pendleton Ln. & Primavera Ave.
POI	<i>Flaglar Museum was completed in 1902, Whitehall was hailed by the New York Herald as "more wonderful than any palace in Europe, grander and more magnificent than any other private dwelling in the world." It was designed in the Beaux Arts style. Distinct from these northern homes, Whitehall had no outbuildings or subsidiary structures. Nor had it elaborately planned or cultivated gardens. Plants, flowers, trees and shrubs were allowed to grow unaided. The mansion is built around a large open-air central courtyard and is modeled after palaces in Spain and Italy. Three stories tall with several wings, the mansion has fifty-five fully restored rooms furnished with period pieces. These rooms are large with marble floors, walls and columns, murals on the ceilings, and heavy gilding.</i>
4.	LEFT on Seabreeze Ave. at Pet Waste sign. No street sign. Cross Cocoanut Row.
5.	6K: Carefully cross & LEFT on S. County Rd. Go to instruction #21. 10K: RIGHT on S. County Rd.
6.	RIGHT on Seaview Ave.
7.	LEFT on the Lake Trail.

8.	LEFT on Royal Palm Way.
9.	RIGHT on Coconut Row.
10.	LEFT on Brazilian Ave.
11.	RIGHT on S. County Rd.
12.	RIGHT on Chilean Ave.
13.	LEFT on S. Lake Dr.
14.	Cross & LEFT on Peruvian Ave.
15.	RIGHT into Via Mizner through buildings. Pass Pizza al Fresco and exit to Worth Ave.
16.	LEFT on Worth Ave. to the Atlantic Ocean.
17.	Cross & LEFT on Ocean Blvd.
18.	LEFT crossing Ocean Blvd. at Royal Palm Blvd. & RIGHT crossing Royal Palm continuing on Ocean Ave.
19.	LEFT on Seabreeze Ave.
20.	RIGHT on S. County Rd.
21.	6&10K: RIGHT on Clarke Ave.
22.	LEFT on Ocean Blvd.
23.	LEFT on Barton as road curves left.
24.	Cross & RIGHT on Flagler Dr. in about 100m.
25.	LEFT on Via Bethesda. No sign. Golf course on right. <i>On left is the Episcopal Church & right is golf course.</i>
26.	RIGHT on S. County Rd.
27.	RIGHT on Breakers Row into Breakers Hotel at entrance walking thru baggage storage area. Restrooms & ice cream shop within.

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POI	<i>Breakers Hotel The Breakers Palm Beach is a historic hotel in Palm Beach, Florida, United States. First known as The Palm Beach Inn, it was opened on January 16, 1896 by oil, real estate, and railroad tycoon Henry Flagler to accommodate travelers on his Florida East Coast Railway. It occupies the beachfront portion of the grounds of the Royal Poinciana Hotel, which Flagler had opened beside Lake Worth Lagoon facing the inland waterway in 1894. Guests began requesting rooms "over by the breakers," so Flagler renamed it The Breakers Hotel in 1901. The wooden hotel burned on June 9, 1903 and was rebuilt, opening on February 1, 1904. Rooms started at \$4 a night, including three meals a day. Because Flagler forbade motorized vehicles on the property, patrons were delivered between the two hotels in wheeled chairs powered by employees. The grounds featured a nine-hole golf course</i>
28.	LEFT at entrance to sidewalk by grass area, walk into parking lot and right to 2d lot exit.
29.	RIGHT and LEFT on sidewalk to S. County Rd.
30.	RIGHT on S. County Rd. Crossing Main St.
31.	LEFT on Sunrise Ave. crossing County Rd. and RIGHT on S. County Rd. passing St Edwards Church.
32.	LEFT on Park Ave. Carefully cross Bradley Pl.
33.	LEFT on the N. Lake Trail.
34.	LEFT at end of trail on Sunset Ave.
35.	RIGHT on Bradley Pl.
36.	Using crosswalks cross Royal Poinciana Way to right side of Coconut Row. Return to finish.
Thanks for walking in Palm Beach.	



2015-2018 AVA Special Programs
MFM Southeast Florida Year Round Events

Event ID	Type	YRE #	Description	Special Program	Qualifier	5/6K apply
108397	YRW	Y1752	Boca Raton	Boardwalks	Beach	
108397	YRW	Y1752	Boca Raton	Bridges	Palmetto Park Rd.	X
108397	YRW	Y1752	Boca Raton	Ice Cream parlors	Sloans Mizner Park Shops	X
108397	YRW	Y1752	Boca Raton	Make a Wish at a Water Fountain	Mizner Park	X
108397	YRW	Y1752	Boca Raton	Points of Reference	Mid, Milers	X
108397	YRW	Y1752	Boca Raton	Take a Walk In a City Park	Red Reef & South Park	
108397	YRW	Y1752	Boca Raton	United States Post Offices	2d St.	X
108397	YRW	Y1752	Boca Raton	Walk the USA - Street by Street	email mlanpher@gmail.com	X
108397	YRW	Y1752	Boca Raton	Walking the USA A - Z	B	X
Event ID	Type	YRE #	Description	Special Program	Qualifier	5/6K apply
108398	YRW	Y0278	Delray Beach	Bridges - Spanning the USA	Intracoastal	X
108398	YRW	Y0278	Delray Beach	Boardwalks	At Deck 84 Restaurant	X
108398	YRW	Y0278	Delray Beach	Food for Thought	Palm Trail	X
108398	YRW	Y0278	Delray Beach	Ice Cream parlors	Sloan's 100 block Atlantic	X
108398	YRW	Y0278	Delray Beach	Make a Wish at a Water Fountain	Atlantic & Intracoastal	X
108398	YRW	Y0278	Delray Beach	Points of Reference	Mid, Milers	X
108398	YRW	Y0278	Delray Beach	Ports of Call	At Intercoastal (1800s)	X
108398	YRW	Y0278	Delray Beach	Post Office	NE 2d Ave	X
108398	YRW	Y0278	Delray Beach	Take a Walk In a City Park	Veterans, Anchor Park (10)	X
108398	YRW	Y0278	Delray Beach	Walk the USA - Street by Street	email mlanpher@gmail.com	X
108398	YRW	Y0278	Delray Beach	Walking the USA A - Z	D	X
Event ID	Type	YRE #	Description	Special Program	Qualifier	5/6K apply
108396	YRW	Y0257	Ft Lauderdale	Bridges - Spanning the USA	New River - 2	
108396	YRW	Y0257	Ft Lauderdale	Ice Cream Parlors	Kilwins (809 Las Olas)	X
108396	YRW	Y0257	Ft Lauderdale	Make a Wish at a Water Fountain	350 Las Olas	X
108396	YRW	Y0257	Ft Lauderdale	Points of Reference	Mid, Milers	X
108396	YRW	Y0257	Ft Lauderdale	Ports of Call	Port Everglades	X
108396	YRW	Y0257	Ft Lauderdale	Take a Walk In a City Park	Riverside Linear	X
108396	YRW	Y0257	Ft Lauderdale	United States Post Offices	Las Olas	X
108396	YRW	Y0257	Ft Lauderdale	Walk the USA - Street by Street	email mlanpher@gmail.com	X
108396	YRW	Y0257	Ft Lauderdale	Walking the USA A - Z	F	X
Event ID	Type	YRE #	Description	Special Program	Qualifier	5/6K apply
108392	YRW	Y1716	Key West	Ice Cream Parlors	Kilwins (Duvall St)	X
108392	YRW	Y1716	Key West	Make a Wish at a Water Fountain	In Library Garden (Fleming St)	X
108392	YRW	Y1716	Key West	Points of Reference	Mid, Milers, West	X
108392	YRW	Y1716	Key West	Ports of Call	Key West	X
108392	YRW	Y1716	Key West	Take a Walk in a city park	Higgs Beach, Clinton Square-at museum	X (Clinton Square-at museum)
108392	YRW	Y1716	Key West	Vice Presidential Walks	Truman	X
108392	YRW	Y1716	Key West	Walk the USA - Street by Street	email mlanpher@gmail.com	X
108392	YRW	Y1716	Key West	Walking the USA A - Z	K	X
Event ID	Type	YRE #	Description	Special Program	Qualifier	5/6K apply
108393	YRW	Y0249	Miami South Beach	Ice Cream Parlors	Mammamia Gelato 900 block Ocean Av	X
108393	YRW	Y0249	Miami South Beach	Make a Wish at a Water Fountain	Netherland Hotel & Lincoln Mall	X
108393	YRW	Y0249	Miami South Beach	Path of Invention	Garfield Wood, hydraulic lift on Fisher Island	
108393	YRW	Y0249	Miami South Beach	Points of Reference	Mid, Milers, South Bch, South Pointe Park	X
108393	YRW	Y0249	Miami South Beach	Take a Walk In a City Park	South Pointe, Douglas, Lummus	X (Lummus)
108393	YRW	Y0249	Miami South Beach	United States Post Offices	Washington & 13th (old)	X
108393	YRW	Y0249	Miami South Beach	Walk the USA - Street by Street	email mlanpher@gmail.com	X
108393	YRW	Y0249	Miami South Beach	Walking the USA A - Z	M	X
Event ID	Type	YRE #	Description	Special Program	Qualifier	5/6K apply
108390	YRW	Y1753	Palm Beach	Food For Thought	Coconut Row	X
108390	YRW	Y1753	Palm Beach	Ice Cream parlors	Breakers Hotel	X
108390	YRW	Y1753	Palm Beach	Make a Wish at a Water Fountain	Breakers Hotel	X
108390	YRW	Y1753	Palm Beach	Points of Reference	Mid, Milers	X
108390	YRW	Y1753	Palm Beach	Post Office	Main & S. County Rd.	X

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108390	YRW	Y1753	Palm Beach	Walk the USA - Street by Street	email mlanpher@gmail.com	X
108390	YRW	Y1753	Palm Beach	Walking the USA A - Z	P	X
Event ID	Type	YRE #	Description	Special Program	Qualifier	5/6K apply
108395	YRW	Y1818	West Palm Beach	Food For Thought	Olive Ave.	X
108395	YRW	Y1818	West Palm Beach	Ice Cream parlors	Sloans Clematis Dr	X
108395	YRW	Y1818	West Palm Beach	Make a Wish at a Water Fountain	Clematis Ave., CityPlace	X
108395	YRW	Y1818	West Palm Beach	Points of Reference	Mid, Milers, West	X
108395	YRW	Y1818	West Palm Beach	Take a Walk In a City Park	Flagler, Trinity	X
108395	YRW	Y1818	West Palm Beach	United States Post Offices	Clematis	X
108395	YRW	Y1818	West Palm Beach	Walk the USA - Street by Street	email mlanpher@gmail.com	X
108395	YRW	Y1818	West Palm Beach	Walking the USA A - Z	W	X