

**INFORMATION:** Website: [midfloridamilers.org](http://midfloridamilers.org)

Facebook: <https://www.facebook.com/groups/944495342308231/>

**STIPULATIONS:** These events are open to everyone; they take place regardless of weather conditions.

**REGISTRATION:** All walkers personally register at the start and begin the walk.

**PROCEDURE:** Arrive during the start time stated and register. We provide detailed walk instructions with a map. Participants walk at their own pace, normally taking 1 hour for 3 miles (5 kilometers) and 2-2.5 hours for 6 miles (10 kilometers). Walkers must return to the start by the completion time when one is stated.

**PARTICIPATION:** This is a fun and safe event for all. People of all ages are welcome to participate though an adult must accompany minors.

**FOOD and WATER:** Water and hard candy are available at the start and any checkpoints. For your safety carry your own drinking water.

**SANCTIONED:** This event is sanctioned by AVA -America's Walking Club ([ava.org](http://ava.org)), a member of the International Federation of Popular Sports (IVV).

**DISCLAIMER:** The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property.

**PRE-REGISTRATION:** None Required.

**FEES:** There is a \$3 fee for all participants that includes an AVA/IVV event stamp used to record the event. Minors under 13 are free if not recording the event. No refund of the fee is provided after the start of the walk.

**CONTACT US:** President: Rosemary at 407.920.3174, [rbarna1949@gmail.com](mailto:rbarna1949@gmail.com). Trailmaster: Mike at 407.695.9181, [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com).

**DATE:** 1 January 2020

**LOCATION:** Lake Buena Vista Pirates Cove Adventure Golf

**EVENT:** 6 & 10K Walks

**START:** Register between 9:30 am – 10 am

**AVA Special Programs:** *Walking the USA A – Z: O, Carousels, Ice Cream Parlors.*

**DESCRIPTION:** Register between 9:00-9:30 am and drive two miles to the start. Walk fee is \$3 per participant and children under 13 are free. These popular 6 & 10 km walks are enjoyed all year in completed Disney Springs renovation and areas of Lake Buena Vista. Lake Buena Vista encompasses the eastern side of Walt Disney World. The walks take you through nature paths, condos, shops and lots of restaurants. Enjoy dining, shopping, browsing, and strolling through this completely restructured layout around the lake. Trail is suitable for strollers and wheelchairs. Drinks, snacks, water and restrooms are available at the start and many places on the route. Pets are not allowed. Please carry water. Event: SE20/115782. Trail Ratings: 1A. Information: 407.695.9181/ [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com).

**DIRECTIONS:** Map. Pirate's Cove Adventure Golf is at 12545 FL535. From Orlando use I-4W to Exit 68. Turn right on FL 535 (Apopka-Vineland Rd.) to the first traffic light. From Tampa on I-4E use exit 68. Turn left on FL 535 (Apopka- Vineland Rd.) to the second traffic light. Turn right into the Crossroads Shopping Center. Continue straight ahead to the Pirate's Cove Adventure Golf. After registering try to make par on both golf courses, they are fun. Carry water for your safety. Questions on day of the event, call 407.304.6394.

**Award:** Credit only.

**DATE:** 4 January 2020

**LOCATION:** Maitland @ Walgreens

**EVENT:** 5K & 10K Walks

**START:** Register 9:00 - 9:30 pm

**AVA Special Programs.** *Ice Cream parlors, Rockin Around the Clock, Walking the USA A – Z:M.*

**DESCRIPTION:** Register between 8:30-9:00 am. The 6 & 10 km (3.7 & 6.2 mi) walk routes are tree lined walks around Maitland, circles Lake Cherokee, and through city parks and residential areas. The route passes the National Landmark Maitland Art Center. Restrooms are available at Walgreens, Lake Minnehaha, Jackson Park, Lake Sybelia Park, and Lake Lily Park. The trails are acceptable for strollers but not suggested for wheelchairs. Pets are allowed. Please carry water. Event: SE20/Y1124. Trail Ratings: 1A. For information, 407.695.9181/ [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com).

**DIRECTIONS:** Map: Walgreens Pharmacy, 330 S. Orlando (US 17-92). NOTE: interchange at Maitland Blvd under construction. From

Orlando on I-4E to Exit 90A-B. Use 90A, Maitland/SR 414. Exit right to 2nd light, Maitland Ave. From Daytona/Sanford on I-4W follow signs to Exit 90A, Maitland/SR 414 (Do not use Exit 90B-C). Go to 2nd light, Maitland Ave. BOTH: turn right for 1.3 miles to Packwood (1 block past light at Horatio). Left on Packwood past fire station on left and cross US 17-92 & turn in to rear of store. Questions on day of event, 407.304.6394.

**Award:** Credit only.

**DATE:** 11 January 2020  
**LOCATION:** Orlando Leu Gardens  
**EVENT:** 5 & 10K Guided Walks  
**START:** Register between 8:30-9:00, Walk at 910

**AVA Special Programs:** *Walk the USA A to Z: O.*

**DESCRIPTION:** A great chance to visit Leu Garden on a private tour by a Garden volunteer. Register between 8:30-9:00 am for the 5 & 10 km (3.1 & 6.2 mi) guided walks. Participants should arrive by 8:45, park, and walk to registration close to the Garden House. Credit walkers will stamp books before walking. All walkers will start at one time about 9:10 am. The 5K is at Leu Gardens and 10k visits the nearby neighborhoods after the Gardens. Route directions & maps will be available. The fee is \$3 per participant, and children under 13 are free. The gardens are known for their extensive floral collections. Blooming in January are camellias, heliconia, azaleas, orchid tree, pink ball tree, sweet osmanthus, and powderpuff. Restrooms are available at the Start/Finish and on route. The Garden is accepting donations to assist in the repair of Leu House closed after significant Hurricane Irma damage. Wheelchairs and strollers acceptable and some garden paths are not paved. No pets allowed. Carry water for your safety. Event SE20/116132. Trail rated 1A. Information, 407.695.9181/ [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com).

**DIRECTIONS:** Map: GPS: 28.56885,-81.3565882 Leu Gardens is at 1920 N Forest Ave, Orlando. **From Walt Disney area:** Take I-4E to right at exit #85 onto Princeton St. Right on Princeton to Mills (Hwy 17-92). Go right on Mills to the 2d traffic light (Virginia Dr.). Left on Virginia and go about one mile, following the curve to the left. Take the left turn lane into the Gardens. **From Daytona, Altamonte Springs** on I-4W, left at exit #85 & follow directions above **From Mount Dora, Eustis, Apopka** use FL441S to Princeton. Turn left onto Princeton and go 2.5 miles to & under I-4 and 0.5 miles to Mills (Hwy 17-92). Right on Mills and go to the 2d traffic light (Virginia Dr.). Left on Virginia and go about one mile, following the curve to the left. Take the left turn lane into the Gardens. **From East Orlando** area use FL408W (toll). Use Exit 14/Semorán Blvd. Right for 1.2 miles & left onto FL50W/Colonial. Turn right after 1.4 miles on Bennett for 1 mile; left onto Corrine Dr. for 0.6 mi. to the Gardens entrance on the right as road curves to left. Park and walk to the Garden House. Questions on day of the event, call 407.304.6394.

# January 2020 Events

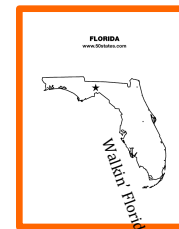
## Mid-Florida Milers Walking Club

**AVA** AMERICA'S WALKING CLUB



30 Years  
walking in  
Central Florida  
est 1989

**I January 2020**  
**Disney Springs Traditional Event**  
**6/10 km walks**  
**4 January – Maitland**  
**Walgreens**  
**6/10 km walks**  
**II January – Orlando**  
**Leu Gardens**  
**5/10 km walks**



[Walking in Florida.org](http://WalkinginFlorida.org) [midfloridamilers.org](http://midfloridamilers.org) [MFM Facebook](https://www.facebook.com/midfloridamilers)

