

**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), 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 February 2020  
**LOCATION:** Orlando @ Beardall Senior Center  
**EVENT:** 5 & 10K Walks  
**START:** Register between 9:00 am – 9:30 am

**AVA Special Programs:** *Walking the USA A – Z:O, Little free Libraies.*

**Event Details:** <https://my.ava.org/event-view.php?v=395>

**Added DESCRIPTION:** Register between 9:00-9:30am (Center opens at 9am). Walk fee is \$3 per participant and children under 13 are free. These popular 5 & 10 km walks are suitable for strollers and harder for wheelchairs - some streets have no sidewalks. Pets are allowed. Please carry water. Event: Y0395. Trail Ratings: 1A. Information: JoAnne, (407) 706-3034, [beachfan10478651@aol.com](mailto:beachfan10478651@aol.com).

**DIRECTIONS:** Map: <http://tinyurl.com/OrlandoLakes-MFM>; **GPS:** 28.5316611,-81.3755015 To Beardall Senior Ctr, 800 Delaney from I-4W, use Exit 82B/Anderson. Left to Orange. Right on Orange to 3rd light, Gore, left then left to Senior Center at mid block. From I-4E use Exit 82B. Right on South St. Right on Orange to 4th light, Gore. Left and then left at mid block to the Senior Center. From SR408W to Exit 11/Rosalind and stay in left lane. Left on Orange to 4th light, Gore. Left and then left at mid block to Senior Center. From SR408E, Exit 10C, Downtown staying in left lane to Delaney. Right on Delaney to 1st light, Gore. Right, right at mid block to Senior Center. Enter thru door facing Gore; Walk Box under table to right of info desk. Carry water for your safety. Questions on day of the event, call 407.304.6394. **Award:** Credit only.

**DATE:** 15 February 2020  
**LOCATION:** The Villages @ Lake Sumter Landing  
**EVENT:** 5K & 10K Walks  
**START:** Register 9:00 - 9:30 am

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

**Event Details:** <https://my.ava.org/event-view.php?v=1470>

**Added DESCRIPTION:** Register between 9:00-9:30-am. The 5 & 10 km (3.1 & 6.2 mi) walk routes meander thru the Landing and some Villages. The trails are acceptable for strollers and wheelchairs. Pets are allowed. Please carry water. Event: SE20/Y1124. Trail Ratings: 1A. For information, Jan at 317.300.0526.

**DIRECTIONS:** Map: **GPS:** 28.9096186,-81.9780424 . The Waterfront Inn is at 1105 Lake Shore Dr., The Villages. **From Orlando** use FL 408W to the Turnpike to exit 304. Right on US 301 for 5.8 mi to County Rd 472. Right for 2 mi. Right at Buena Vista Blvd for 3.5 mi. Left on Old Mill Run

to Inn. From US 441N go left at County Rd. 466 in Lady Lake for 2.9 mi. Left on Morse Blvd across bridge to first roundabout. Right on Old Mill Run. Right on Lake Shore Dr. to The Waterfront Inn. **From I-75N/S** use exit 329, FL 44, and turn right from south (left from north). Left on US 301 for 5.8 mi. Right on County Rd 472 for 2 mi. At Buena Vista Bv. turn right for 3.5 mi. Left on Old Mill Run. Left on Old Camp Rd to the Inn. Questions on day of event, 407.304.6394.

**Award:** Credit only.

**DATE:** 29 February 2020

**LOCATION:** Orlando Lake Eola Heights

**EVENT:** 5 & 10K Walks

**START:** Register between 9:00-10:00, Finish by 1pm

**AVA Special Programs:** Walk the USA A to Z: O, Little Free Libraries.

**Event Details:**

<https://my.ava.org/event-view.php?sn=116096>

**DESCRIPTION:** This is a Traditional (one day) event. Arrive at Marks Street Senior Center and register between 8:30-9:30. Finish by 1230. The route includes the new overpass over Colonial, to Downtown, and continues through Lake Eola Heights, Park Lake and North Quarter areas. There are Little Free Library along the route. Restrooms at the start and 7/11. The trails are acceptable for strollers and wheelchairs. Pets are allowed. Please carry water. Event: SE20/116096. Trail Ratings: 1A. Afterwards once in 4 years does lunch follow at the City Pub 1 & ½ blocks away located at 861 North Orange Ave. *Leave vehicles at Mark St. Senior Center.* Please email Sharon at [palmtreesax@gmail.com](mailto:palmtreesax@gmail.com) if you are coming (so we may let the restaurant know). Information, Mike at [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com)/407.695.9181.

**DIRECTIONS:** **Map:** GPS: 28.5573616,-81.3775669. To Marks St. Senior Center, 99 E Marks St., from Daytona/Sanford on I-4W, take Exit 83, Colonial Dr./FL50 (new exit much earlier). Left on Colonial Dr. and merge to left lane. From Disney via I-4E use Exit 83A, Amelia; go straight at bottom of ramp. Keep right and turn right at next light onto Colonial Dr. (FL50E) **See All.** From SR 408W/E exit east toward Daytona onto I-4E. Use Exit 83A, Amelia; straight at bottom of ramp. Keep right and turn right at next light onto Colonial (FL50E). **ALL:** Left on Magnolia at 2nd traffic light, a one-way street. Left at first light, Marks St., to Senior Center immediately on right. Questions on day of the event, call 407.304.6394.

March Events: 7 Mar: Avalon Park; 21 Mar: Universal YRE

# February 2020 Events

## Mid-Florida Milers Walking Club



30 Years  
walking in  
Central Florida  
est 1989

1 February 2020

Orlando South

5/10 km walks

15 February– The Villages

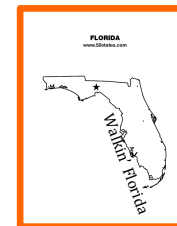
Lake Sumter Landing

5/10 km walks

29 February – Orlando

Lake Eola Heights & Lunch After

6/10 km walks



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

AVA: America's Walking Club

**AVA**  
Fun, Fitness, Friendship



**SANCTIONED EVENT**

Eligible for credit toward IVV Achievement Awards