

INFORMATION: Website: midfloridamilers.org
Facebook: <https://www.facebook.com/Mid-Florida-Milers-158696717481487/>

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. Trailmaster: Mike at 407.695.9181, mlanpher@cfl.rr.com.

DATE: 7 March 2020
LOCATION: Orlando Avalon Park @ Publix
EVENT: 5 & 10K Walks
START: Register between 8:30 – 10 am
Click the links, view from the MFM web site, or paste into a browser.

DESCRIPTION & DIRECTIONS:
<https://my.ava.org/event-view.php?sn=116097>

AWARD: Credit only.

Additional Information: Mike, 407.695.9181, mlanpher@cfl.rr.com.

Questions on day of the event, call 407.304.6394.

DATE: 21 March 2020
LOCATION: Winter Park AMTRAK Station
EVENT: 5 & 10K Walks
START: Register between 8:30-9
AVA Special Programs: *Walk the USA A to Z: O, Ice Cream Parlors.*

DESCRIPTION: Register between 8:30-9:00 am for the 5 & 10km walk routes that on beautiful Park Ave., Central Park, Rollins College (5K) and Lake Maitland (10km). The walk allows strollers and wheelchairs. Restrooms are available at the Start/Finish and Lakemont YMCA (10km) only. Leashed pets are allowed (except in Parks). Trail rated 1A. Carry water for your safety. Information, call/email 407.695.9181/mlanpher@cfl.rr.com.

DIRECTIONS: **Map:** TinyURL.com/AMTRAK-MFM
GPS: 28.5977164,-81.3518508. To 148 E Morse Ave. Winter Park from Orlando take I-4E to Exit 87, Fairbanks Ave. Turn right (left from I-4/W) for 1.8 miles into Winter Park. Turn left on New York Ave. Turn right on Morse Ave. and right into parking. From east on SR417S use exit 38, Aloma Ave, and Café turn right (left from SR417N) for 6.2 mi. From SR436N turn left on Aloma Ave (right from SR436S) for 3.1 mi. Turn right on New York Ave. Turn right on Morse Ave. and right into parking. Questions on day of event, call 407.304.6394.

AWARD: Credit only

DATE: 28 March 2020

LOCATION: Maitland Library

EVENT: Annual Meeting & Pot Luck Lunch

START: 10 am-1 pm.

DESCRIPTION: Attendance is desired (i.e. needed) by all active memberships to help the club move forward. The annual meeting program includes discussions of club costs, participation status, how to register at YREs including local, out of the area, and Online Start Boxes. A remote discussion with an AVA executive is a potential plus. The offices of President and Secretary are to be elected. We will have the Maitland Walk Box there for those walking after the meeting and pot luck. Please look for signups for covered dishes to be provided.

DIRECTIONS: Map link. To the library at 501 Maitland Ave. S. from I-4W/E use exit 90A, Maitland Blvd. and go 1 mile. Turn right on Maitland Ave. Go 1 mile and right on Ventris Ave. Parking is across the tracks and right into Park. Alternately, pass Ventris and right into Lake Lily to park. Questions on day of the event, call 407.304.6394.

April-May Events:

- 1 Apr: Universal @ Kirkman Starbucks for an American Heart Association walk and AVA National Walking Week event.
- 4 Apr: Orlando Downtown. National Walking Week event
- 18 Apr: Sanford & Lunch.
- 2 May: Orlando North
- 16 May: Winter Garden.
- 30 May Celebration #1

March 2020 Events

Mid-Florida Milers Walking Club



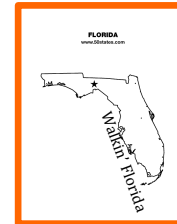
7 March 2020

Orlando Avalon Park @ Publix
5/10 km walks

21 March– Winter Park
AMTRAK Station
5/10 km walks

28 March 2020

@Maitland Library
Annual Meeting, Pot Luck, and Elections



[Walking in Florida.org](http://WalkinginFlorida.org) midfloridamilers.org [MFM Facebook](#)

