

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 & includes an AVA/IVV event stamp used to record the event, if desired. 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: 1 April 2020 (Wednesday)
LOCATION: Orlando Kirkman Starbucks
EVENT: 6 & 10K Walks
START: Register between 9:30 – 10 am

MFM web site link

DESCRIPTION Walk in support of the American Heart Assn. National Walking Day starting a month of focus on walking and AVA's National Walking Week. AHA Donations accepted at the start. Register between 9:30-10ish (traffic) for a walk through residential areas and Universal CityWalk. Pets are not allowed. Security processing at entrances. Walk fee is \$3 per participant and children under 13 are free, if not credit walkers. Wheelchairs and strollers OK. Trail Rating 1A. Event Y1758. Please carry water. Additional Information: Mike, 407.695.9181, mlanpher@cfl.rr.com.

DIRECTIONS and a further description of the event are

included in this link. <https://my.ava.org/event-view.php?sn=114457>

Registration is in front of Starbucks. Park in the lot behind Starbucks and the Ale House. Questions on day of the event, call 407.304.6394.

AWARD: Credit only.

DATE: 4 April 2020
LOCATION: Orlando Downtown from Beardall Sr. Ctr.
EVENT: 6 & 10K Walks
START: Register between 9-9:30 am
Event Details: <https://my.ava.org/event-view.php?v=0152>

Added DESCRIPTION: Restrooms available after Center opens at 9 am. America's Walking Club designated the 1st week in April as National Walking Week. Walk with us as we join our 200+ sister clubs this week. Register between 9:00-9:30 am. Walk fee is \$3 per participant and children under 13 are free. These popular 6 & 10 km walks are suitable for strollers and harder for wheelchairs - some streets have no sidewalks. Pets are allowed. Please carry water. Event: Y0152. Trail Ratings: 1A. Information: JoAnne, (407) 706-3034, beachfan10478651@aol.com.
Added DIRECTIONS: Map link: The start is at the rear of the Center off Bay Street. If parked in front, stroll to the rear. Questions on day of event, 407.304.6394.

AWARD: Credit only

April 2020 Events

Mid-Florida Milers Walking Club

DATE: 18 April 2020

LOCATION: Sanford Willow Tree Cafe

EVENT: 6 & 10Km walks & Lunch

START: 9-10 am, finish by 1 pm.

DESCRIPTION: We return to the vibrant Sanford area for great food in historic Sanford that has been energized by the Willow Tree Cafe. The town businesses have grown as has the Cafe with a new bar area from Germany (The Lodge) and other improvements. Join us. Register from 9-10 am for the 6/10K walk and please RSVP for lunch afterwards to palmtreesax@gmail.com. We expect 40+ to enjoy the food and friendship. Suitable for strollers and harder for wheelchairs - some streets have no sidewalks. Pets are allowed. Please carry water. Event: 116098. Trail Ratings: 1A. Information: Mike, 407.695.9181, mlanpher@cfl.rr.com.

DIRECTIONS and further information are included in this link.

<https://my.ava.org/event-view.php?sn=116098>. Questions on day of the event, call 407.304.6394.

May Events:

2 May Orlando North, Beardall Sr. Ctr.

16 May Winter Garden @Crooked Can Brewery and Market

30 May Celebration #1 @ Starbucks



30 Years
walking in
Central Florida
est 1989

1 April 2020

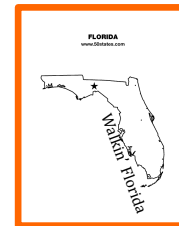
Orlando Universal @ Kirkman Starbucks
Support of American Heart Association
& National Walking Week
Lunch at Ale House
6/10 km walks

4 April 2020

Orlando Downtown @ Beardall Sr. Ctr.
National Walking Week
6/10 km walks

18 April 2020

Sanford @ Willow Tree Cafe & Lunch
6/10 km walks



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

