

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: 2 May 2020
LOCATION: Orlando North@
EVENT: 5 & 10K Walks
START: Register between 8:30 – 9 am

MFM web site link

DESCRIPTION: The 5 and 10km walks are to the north of downtown and are tree lined, shaded walks; see details in link below. The 5 and 10km walks are to the north of downtown and are tree lined, shaded walks. Pets are allowed. Wheelchairs hard on brick streets and strollers OK. Trail Rating 1A, relatively flat and mostly sidewalks. Event Y1758. Please carry water. Additional Information: Mike, 407.695.9181, mlanpher@cfl.rr.com. Information also available on Groupworks, MFM web site and eNews distribution.

DIRECTIONS and a further information/pictures of the event is included in this link. <https://my.ava.org/event-view.php?v=1242>

Questions on day of the event, call 407.304.6394.

AWARD: Credit only.

DATE: 16 May 2020
LOCATION: Crooked Can Brewing Co. & Plant St. Market
EVENT: 6 & 10K Walks
START: Register between 9-10 am

AVA Special Programs: Ice Cream Parlors, Rock'n Around the Clock (10K), Walk the USA A-Z:W.

Directions and Event Details: <https://my.ava.org/event-view.php?sn=116441>

DESCRIPTION: Walk 6 & 10K in Winter Garden. If you have not been here or not in a while, you will see a nice community with lots of activity. We start at the Crooked Can Brewing Co. and Plant Street Market. This relatively new destination has multiple shopping and eating venues in addition to the brewery. Registration is 9-10 AM at the brewery. There is tons of free parking. Walk and stay to try one of the many lunch options. Beer - maybe 20 options plus wine. No beer? Try the juice stand, tea and other options in the market. The walk is on the West Orange Trail, busy Plant St., by Lake Apopka, pass new and more historic residential areas. There is a farmer's market on Saturday to add to your visit options. Come early and enjoy the walk and an interesting and fun city. Pets are allowed. Please carry water. Event: 116441. Trail Ratings: 1A, relatively flat mostly on the trail and sidewalks. Information: Mike at 407.695.9181/mlanpher@cfl.rr.com. Information also available on Groupworks, MFM web site and eNews distribution. Crooked Can and Market link [HERE](#) for more

information. Beer, tea, sushi, BBQ, Sandwiches, Press'd (juice & vegan), Mac and Cheese, Pizza, cheeses, and chocolates available after the walk.

Added **DIRECTIONS:** Registration is at the brewery. Questions on day of event, 407.304.6394.

AWARD: Credit only.

DATE: 23 May 2020

LOCATION: Pirates Cove Adventure Golf; supporting Putting for Patriots Charity

EVENT: 5 & 10Km walks

START: 9 am PUTT; 10:00+ am Walk

MFM web site link

DESCRIPTION: Join MFM as we PUTT a round for disabled vets that the company supports. MFM is also matching cash donations up to \$75. The 3 charities are all top-rated ones. Arrive about 9 am, golf one of the 2 courses, and then walk 5 or 10K starting about 10 AM. Golf is a desired prerequisite to walking as it is a part of the donation to charities. The focus is supporting our disabled veterans and having fun on the Pirates Cove courses. There will be prizes for the top 3 golfer from the foursomes (turn in the score cards). The walk fee is \$3. The 10K walk goes to the outlet mall passing the beautiful Mary Queen of the Universe church. The 5K roams around the many resorts west of Pirates cove. Please bring and carry water. No pets. No wheelchairs or strollers on 10K.

DIRECTIONS and further information are included in this link.

<https://my.ava.org/event-view.php?sn=116487>. Park in the lot on the left side of the pond. Questions on day of the event, call 407.304.6394.

AWARD: Credit Only.

DATE: 30 May 2020

LOCATION: Celebration @ Starbucks

EVENT: 6 & 10Km walks

START 8:30-9:00 am

DESCRIPTION: Walks weave by varying areas including homes, wetlands, parks, lakes, businesses and the unique architecture of the Post Office and Theater. Numerous eating establishments are available. The trails are suitable for strollers and wheelchairs. Plan to stay and eat at the Tavern. Leashed pets are allowed. Please carry water.

DIRECTIONS and further information/pictures are included in this

LINK. Questions on day of the event, call 407.304.6394.

June Events:

2 June International Drive @ Comfort Suites

20 June Maitland @ Walgreens

May 2020 Events

Mid-Florida Milers Walking Club



2 May 2020

Orlando North@ Marks St. Senior Ctr.

5/10 km walks

16 May 2020

Winter Garden@ Crooked Can Brewing Co.

At Plant Street Market

5/10 km walks

23 May 2020

Pirates Cove Adventure Golf

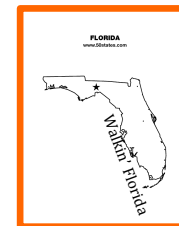
Putting for Patriots and Walk

5/10 km walks

30 May 2020

Celebration @ Starbucks

6/10 km walks



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

