



# July 2020 Events Flyer

## Mid-Florida Milers Walking Club

30 Years walking in Central Florida



## We are BACK on the Trail!

We are providing notice of the walk via eNews and Groupworks. It would assist in providing information if you sign into Groupworks - it is the easiest way to quickly get current information to members. These requirements are for volunteers and participants. Due to set up requirements to ensure social distancing, we will start registration only if properly set up prior to 8:30 and allow no more than the space available to accommodate social distancing in the registration area. We will require the following of participants:

Note If you have a cough or temperature, please do not attend

- Wear a mask during registration and stay 6 feet from others (family groups stay together); a mask is optional while walking if keeping a social distance
- Carry hand sanitizer and/or wipes for registration and restrooms usage
- Bring the correct change or check (\$3)
- Bring your own pen to sign in; we prefer not to use the same pen for all
- Present your registration number (on the instructions) at any water/check point
- Give way to approaching walkers and a wide berth when passing providing a safe distance for yourself and others
- There will be checkpoint(s)
- Bottled water only for a small donation at start and CPs.



### July 4, Winter Park 5k and 10k walks. There is no parade in Winter Park this year. Wear R-W-B!

**Location:** AMTRAK Station, 148 Morse Ave. register 9:00-9:45.

**Map:** 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 turn right (left from SR417N) for 6.2 mi. From SR436N/S turn left on Aloma Ave. (right from SR436S) for 3.1 mi. Both turn right on New York. Turn right on Morse Ave. and right into parking. Strollers and wheelchairs permitted. Pets allowed. On day of event, call Mike, 407.304.6394.

### July 18, Winter Springs, 6k and 10k walks.

**Location:** 701 Northern Way, Winter Springs.; register 8:30-9:15. Walk start and parking is off Trotwood at the soccer fields.

**Map:** GPS 28.6820415,-81.2611986. To Trotwood Park from Orlando use I-4E/Sanford on I-4W to exit 94, Winter Springs. Right for 8 mi on FL434E (left from Sanford) crossing Ronald Reagan, US 17/92, and Winter Springs City Hall to Tuskawilla Ave. Right on Tuskawilla for 1 mi. Left at Trotwood to park entrance on the right. From east Orlando use Dean Rd. north to FL426W, go left, then right for 4.8 mi on Tuskawilla passing Red Bug Rd. and Winter Springs Blvd. to Trotwood. Right at Trotwood to park entrance on the right. From Aloma Ave/FL426E drive to Tuskawilla. Left on Tuskawilla for 4.8 mi passing Red Bug Rd. and Winter Springs Blvd. to Trotwood. Right at Trotwood to park entrance on the right. Strollers and wheelchairs permitted. Pets allowed. Restroom at park only. On day of event, call Mike, 407.304.6394.

Please join us as we regain some fun and walking adventure locations.

Contact: [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com)/407.695.9181



WALK AROUND FLORIDA #30  
NOVEMBER 6-8  
Daytona Beach

Plaza Hotel and Resort on the Beach are taking reservations starting at \$106/night  
See the Flyer on the MFM Website with details