

**INFORMATION:** Website: [midfloridamilers.org](http://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 is 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](http://ava.org)), a member of the International Federation of Popular Sports (IVV).

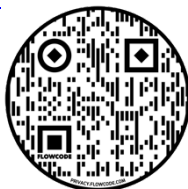
**DISCLAIMER:** The American Volkssport Association or its subsidiary clubs are not responsible for theft or loss of personal belongings or property.

**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: Cathy, 407.375.2387, [mcbmetherell@aol.com](mailto:mcbmetherell@aol.com). Trailmaster: Mike at 407.695.9181, [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com).

YRE/Permanent walks Brochure link to 17 Club  
event locations:



**DATE: September 5, 2020**

**LOCATION:** Winter Springs, Central Winds Park

**EVENT:** 5 & 10K Walks

**START:** Register between 8:30 –9:15 am

**DESCRIPTION:** Restrooms available at Start and on 10K. Register between 8:30-9:15am. Walk fee is \$3 per participant and children under 13 are free without credit. The 5 & 10 km walks are within the Park, on the Cross Seminole Trail and a new development area. These walks are suitable for strollers but not wheelchairs. Pets are allowed. Please carry water. Event: 117081. Trail Ratings: 1B (roots on dirt paths though a majority on sidewalks/Trails).

Information: Mike (407) 695.9181, [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com).

**DIRECTIONS:** Map- Map is to the start in the park. The Park is at 1000 Central Winds Dr. (off FL434), Winter Springs. From Orlando use I-4E and exit at #94, Winter Springs. Right (Left from I-4W) on FL434E for 7.4 miles to entrance on the left. From FL417N (toll) use exit 44. Left for 3 mi to entrance just past City Hall on the right. **Both** left at "T" continuing into park straight (large field on the left) to end of parking lot. Left at round a bout. Use 2d exit road into pavilion/playground area to Start. Info on day of walk, 407.304.6394

**AWARD:** Credit only

**DATE: September 19, 2020**

**LOCATION:** Maitland at Walgreens Drugs

**EVENT:** 6 & 10K Walks

**START:** Register between 8:30 –9:15 am

**DESCRIPTION:** Join us as we walk in the delightful city of Maitland; register between 8:30-9:15 where we follow the COVID 19 distancing and other guidelines of the governments. Walk fee is \$3 per participant and children under 13 are free without credit. You must wear a mask during registration. The walk is in residential areas, passes the Maitland Art Center, and along lakes. It is still warm, carry water and we have bottled water for a small donation at CPs These walks are suitable for strollers but not wheelchairs. Pets are allowed. Please carry water. Event: Y1124. Trail Ratings: 1A (sidewalks and level terrain).

Information: Mike (407) 695.9181, [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com)

# September 2020 Events

## Mid-Florida Milers Walking Club



30 Years  
walking in  
Central Florida  
est 1989

**DIRECTIONS:** GPS: 28.6254765,-81.3631535 To 310 S. Orlando Ave.; From Orlando on I-4E take Exit 90A-B (FL414, Maitland Blvd., Apopka). Then use Exit 90A, (Maitland Blvd., Sandspur). From Daytona on I-4W take the exit marked 90C-B-A, (FL414, Maitland Blvd., Lake Destiny). Stay to the left using Exit 90A-B, (FL414, Maitland Blvd.) and finally exit at 90A, (FL414 East, Maitland Blvd.) \*BOTH: Go to 2nd light, Maitland Ave. and turn right for 1.3 miles to Packwood (1 block past light at Horatio). Left on Packwood past fire station on left, cross US 17-92, and right into Walgreens parking lot. Info on walk day, call 407.304. 6394

**AWARD:** Credit only.

September - October Events (COVID may change plans)  
5 Sep Winter Springs Central Winds Park - Firm  
19 Sep Orlando Maitland - Firm  
3 Oct Winter Garden Crooked Can Brewery or Lake Apopka Pk  
17 Oct Orlando Downtown or back up is Leesburg  
31 Oct Celebration #2 or #1 or Universal

### SOME SAFETY Items:

- Wear a mask during registration and stay 6 feet from those in front (family groups stay together)
- 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
- Leave the registration area after registration and/or book stamping (to walk or to car if waiting)
- Present your registration number (on the instructions) at any water/check point
- Give way to approaching walkers providing a safe distance for yourself
- Be aware there will be checkpoint(s) but no finish table  
a mask is optional while walking if keeping your social distance

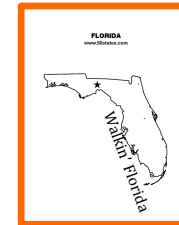
Note If you have a cough or temperature, please do not attend;

**5 September 2020**

**Winter Springs @ Central Winds Park**  
5/10 km walks

**19 September 2020**

**@Maitland Walgreens**  
5/10 km walks



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

