

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

**COVID 19: Orange County and Winter Park have specific rules to minimize any spread of COVID-19 virus. These include: wearing a face mask in any public areas; social distancing required. MFM registration requires a mask and distancing.**

**DATE:** 3 October 2020

**LOCATION:** Crooked Can Brewing Co. & Plant St. Market

**EVENT:** 6 & 10K Walks

**START:** Register between 9-9:45 am

**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 are 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 and other options in the market. There is pizza, BBQ, Mac n Cheese, Press'd (juice & vegan), Sushi, and then chocolate for dessert. The walk is on the West Orange Trail, busy Plant St., by Lake Apopka, pass new and more historic residential areas. There is a farmers market on Saturday to add to your visit options. Come early and enjoy the walk and an interesting, fun city. Pets are allowed. Walk fee is \$3 per participant and children under 13 are free, if not credit walkers. Wheelchairs and strollers OK. Trail Rating 1A. Event 116441. Please carry water. Additional Information: Mike, 407.695.9181, [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com).

**DIRECTIONS:** 426 W. Plant St. Winter Garden, is the Crooked Can Brewing Co. and Plant St. Market. From Orlando on Colonial Dr. pass FL429 & Dillard St. Right on Park Ave. Right on Plant Rd. & immediately right on Central. On FL408W use exit 1, right to Colonial; left for 4.3 mi. Right on Park Ave. Right on Plant Rd. & immediately right on Central. From The Villages, use the Turnpike to Exit 272, Winter Garden. Left on FL50/Colonial for 2.8 mi. Left on Park Ave. Right on Plant Rd. & immediately left on Central. From FL429S use Exit 26. Right on Plant Rd. Left after City Hall on Central. Registration is at the brewery. Questions on day of the event, call 407.304.6394.

**AWARD:** Credit only.

**DATE:** 17 October 2020

**LOCATION:** Orlando Downtown @Beardall Sr. Ctr.

**EVENT:** 5 & 10K Walks

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

**DESCRIPTION:** Enjoy walks through historic downtown Orlando passing the Lake Eola art sculptures, City Hall, Performing Arts Centre and the County Courthouse. The large fountain in Lake Eola was completely refurbished in 2011 providing a nightly light show with music. Look for the famous "black swans" and take a ride in the swan paddle boats. Leashed pets are allowed. Always carry

water. Pets are allowed. Please carry water. Event: Y0152. Trail Ratings: 1A. Information: Mike at [407.695.9181/mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com).

**DIRECTIONS:** To the walk start at Beardall Senior Center at 800 N Delaney Av. from I-4W, use exit 82B, Anderson St. Left to Orange Av. Right on Orange Ave to 3rd light (Gore Av). Left, then SEE \*\*. From I-4E use exit 82B. Right on South St. Then right on Orange Av to 4th light (Gore). Left and then SEE \*\*. From SR408W use exit 11, Rosalind. Stay in left lane to Orange Ave. Left on Orange to 4th light (Gore), \*\* to Delaney at light. First Left into rear of Senior Center. Questions on day of event, 407.304.6394.

**AWARD:** Credit only.

**DATE:** 31 October 2020

**LOCATION:** Celebration #2 @Starbucks

**EVENT:** 6 & 10Km walks

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

**DESCRIPTION:** These walks differ from the Celebration #1 walks in their routing through the shaded streets, walkways, serene boardwalks, and residential homes. Try the restaurants in town and the ice cream shop near the theater. Walk in the 20+ year old town 5 miles from and developed by Disney. Disney took the best ideas and practices from yesterday's and today's towns and adapted them to Celebration. Starbucks open a publicly available restroom. Please carry water. Event Y1817. Trail Ratings: 1A. Information: Mike, 407.695.9181, [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com).

**DIRECTIONS** Map: <http://tinyurl.com/Celebration-MFM>; GPS: 28.3176718,-81.541410. To Starbucks, 715 Bloom St. Kissimmee: From Tampa I-4E OR from Daytona/Orlando I-4W to Exit 64/Kissimmee US 192E; right on Celebration Ave. From Cocoa/E.Orlando: SR 417S to Exit 2, left on Celebration Ave. ALL: At 1st stop sign (Sun Trust Bank) turn left then right on Front St. - Starbucks is ahead at Bloom St. Parking in rear. Walk Box might not be visible - ask staff for location. Questions on day of the event, call 407.304.6394.

SEE OUR Website for November and December Events.

## October 2020 Events

### Mid-Florida Milers Walking Club



31 Years  
walking in  
Central Florida  
est 1989

3 October 2020

Winter Garden@ Crooked Can Brewing Co.

At Plant Street Market

6/10 km walks

17 October 2020

Orlando Downtown@ Beardall Senior Ctr.

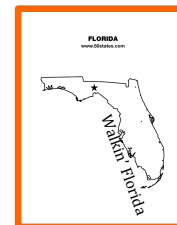
5/10 km walks

(BOO)

31 October 2020

Celebration #2

6/10 km walks



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

