

**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 has specific rules to minimize any spread of COVID-19 virus. The late September rule changes will be assessed when county government promulgates them.**

**DATE:** 7 November 2020

**LOCATION:** Orlando North at Marks St Senior Center

**EVENT:** 6 & 10K Walks

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

**DESCRIPTION:** Register between 8:30-9:15 am. Walk fee is \$3 per participant, and children under 13 are free. The 5 and 10km walks are to the north of downtown and are tree lined, shaded walks near lakes, through residential areas and pass Antique Row, Advent Health, Mead Garden, Lake Virginia, Loch Haven Park, the Orlando Museum of Art, Menello Museum and the Orlando Urban Trail. Restrooms are not available at the start but are at Fresh Market, and Mead Garden. Wheelchairs and strollers are acceptable. Leashed pets are allowed. Event: SE20/Y1242. Trail Ratings: 1A (sidewalks and trail). Contact John, (407) 443-3413, [jhunter324@yahoo.com](mailto:jhunter324@yahoo.com).

**DIRECTIONS:** GPS: 28.5573616,-81.3775669. To Marks St. Senior Center, 99 E Marks St., from Daytona/Sanford on I-4W, take Exit 83, Colonial Dr./FL50 (new exit much earlier). Left on Colonial Dr. and merge to left lane. From Disney via I-4E use Exit 83A, Amelia; go straight at bottom of ramp. Keep right and turn right at next light onto Colonial Dr. (FL50E) **See All**. From SR 408W/E exit east toward Daytona onto I-4E. Use Exit 83A, Amelia; straight at bottom of ramp. Keep right and turn right at next light onto Colonial (FL50E). **ALL:** Left on Magnolia at 2nd traffic light, a one-way street. Left at first light, Marks St., to Senior Center immediately on right. Questions on day of the event, call 407.304.6394.

**AWARD:** Credit only.

**DATE:** 21 November 2020

**LOCATION:** Longwood @Winn Dixie.

**EVENT:** 5 & 10K Walks

**START:** Register between 9:00 – 9:45 am

**DESCRIPTION:** Register between 9:00 & 9:45. Walk fee is \$3 per participant, and children under 13 are free. Come join us for a 5 or 10km walk as we explore the eastern side of Longwood, walking through neighborhoods, past the famous fence portraits, then on to the historic district. The annual community event will also be on Saturday We pass the Longwood Hotel (1886), Christ Episcopal Church (1881), and the Inside-Outside House (1873), as well as several others dating to the 1920's. We will go through the newly refurbished Reiter Park, with its fountains, exercise trail, and quiet retreats. *Stop in at Jerry's Italian on the side away from the start at Winn-Dixie for some good food after the walk starting at 11 am.* We

will ask for sign ups so they have the right staff available. Always carry water. Wheelchairs and Strollers are OK. Pets are allowed. Event: 118553. Trail Ratings: 1A (sidewalks). Information: JoAnne, [Beachfan10478651@aol.com](mailto:Beachfan10478651@aol.com), 407-706-3034.

**DIRECTIONS:** To Longwood Winn Dixie, 951 West State Road 434, from I-4E use Exit 94, SR 434, and go right for 1.7 mi. (left from westbound). Pass Palm Springs Ave. (on right). Turn left at Rangeline (next light), then right into the plaza. From SR417S use exit 44 and turn right for 8.7 mi. (left from SR417N), cross US 17-92, SR 427, and pass the hospital. Turn right at Rangeline (light) then right into the plaza. Park on the left (west) side where registration is located. Call Mike at 407.304.6394 on day of walk.

**Special Programs:** Little Free Library; Walk the USA A-Z: L.

**AWARD:** Credit only.

See our Website for December Events details.

#### December Events

5 December Sanford followed by Lunch at Willow Tree Café, a German delight.

21 December: Holiday Guided Night walk at Winter Park Health & Wellbeing Center.

## November 2020 Events

### Mid-Florida Milers Walking Club



31st Year  
walking in  
Central Florida  
est 1989

7 November 2020

Orlando North

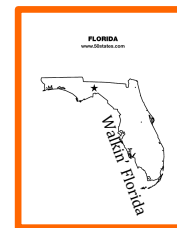
At Marks St. Senior Center

6/10 km walks

21 November 2020

Longwood at Winn-Dixie

5/10 km walks



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

