

**INFORMATION:** Website: [midfloridamilers.org](http://midfloridamilers.org)

**Facebook:** [Mid-Florida Milers Facebook](#)

**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. **NOTE:** A mask is required at registration and when walking if distancing is not possible.

**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](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 & 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 Vice President: Dan at 808.342.8584, [dnlcssb@aol.com](mailto:dnlcssb@aol.com).

2021 Events

6 Feb: Celebration #1 at Starbucks  
20 Feb: Maitland @ Mayo Park  
6 Mar: Orlando South @ Beardall Center (in the rear)  
14 Mar: SUNDAY @ LBV/Disney from Pirates Cove Golf  
20 Mar: International Drive @ Comfort Suites Hotel

**COVID 19: Orange and Seminole Counties have specific rules to minimize any spread of COVID-19 virus.**

**DATE:** 1 January 2021 – A new Walk

**LOCATION:** Lake Buena Vista @ Pirates Cove Golf

**EVENT:** 6 & 10K Walks

**START:** Register between 9:30-10:00 am

**NOTE:** A mask is required at registration and if distancing among walkers is not possible. Disney requires masks on property and a temperature check.

**DESCRIPTION:** Register between 9:30-10:00 am. Walk fee is \$3 per participant and children under 13 are free. The 6 and 10km walks are tree lined walks along LBV hotels and in Disney Springs. Restrooms are available at the start and in Disney Springs. Wheelchairs and strollers are acceptable. Pets are not allowed. Event: SE21/118559. Trail Ratings: 1A (sidewalks). Information, Mike at [mianpher@gmail.com](mailto:mianpher@gmail.com) /407.695.9181.

**DIRECTIONS:** Pirate's Cove Adventure Golf is at 12545 FL535. From Orlando use I-4W to Exit 68. Turn right on FL 535 (Apopka-Vineland Rd.) to the first traffic light. From Tampa on I-4E use exit 68. Turn left on FL535 (Apopka-Vineland Rd.) to the second traffic light. Turn right into the Crossroads Shopping Center. Continue straight ahead to the Pirate's Cove Adventure Golf. After returning try to make par on both golf courses, they are fun. Carry water for your safety. Questions on day of the event, call Mike, 407.304.6394.

**Special Programs:** Carousals, Walk the USA A-Z: L.

**AWARD:** Credit only.

**DATE:** 2 January 2021

**LOCATION:** Winter Park @ AMTRAK Station

**EVENT:** 5 & 10K Walks

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

**DESCRIPTION:** Come join us in Winter Park for a 5 or 10 km walk as we enjoy our 2d event of the new year. Register between 8:30-9:15 am. Walk fee is \$3 per participant and children under 13 are free. Always carry water. Wheelchairs are not recommended due to lack of sidewalks but strollers are OK. Pets are allowed. Event: SE21Y0394. Trail Ratings: 1A (sidewalks). Information:, Mike at [mianpher@gmail.com](mailto:mianpher@gmail.com) /407.695.9181.

**DIRECTIONS: 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 FL436N/S turn left on Aloma Ave. (right from FL436S) 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 but not in Central Park. Questions on day of the event, call Mike, 407.304.6394.

**Special Programs:** Walkin' Around the Clock, Walk the USA A-Z: W.

**AWARD:** Credit only.

**DATE:** 16 January 2021  
**LOCATION:** Orlando Southport Park  
**EVENT:** 5 & 10K Walks  
**START:** Register between 8:30-9:15 am

**DESCRIPTION:** Come join us in south Orlando near the airport for a 5 or 10 km walk open to all as we enjoy the 3d event of the new year. Register between 8:30-9:15 am. Walk fee is \$3 per participant, and children under 13 are free. A former Navy recreation area, Southport Park is a showcase recreation center for southeast Orlando. There are multiple athletic fields as well as picnic and playground areas, walking paths and other amenities. Walk is on streets and former Air Force housing from the 1970s. Leashed pets are allowed at all City parks, but not in playgrounds or athletic fields. Always carry water. Wheelchairs and strollers are not recommended. Pets are allowed. Event: SE21/118566. Trail Ratings: 1B (s). Information, Mike at [mlanpher@gmail.com](mailto:mlanpher@gmail.com) /407.695.9181.

**DIRECTIONS:** GPS: 28.4434619,-81.3401172 To the Southport Park at 3437 Barnstable Place, Orlando, FL, use toll FL528W and exit 9, Tradeport/Conway Rd. Left on S. Conway. Right on McCoy. Left on Deetwyler and right on Barnstable to parking on the left. From FL528E use exit 8, Jetport, and stay on access road. Right on Deetwyler and right on Barnstable to parking on the left. On day of event, call Mike, 407.304.6394.

**Special Programs:** Walk the USA A-Z: O.

**AWARD:** Credit only

**DATE:** 30 January 2021  
**LOCATION:** The Villages Lake Sumter Landing  
**EVENT:** 5 & 10K Walks  
**START:** Register between 9—9:30 am

**DESCRIPTION:** Come join us in The Villages for a 5 or 10 km walk open to anyone. Register between 9-9:30 am. Walk fee is \$3 per participant, and children under 13 are free. The routes on sidewalks and multimodal recreation trails provide views of Lake Sumter, Lake Sumter Landing Town Square, gardens, residential, business, and athletic areas of The Villages. Always carry water. Wheelchairs & strollers are OK. Pets are allowed. Event: SE21/Y1470. Trail Ratings: 1A (sidewalks). Information, Mike at [mlanpher@gmail.com](mailto:mlanpher@gmail.com) /407.695.9181

**DIRECTIONS:** GPS: 28.9096186,-81.9780424 The Waterfront Inn is at 1105 Lake Shore Drive, hours 7am-6pm daily. **From Orlando** use FL 408W to the Turnpike to exit 304. Turn right on US 301 for 5.8 mi to County Rd 472. Turn right for 2 mi. Right at Buena Vista Blvd for 3.5 mi. Left on Old Mill Run to Inn. From US 441N go left at County Rd. 466 in Lady Lake for 2.9 mi. Left on Morse Blvd across bridge to first roundabout. Right on Old Mill Run. Right on Lake Shore Dr. to The Waterfront Inn.

Questions on day of walk, call/email [jvanvlack@gmail.com](mailto:jvanvlack@gmail.com), (317) 300-0526.

**Award:** Credit Only

# January 2021 Events

To park on the left.

## Mid-Florida Milers Walking Club



31st Year  
walking in  
Central Florida  
est 1989

**1 January 2021**  
**Lake Buena Vista @ Pirates Cove Golf**  
**6/10 km walks**  
**2 January 2021**  
**Winter Park @ AMTRAK Station**  
**5/10 km walks**  
**16 January 2021**  
**Orlando @ Southport Park**  
**5/10 km walks**  
**30 January 2021**  
**The Villages @ Lake Sumter Landing**  
**5/10 km walks**



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