

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

Facebook: [Link](#)

**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 a small donation. For your safety carry drinking water.

**SANCTIONED:** This event is sanctioned by AVA -America's Walking Club ([my.ava.org](http://my.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. Exact change is appreciated. 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 at 407.375.2385, [mcbmetherell@aol.com](mailto:mcbmetherell@aol.com); VP: Dan at 321.338.7093, [dnlcssb@aol.com](mailto:dnlcssb@aol.com)

**COVID 19** distancing and other guidelines of the governments are complied with. You must wear a mask during registration and when not socially distant on the route. Please bring exact change (minimizes handling). As always, if you have a fever, please do not attend.

**DATE:** 3 April 2021

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

**EVENT:** 6K & 10K Walks

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

**AVA Special Programs:** *Little Free Libraries, Mayflower, Walking the USA A – Z:O,*

**DESCRIPTION:** The Center has reopened and restrooms are available. Register for the 6 & 10K walks between 9-9:45 am. Walk instructions have local points of interest. You will walk on downtown streets and residential sidewalks. The 6K meanders past the Performing Arts Center, City Hall, Church Street, read in historical notes who Gertrude was (of Gertrude's Way) and see Lake Eola. The 10K does all that plus visits the detailed Veterans Memorial at the Courthouse, circles Lake Eola, and visits part of the older Eola Heights District. The walks will accommodate strollers and wheelchairs. Restrooms at the start, Lake Eola & Publix. Please carry water and we have bottled water for a small donation at the start & checkpoints. Leashed pets are allowed. Event Y2753. Trail Ratings: 1A (on sidewalks and level). Information: Mike, 407.695.9181, [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com).

**DIRECTIONS:** GPS: 28.532074, -81.374790 To the walk start at Beardall Senior Center at 800 N Delaney Av. from I-4W, use exit 82B, Anderson St. Left on Anderson. Right on Orange Ave to 3rd light (Gore Av). Left on Gore, 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 FL408W use exit 11, Rosalind. Stay in left lane to Orange Ave. Left on Orange to 4th light (Gore). Left on Gore, then See \*\* From FL408E use exit 10B, right on Delaney, and right on Bay into rear of center.

\*\*Left on Delaney at light. First left on Bay into rear of Senior Center. Questions on day of event, 407.304.6394.

**Award:** Credit only.

**DATE:** 17 April 2021

**LOCATION:** Christmas @Orlando Wetlands Park

**EVENT:** 6K & 10K Walks

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

**AVA Special Programs.** *Walking the USA A–Z: C*

**DESCRIPTION:** Varied birds and alligator sightings walking on dirt berms in this water reclamation Park. There is no shade so wear sunblock and carry water. We have bottled water for a small donation at the start & checkpoints. These walks are medium difficulty for strollers and wheelchairs when dry, but challenging when wet. Restrooms at start only. Pets are not permitted. Event: 118710. Trail Ratings: 1C (level, dirt terrain). Information: Mike, 407. 695.9181, [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com).

**DIRECTIONS: GPS:** 28.5693567!4d-80.9966412. Orlando Wetlands Park is at 25155 Wheeler Rd., 40 minutes east of downtown Orlando on FL50E (Colonial Dr.) to Christmas, Florida. Go left for 2.3 miles on Ft. Christmas Rd. (CR 420) and then right on Wheeler Rd. 1.5 miles. Parking is on left. Follow Walk Start signs to registration. Questions on day of event, 407.304.6394.

**Award:** Credit only.

**DATES:** WALKs for April 2021  
**LOCATIONS:** All these walks are open.  
**EVENTS:** 5/6K & 10/11K Walks  
**START:** Register on your schedule  
**Online** (called Online Start Box (OSB)) locations.

**Register & get instructions at [my.ava.org](http://my.ava.org):**

Celebration 1&2; Lake Buena Vista; Orlando North, South, & Downtown; Winter Park.

In SE Florida: Delray Beach; Ft. Lauderdale (now 6, 10, 16, & 21K); Key West; Miami South Beach; West Palm Beach.

**Walk Box** (called Permanent Start Box (PSB)) locations:

**Info at [midfloridamilers.org](http://midfloridamilers.org) and at [my.ava.org](http://my.ava.org) (Find a...)**

Celebration 1&2; International Drive, Lake Buena Vista; Maitland; The Villages @ Lake Sumter Landing & Spanish Springs; Universal;

**INFORMATION:** Mike, (407) 695.9181, [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com)/[mlanpher@gmail.com](mailto:mlanpher@gmail.com)

**Awards:** Credit only.

### May Events

1 May: Celebration #2 @ Starbucks

9 May: Maitland @ Mayo Park on SUNDAY

15 May: The Villages @ TownPlace Hotel in Spanish Springs

29 May Orlando North @ Marks St Sr. Ctr.

## April 2021 Events

### Mid-Florida Milers Walking Club



31 Years  
walking in  
Central Florida  
est 1989

3 April 2021

Orlando Downtown @Beardall Sr Ctr (Rear)  
6/10 km walks

17 April 2021

Christmas FL @Orlando Wetlands Park  
6/10k walks

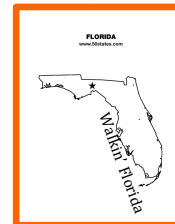
1-30 April 2021 WALKS

5/6 & 10/11k walks on your schedule

Online – In Orlando 7; in SE FL 5

Start Box – 8 in Orlando and The Villages

(Celebration, The Villages, I-Drive; Universal; Maitland; Lake Buena Vista)



[WalkFlorida.org](http://WalkFlorida.org)

[midfloridamilers.org](http://midfloridamilers.org)

[@midfloridamilerswalkingclub](https://www.facebook.com/midfloridamilerswalkingclub)

AVA: America's Walking Club



Fun, Fitness, Friendship



SANCTIONED EVENT

Eligible for credit toward IVV Achievement Awards