

INFORMATION: Website: midfloridamilers.org

Facebook: @midfloridamilerswalkingclub

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), 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; VP: Dan at 321.338.7093, 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: 1 May 2021
LOCATION: Celebration #2 @Starbucks
EVENT: 6K & 10K Walks
START: Register between 8:30am – 9:00am

AVA Special Programs: *Rockin' Around the Clock, Walking w/Veterans, Walking the USA A–Z:C.*

DESCRIPTION: Starbucks is open and restrooms are available. Register for the 6 & 10K walks between 8:30 – 9:00 am. Walk fee is \$3 per participant, and children under 13 are free. Walk instructions with maps provided; walk at your pace. You walk around lakes filled with wildlife, into & past wetlands, and thru different residential areas on sidewalks. Please carry water. Leashed pets are allowed. Event Y1817. Trail Ratings: 1A (on sidewalks, boardwalks, and level). Information: Howard at 325.668.4914.

DIRECTIONS: Map: <http://tinyurl.com/Celebration-MFM>; GPS: 28.3176718,-81.541410. To Starbucks, 715 Bloom St., Celebration: 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. Info on day of event, 407.375.2387.

Award: Credit only.

DATE: 15 May 2021
LOCATION: The Villages at Spanish Springs
EVENT: 5K & 10K Walks
START: Register between 9:00am – 9:30am

AVA Special Programs. *Rockin' Around the Clock Walking with Veterans, Walking the USA A–Z: V*

DESCRIPTION: Register for the 5 & 10K walks between 9:00 – 9:30am. Walk fee is \$3 per participant, and children under 13 are free. Walk instructions with maps provided; walk at your pace. Restrooms at start and Rec center. Pets are permitted. Walk thru Spanish Springs Town Center, past different Villages, on multimode trail along a golf course. Please carry water. Event: Y1433. Trail Ratings: 1A (very small hills mostly on pavement). Info, Gerry, toadnfrog@live.com.

DIRECTIONS: Map <http://tinyurl.com/SpanSprgs-MFM>. GPS: 28.9410824,-81.9519569 To Towne Place Suites at 1141 Alonzo Ave. From Tampa on I-75 N use exit 329, State Rd. 44. Turn right on State Rd. 44. Turn left on US 301. Turn right on County Rd. 466 to Buena Vista Blvd. Turn left on Buena Vista Blvd. to roundabout at El Camino Real. Turn right on El Camino Real to roundabout at Morse Blvd. Take second exit at Paige Pl. to Avenida Central. Turn right on Avenida Central to Alonzo Ave. **below. From Orlando on Florida's Turnpike N. to Exit 304, Wildwood. Turn right on US 301 to County Rd. 466. Turn right on County Rd. 466 to Buena Vista Blvd. Turn left on Buena Vista Blvd. to roundabout at El Camino Real. Turn right on El Camino Real to roundabout at Morse Blvd. Take second exit at Paige Pl. to Avenida Central. Turn right on Avenida Central to Alonzo Ave. **below. **ALL turn left on Alonzo Ave. to Towne Place Suites. From Leesburg & Orlando on US 441/27N turn left on 2nd Avenida Central (after passing under "The Villages" golf cart overpass) in Lady Lake, left on Paige Pl. and right into hotel. Info on day of event, 407.375.2387.

Award: Credit only.

DATE: 23 May 2021 - Sunday

LOCATION: Maitland Community Center (Mayo Park)
EVENT: 6K & 10K Walks
START: Register between 8:30am – 9:15am

AVA Special Programs. *Rockin' Around the Clock Walking the USA A-Z: M*

DESCRIPTION: Register for the 6 & 10K walks between 8:30-9:15 am. Walk fee is \$3 per participant, and children under 13 are free. Walk instructions with maps provided; walk at your pace. Restrooms at start and on route. Pets are permitted. The walks start out of the Park across the 17-92 pedestrian bridge and then curves back past Minnehaha Park before turning into residential areas of Maitland and Winter Park. It finishes thru a boardwalk to the park. Wheelchairs are not recommended and strollers are acceptable. Event: SE21/118711. Trail Ratings: 1A (sidewalks and paved/boardwalk trail). Contact Cathy at 407.375.2387.

DIRECTIONS: GPS: 28.6379911,-81.3524595 To Maitland Community Park at 1400 Mayo Rd. From Orlando on I-4E take Exit 90A (Maitland Blvd., Sandspur). From Daytona on I-4W Maitland Exit 90C-B-A then stay to left. Take exit 90A (FL414 East, Maitland Blvd). Cross Maitland Ave. (2d light after I-4) and exit right just before a bridge. Cross Orlando Ave. (US 17-92) onto Mayo Dr. The park is at the end of Mayo Dr. From East Orlando use SR 417 to Exit 38, Aloma. Go to 4th light, Howell Branch and turn right. Go for 5.8 miles and road changes to Horatio past Temple. At US 17-92 (Orlando Ave), turn right for 0.5 mi to Mayo Rd. after the Mercedes dealer and just before the large overpass. Turn right on Mayo to park at the end. Follow signs to the start. Info on day of event, 407.375.2387.

Award: Credit only

DATE: 29 May 2021
LOCATION: Orlando North @Marks St. Senior Center
EVENT: 5K & 10K Walks
START: Register between 9:00am – 9:30am

AVA Special Programs. *Rockin' Around the Clock, Walking with Veterans, Walking the USA A-Z: O*

DESCRIPTION: Register for the 5 & 10K walks between 8:30-9:00 am. Walk fee is \$3 per participant, and children under 13 are free. Walk instructions with maps provided; walk at your pace. NO Restrooms at start but are on route. Pets are permitted. The 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 available at Fresh Market and Mead Garden. Wheelchairs and strollers are acceptable. Event: SE20/Y1242. Trail Ratings: 1A (sidewalks and paved trail). Contact John, (407) 443-3413, 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 **. 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). See **: **Left on Magnolia at 2nd traffic light, a one-way street. Left at first light, Marks St., to Senior Center immediately on right. Info on day of event, 407.375.2387.

Award: Credit only

June Events

5 June: Universal from Miller's Ale House (in the rear)
19 June: Orlando Downtown from Beardall Senior Center

May 2021 Events

Mid-Florida Milers Walking Club



31 Years
walking in
Central Florida
est 1989

1 May 2021

Celebration #2 @Starbucks
6/10 km walks

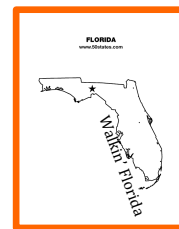
15 May 2021

The Villages - Spanish Springs @TownePlace Suites
5/10k walks

23 May 2021 - Sunday

Maitland Community Park
6/10k walks

29 May Orlando North
Marks St. Senior Center
5/10k walks



WalkFlorida.org



midfloridamilers.org @midfloridamilerswalkingclub



AVA: America's Walking Club



Fun, Fitness, Friendship



SANCTIONED EVENT

Eligible for credit toward IVV Achievement Awards