



Mid Florida Milers Walking Club

Administrative Information for the Orlando North 6K & 10K Walks© Event SE21/Y1242 Questions today? 407.443.3413

NOTE: Orange County has specific rules to minimize any spread of COVID-19 virus. These include: wearing a face mask in any public areas; social distancing required. Restrooms are not available at the start.

DIRECTIONS: Map: <http://tinyurl.com/OrlandoNorth-MFM>; GPS: 28.5573616,-81.3775669.

NOTE: Major construction on I-4 until 2022 between Exit 94 (Longwood) to Exit 75 (FL435/Kirkman). Also I-4E/W is slow weekday mornings. To Marks St. Senior Center, 99 E Marks St., from Daytona/Sanford I-4W to Exit 83/Colonial Drive/FL50. Left on FL50, merge to left lane (see ALL). From Disney/Tampa via I-4E to Orlando, Exit 83A/Amelia; straight at bottom of ramp. Keep right, turn right at next light onto Colonial (FL50E) (see ALL). From SR 408W/E exit East toward Daytona onto I-4E to 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, left at first traffic light Marks St., to Senior Center immediately on right. If lot is open, park there. If lot is closed, return to Magnolia and left parking on left side in parallel parking. Contact John Hunter, jhunter324@yahoo.com, 407.443.3413

This map and directions may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited.

AVA Special Programs: Rock Around the Clock (Orange Ave.; Denning and Minnesota), Walk the USA A-Z: O

Notes: The walk passes (times subject to COVID changes):

- *The **Orlando Museum of Art** (open Tue-Fri: 10am-4pm; **Sat-Sun:** Noon-4pm)*
- *The **Mennello Museum of American Art** (open Tue-Sat: 10:30am-4:30pm
Sun: Noon-4:30pm.*
- *Nearby are the Fire House Museum (open Fri-Sat) and Orlando Science Center (open daily).*

There are eating opportunities on Orange Ave until Panera at the hospital: Greek, American on Lake Ivanhoe, and White Wolf Café. Restrooms at Panera, Mead Garden (both 10K), Fresh Market (on OUT) and 7/11 (7/11 with purchase).

As with all remote start walks your assistance to keep the route and information current is requested. OSB issues, comments? Email mlanpher@gmail.com.

COVID-19: Current status of this and other Mid-Florida Milers YREs will be found at our web site or POC: www.midfloridamilers.org.

Log into the OSB system (my.ava.org) to “finish/complete” your online registration after the walk. You pay \$2 by credit card and have access to the walk instructions/directions immediately. When you later enter ‘completed’, you pay \$1 for the printable stamped insert card.




Mid Florida Milers Walking Club

Orlando North 5K Year Round Event ©

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Info Rest Rooms at Fresh Market; 10K also - Panera and Mead Garden. *Walk questions today? Call Cathy at 407-375-2387.*

 Emergency-911; Injury notification - 407.304.6394, 407.375.2387

1.	Leave parking and walk to corner of Marks St. and Magnolia.
2.	Cross and LEFT on Magnolia Ave.
3.	RIGHT onto the Orlando Urban Trail.
4.	Cross and LEFT onto Highland Ave..
5.	Cross Orange Ave. & RIGHT into Gaston Edwards Park (no sign).
6.	LEFT at Y toward lake. LEFT at 2d Y; stay left of playground and exit by restaurant.
7.	LEFT on Orange Ave. & cross Ivanhoe Blvd. and continue to New Hampshire St.
8.	Cross New Hampshire St. at the light. RIGHT crossing Orange Ave.
9.	LEFT on Orange Ave. <i>Pass White Wolf Café – good place.</i>
10.	RIGHT on Princeton St. crossing RR tracks.
11.	Cross & RIGHT on Alden Rd.
12.	LEFT following sidewalk at N. Formosa Lake Dr., Orlando Ballet on the right then

	cul de sac.
13.	Follow sidewalk straight at cul de sac toward Menello Museum; garage on the left.
14.	LEFT on sidewalk in front of museum.
15.	RIGHT at dog statue to cross Lake Formosa. Now on the Orlando Urban Trail (OUT).
16.	Continue on the Orlando Urban Trail taking you behind the Fresh Market (restrooms) & turning LEFT .
17.	RIGHT to continue on the OUT as it crosses Virginia Dr.
18.	Continue on the OUT, crossing & LEFT on Ferris Ave.
19.	RIGHT along fields and parking area on the OUT. Cross Highland Ave.
20.	LEFT on Magnolia.
21.	RIGHT at Marks St., crossing Magnolia Ave. and return to the Marks Street Senior Center parking.



THANKS for walking with the Mid-Florida Milers
Link to all MFM YREs




Mid Florida Milers Walking Club

Orlando North 10K Year Round Event ©

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Info Rest Rooms Fresh Market; Panera and Mead Garden. **Walk questions today? Call John at 407.443.3413.**

 Emergency-911; Injury notification - 407.304.6394, 407.375.2387

1. Leave parking and walk to corner of Marks St. and Magnolia.
2. **Cross and LEFT** on Magnolia Ave.
3. **RIGHT** onto the Orlando Urban Trail.
4. **Cross and LEFT** onto Highland Ave..
5. **Cross Orange Ave. & RIGHT** into Gaston Edwards Park (no sign).
6. **LEFT** at Y toward lake. **LEFT** at 2d Y; stay left of playground and exit by restaurant.
7. **LEFT** on Orange Ave. & cross Ivanhoe Blvd. and continue to New Hampshire St.
8. **Cross** New Hampshire St. at the light. **RIGHT** crossing Orange Ave.
9. **LEFT** on Orange Ave. *Pass White Wolf Café – good place.*
10. **Cross** Princeton St. Pass Panera at Rollins St. Cross King St.
11. **Cross & RIGHT** through the arch at Orwin Manor and continue on Wilkinson St.
12. **LEFT** onto Chichester St.
13. **LEFT** onto Westchester Ave. Carefully cross the RR tracks.
14. **RIGHT** on Orange Ave.
15. At the 6-way intersection, **RIGHT** to cross Orlando Ave. then **LEFT** to cross Harmon

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| | Ave. |
| 16. | Turn sharp RIGHT onto Orange Ave. |
| 17. | Cross and RIGHT at Denning Dr.; carefully cross the RR tracks, and pass the Community Garden on the left. |
| 18. | LEFT at Garden Dr. onto brick road
Option: Restroom ahead 1 block on left. |
| 19. | RIGHT onto path at Ped Xing sign. |
| 20. | LEFT out of the Garden onto Nottingham St. (sign on right). Cross and LEFT onto Lakeshore Dr. w/ lake on left Cross to LEFT side of street at Shrewsbury Rd. |
| 21. | Cross and LEFT at Mills Ave. |
| 22. | Cross and RIGHT at Princeton.
LEFT immediately onto path. |
| 23. | LEFT at dog statue across Lake Formosa bridge on the Orlando Urban Trail (OUT). |
| 24. | Continue on the OUT walking behind the Fresh Market (restrooms) & turning LEFT . |
| 25. | RIGHT to continue on the OUT as it crosses Virginia Dr. |
| 26. | Continue on the OUT, crossing & LEFT on Ferris Ave. |
| 27. | RIGHT along fields and parking area on the OUT; cross Highland Ave. |
| 28. | LEFT at Magnolia Ave. |
| 29. | Turn RIGHT at Marks St., crossing Magnolia Ave. and return to the Marks Street Senior Center parking. |



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