



## Mid Florida Milers Walking Club

### Administrative Information for the Orlando North 6K & 10K Walks© Event SE20/Y1242 Questions today? 407.304.6394.

*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. The start location is closed as of 1 April and 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 from Exit 94 (Longwood) to Exit 75 (FL435/Kirkman). Also I-4E/W 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](mailto: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*

- *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: Mexican, Greek, German Bakery, and White Wolf Café. Restrooms at Panera 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](mailto:mLANPHER@gmail.com).

Due to COVID changes, please review status of other Mid-Florida Milers YREs on our web site for details, [www.midfloridamilers.org](http://www.midfloridamilers.org).

Log into the OSB system ([my.ava.org](http://my.ava.org)) to “finish/complete” your online registration after doing the walk. A fee of \$2 for a downloaded pdf file is deducted from the user’s Event Bank when the pdf is downloaded. Later, any pdf fees are credited back to a walker’s Event Bank when he/she submits the walk completion info as a paying as a credit walker, i.e. \$3.




## Mid Florida Milers Walking Club

### Orlando North 10K Year Round Event ©

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Inf 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 ~~St. 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 <b>RIGHT</b> onto Orange Ave.  |
| 17. | <b>Cross and RIGHT</b> at Denning Dr.; carefully cross the RR tracks, and pass the Community Garden on the left.  |
| 18. | <b>LEFT</b> at Garden Dr. onto brick road<br>Option: Restroom ahead 1 block on left.  |
| 19. | <b>RIGHT</b> onto path at Ped Xing sign.  |
| 20. | <b>LEFT</b> out of the Garden onto Nottingham St. (sign on right). Cross and <b>LEFT</b> onto Lakeshore Dr. w/ lake on left Cross to <b>LEFT</b> side of street at Shrewsbury Rd. |
| 21. | <b>Cross and LEFT</b> at Mills Ave.   |
| 22. | <b>Cross and RIGHT</b> at Princeton.<br><b>LEFT</b> immediately onto path.  |
| 23. | <b>LEFT</b> 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 <b>LEFT</b> .   |
| 25. | <b>RIGHT</b> to continue on the OUT as it crosses Virginia Dr.  |
| 26. | Continue on the OUT, crossing & <b>LEFT</b> on Ferris Ave.  |
| 27. | <b>RIGHT</b> along fields and parking area on the OUT; cross Highland Ave.  |
| 28. | <b>LEFT</b> at Magnolia Ave.  |
| 29. | Turn <b>RIGHT</b> 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 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.	<b>Cross and LEFT</b> on Magnolia Ave.
3.	<b>RIGHT</b> onto the Orlando Urban Trail.
4.	<b>Cross and LEFT</b> onto Highland Ave..
5.	<b>Cross Orange Ave. &amp; RIGHT</b> into Gaston Edwards Park (no sign).
6.	<b>LEFT</b> at Y toward lake. <b>LEFT</b> at 2d Y; stay left of playground and exit by restaurant.
7.	<b>LEFT</b> on Orange Ave. & cross Ivanhoe Blvd. and continue to New Hampshire St.
8.	<b>Cross</b> New Hampshire St. at the light. <b>RIGHT</b> crossing Orange Ave.
9.	<b>LEFT</b> on Orange Ave. <i>Pass White Wolf Café – good place.</i>
10.	<b>RIGHT</b> on Princeton St. crossing RR tracks.
11.	<b>Cross &amp; RIGHT</b> on Alden Rd.

12.	<b>LEFT</b> following sidewalk at N. Formosa Lake Dr., Orlando Ballet on the right then cul de sac.
13.	<b>Follow sidewalk</b> straight at cul de sac toward Menello Museum; garage on the left.
14.	<b>LEFT</b> on sidewalk in front of museum.
15.	<b>RIGHT</b> 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 <b>LEFT</b> .
17.	<b>RIGHT</b> to continue on the OUT as it crosses Virginia Dr.
18.	Continue on the OUT, crossing & <b>LEFT</b> on Ferris Ave.
19.	<b>RIGHT</b> along fields and parking area on the OUT. <b>Cross</b> Highland Ave.
20.	<b>LEFT</b> on Magnolia.
21.	<b>RIGHT</b> 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**

