



INFORMATION CONTACT: Mike at 407.695.9181,
mlanpher@cfl.rr.com.

STIPULATIONS: These events are free and 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 between the start times and register on a start sheet. We provide detailed walk instructions, a map, and a start number. 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). The walk returns to the start and the completion time, if any, is stated. Please check in at the finish when you return so we know you have completed the event.

PARTICIPATION: This is a fun event for all persons. 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), 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.

FEES: Events are free and an AVA/IVV event stamp used to record the event is \$3. No refund is provided after the start of the walk.

DATE: 1 April 2017
SANCTION NO: SE17/Y394
LOCATION: Winter Park (at AMTRAK Station)
START TIME: Between 8:30-9:00 am
DISTANCES: 5 and 10 Km

AVA Special Programs:

DESCRIPTION: The walk start point is the AMTRAK station at 148 W. Morse Boulevard. The 5K walk starts at the train station and walks thru downtown and Rollins College areas. The 10K walk goes thru residential streets, passes Lakes Mizell, Virginia, & Maitland on shaded, oak lined streets, visits the Rollins College campus before you see Winter Park's downtown fine shops and the excellent restaurants along Park Ave. A must stop is the Morse Museum's display of Tiffany glass art. The walk is suitable for strollers and wheelchairs but some streets are brick with no sidewalks. Pets are allowed (not inside Central Park). Please carry water. Trail Ratings: 1A. Information, call 407.695.9181, mlanpher@cfl.rr.com.

DIRECTIONS: Map: TinyURL.com/AMTRAK-MFM

GPS: 28.5977164,-81.3518508. To 148 E Morse Ave. Winter Park, from Orlando take I4E/W to Exit 87, Fairbanks Ave. Turn right/left (east) for 1.8 miles into Winter Park. Turn left on New York Ave. Turn right on Morse Ave. and right into parking. From east SR417N at exit 38 turn left for 6.2mi or from SR436N turn left for 3.1mi on Aloma Ave. Turn right on New York. Turn right on Morse Ave. and right into parking.

DATE: 15 April 2017
SANCTION NO: SE17/107760
LOCATION: Lake Mary Colonial TownPark
START TIME: Between 9:00 - 10:00 am
DISTANCES: 5 and 10 Km

AVA Special Programs: Trekking with Trees, Points of Reference, Food for Thought, Walk the USA Street by Street. USA A-Z: L.

DESCRIPTION: Walk 5 and 10Km routes with the Mid-Florida Milers in Lake Mary followed by a great Irish lunch at Liam Fitzpatrick's. The event takes place regardless of weather conditions. Wheelchairs and strollers are acceptable. Restrooms are available at the start only. Pets are allowed but not in the restaurant. [Sign up for lunch at our web site \(midfloridamilers.org/events\)](http://midfloridamilers.org/events) so we can provide a count. Restaurant has good reviews. We will be seated in an area to left of the main door. You may order anytime after they open at 1030. For information call Mike Lanpher at 407.695.9181.

DIRECTIONS: Map: <http://tinyurl.com/MFMLkMary>

GPS: 28.7887751,-81.356442 The walk followed by lunch is at the Irish Pub Liam Fitzpatrick's in Colonial TownPark. Liam's is at 950 Market Promenade Ave., Lake Mary. From Orlando use exit 100 and go left on HE Thomas and cross I-4. Turn right on International Parkway. Turn right on Market Promenade Ave. and immediately right into the parking lot. Walk

away from International Pkwy to Townpark Ave. From Port Orange/Daytona get to I-4W. Use exit 101 and stay right to Heathrow. Turn left on HE Thomas. Turn right on International Parkway. Turn right on Market Promenade Ave and immediately right into the parking lot. Walk away from International Pkwy to Townpark Ave. The start will be on the patio. Questions on day of the event, call 407.304.6394.

DATE: 22 April 2017 (Earth Day)
SANCTION NO: SE17/Y0267
LOCATION: Wekiva Springs SP
START TIME: Between 9:00 - 10:00 am
DISTANCES: 5 and 10 Km

AVA Special Programs: Boardwalks, Honoring Our Flag, Walking the USA A - Z: A.

DESCRIPTION: This event is on 90% shaded park trails, spring boil bridge, and boardwalk. Swim in the 72 degree Wekiwa Springs. Trail is rated 2B and is not suitable for strollers or wheelchairs. Pets are allowed on a 6 ft. leash but not in the swimming area. Call for information to 407.695.9181.

DIRECTIONS: Map: <http://tinyurl.com/WSSP-MFM>
GPS: 28.7116901, -81.4647017 . To the Park at 1800 Wekiwa Circle from Orlando and Daytona use I-4 exit 94. Turn left from Orlando and right from Daytona on FL434W for 1.0 mile. Turn right on Wekiwa Springs Rd. for 4.2 miles and right into park. The cost is \$6 for 2-8 and \$4 for one. Follow signs to register at Oak Pavilion. Call for info on day of the event to 407.304.6394.

DATE: 29 April 2017
LOCATION: Maitland Florida

DESCRIPTION: START TIME is between 8:30-9 am. Nice walk near 3 lakes and Maitland Art Museum, a National Landmark. Call Mike at 4076959181 for information.

DIRECTIONS: Map: <http://tinyurl.com/Walgreens-MFM>; GPS: 28.6254765,-81.3631535. To 330 S. Orlando Ave. from Orlando take I-4E to Exit 90A, Maitland Blvd. and exit right (From Daytona use Exit 90 and turn left) to the second light, Maitland Ave. Turn right, go 1.3 miles to Packwood Ave. (1 block past the light at Horatio Ave.). Turn left, go past fire station & city hall on left, cross Orlando Ave. and turn right into the Walgreens parking lot. Call on walk day 407.304.6394.

May Events

6 May – Lake Buena Vista, Pirates Cove Adventure Golf
20 May – Winter Park

Mid-Florida Milers Walking Club

April 2017 Events

1 April – Winter Park

@ AMTRAK Station

5/10K Walk (3.1 and 6.2 miles)

15 April – Lake Mary Walk & Lunch

@ Colonial TownPark, Liam Fitzpatrick's

5/10 K Walk (3.1 and 6.2 miles)

22 April – Apopka (Earth Day)

@ Wekiva Springs SP

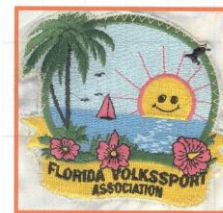
Coordinated with Happy Wanderers

5/10 K Walk (3.1 and 6.2 miles)

29 April – Maitland

@ Walgreens Pharmacy

6/10 K Walk (3.8 and 6.2 miles)



WalkFlorida.org

midfloridamilers.org

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AVA AMERICA'S WALKING CLUB

