

**MID-FLORIDA MILERS WALKING CLUB**  
Member of **AVA: America's Walking Club**

**2018 YEAR-ROUND ORLANDO, THE VILLAGES,  
& SOUTHEAST FLORIDA EVENTS**

Effective **JULY 1 to DECEMBER 31, 2018**

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AVA Special Programs are listed on the AVA and MFM web sites & at start locations registration binder and in the Online Start Box.



MFM web site



**MFM CONTACTS:** Rosemary, President, [rbarna1949@gmail.com](mailto:rbarna1949@gmail.com), (407)920.3174 Mike, Trailmaster, [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com), (407)304.6394

## Mid-Florida Milers Walking Club

### WHAT IS A YEAR ROUND EVENT? A SAFE WALK AT YOUR PACE ON ROUTES AVAILABLE EVERY DAY

A **Year-Round Event** is a permanent self-guided walking event available to all. The American Volkssport Association (AVA-America's Walking Club), a member of the International Federation of Popular Sports, sanctions these events that count towards acquiring Achievement Awards. The Mid-Florida Milers established permanent starting points at a business, select a trail, draw maps, and write detailed walking instructions. These events include city routes, parks, historical descriptions, tourist attractions, and good daily exercise routes in the 15 communities MFM has walks. Contact the president or trailmaster to find out which events we sponsor that will suit your interests.

**Starting points:** The Central Florida starting points are stores, senior centers, ranger stations, or tourist businesses. Seven events require online registration. At twelve locations you will find a start box (a file box). You may have to ask the proprietor to assist in locating the box. The proprietors are not club members, so be patient with these people who are volunteering to help the club. See walk descriptions for more information.

**The Start Procedure: REGISTRATION at a Business.** A registration waiver must be completed at each walk (an adult must sign for a minor under 18). The registration fee for the walk is \$3 per participant including AVA/IVV credit; minors under 13 are free (unless waking for AVA/IVV credit). Walk fees are paid each separate day you participate. You may walk twice on one start sheet on the same day for the \$3 fee and one stamp. [IVV credits may be entered in your Event Record Book for the same walk on each separate day.]

- 1- Locate or ask for the walk box; inside the start box is a registration log.
- 2- Complete and sign the registration log and waiver form.
- 3- Complete a start sheet.
- 4- Use an envelope and place the start sheet and payment in it.
- 5- Place the envelope in the completed folder OR mail the envelope to the club (do not send cash).
- 6- Take instructions/map.
- 7- Walk at your own pace and enjoy the local area (daytime hours only). The event is open regardless of the weather, and no refunds are given because of bad weather. Our website Year-Round page has pictures of the walk routes.

**REGISTER and DOWNLOAD** instructions anytime Online at [www.cva4u.org](http://www.cva4u.org) for seven Southeast Florida cities. See pages 8 & 9.

**AWARDS:** All events are credit only.

**STIPULATIONS:** With registration for these events walkers agree to observe the principles of good sportsmanship. Littering is strictly prohibited. Smoking is not permitted in businesses. Please carry water.

**RECORD BOOK INSERTS:** Inserts are provided in walk boxes. Online inserts are used for online registration.

**DISCLAIMER:** Every effort has been expended to make these events safe, enjoyable and memorable. The AVA or its subsidiary clubs are not responsible for theft or loss of personal belongings or property.

## Mid-Florida Milers Walking Club

### THE VILLAGES at SPANISH SPRINGS TOWN SQUARE 5 & 10 KM WALKS

The Villages is a retirement community in central Florida south of Ocala and one of the fastest growing cities in the USA with a population of over 140,000.

**DIRECTIONS:** Map: <http://tinyurl.com/SpanSprgs-MFM>

GPS: 28.9410824,-81.9519569. The TownePlace Suites is at 1141 Alonzo Ave., The Villages. From Gainesville on I-75 S. use exit 341, County Rd. 484. Turn left, cross County Road 475 and US 301 to US 27/441. Turn right on US 27/441 to Avenida Central in Lady Lake. Turn right on Avenida Central, cross Paige Place, and turn left on Alonzo Avenue to the Suites. From Tampa on I-75 N use exit 329, FL 44. Turn right on FL 44 to US 301. Turn left on US 301. Turn right on County Road 466 to Buena Vista Boulevard. Turn left on Buena Vista Boulevard to roundabout at El Camino Real. Turn right on El Camino Real to roundabout and cross Morse Boulevard to Avenida Central. Turn right on Avenida Central to Alonzo Avenue. Turn left on Alonzo Avenue to the Suites. From Orlando on Florida turnpike north use exit 304, Wildwood. Turn right on US 301 to County Rd. 466. Turn right on County Road 466 to Buena Vista Boulevard. Turn left on Buena Vista Boulevard to roundabout at El Camino Real. Turn right on El Camino Real to roundabout at Morse Boulevard proceeding through the roundabout to Avenida Central. Turn right on Avenida Central to Alonzo Avenue. Turn left on Alonzo Avenue to Suites. \*All - turn right into Suites and walk box is next to computer. **Award: Credit only.**



**START/FINISH:** The walk registration box is at located on the floor in business center to the right inside the main door. Contact: Gerry, (240) 727-2753, [toadnfrog@live.com](mailto:toadnfrog@live.com).

**DESCRIPTION:** The 5 or 10km route is on sidewalks and multi-modal trails provides views of the Spanish Springs Town Square, gardens, five villages, restaurants, shops, businesses, and golf course areas of The Villages; hours 7am-6pm daily. Restrooms at the start & pools. Strollers and wheelchairs welcomed. Leashed pets are allowed. Please carry water. Walk in daylight hours. Trail Ratings: 1A. Events: SE18/Y1433.

**NEARBY EVENT:** Lake Sumter Landing is 2 miles away.

Mid-Florida Milers Walking Club  
**THE VILLAGES at LAKE SUMTER LANDING**  
**5 & 10 KM WALKS**

The Villages is a retirement community in central Florida south of Ocala and one of the fastest growing cities in the USA with a population of over 140,000. Restrooms at the start, pools, & rec centers.

**DIRECTIONS:** Map: <http://tinyurl.com/Villages-Waterfront>

GPS: 28.9096186,-81.9780424 . The Waterfront Inn is at 1105 Lake Shore Drive, hours 7am-6pm daily. **From Orlando** use FL 408W to



**Waterfront Inn courtesy J. Van Vlack**

the Turnpike to exit 304. Turn right on US 301. Go 5.8 mi to County Rd 472. Turn right for 2 mi. At Buena Vista Blvd turn right for 3.5 mi. Turn left on Old Mill Run to Inn on left. From US 441N go left at County Rd. 466 in Lady Lake for 2.9 mi. Turn left on Morse Blvd across bridge to first round about. Turn right on Old Mill Run. Right on Lake Shore Dr. (first right) to The Waterfront

Inn on right. **From I-75N/S** use exit 329, FL 44, and turn right from south (left from north). Turn left on US 301 and go 5.8 mi. Turn right on County Rd 472 for 2 mi. At Buena Vista Bv. turn right for 3.5 mi. Turn left on Old Mill Run. Left on Old Camp Rd to the Inn.

**Award: Credit only.**

**START/FINISH:** The walk registration box is at located in the Inn's "The Market" just inside the main door to the right on the floor. Contact: Jan, [jvanvlack@gmail.com](mailto:jvanvlack@gmail.com), (317) 300-0526.

**DESCRIPTIONS:** The 5 & 10km self-paced walks are open to anyone and fun for all. The route is on sidewalks and multi-modal recreation trails provides views of the Lake Sumter, Lake Sumter Landing Town Square, gardens, residential, business, and athletic areas of The Villages. Strollers and wheelchairs welcomed. Leashed pets are allowed. Please carry water. Walk in daylight hours. Trail Ratings: 1A. Event: SE18/Y1470.

**NEARBY EVENT:** Spanish Springs Town Square walks are 2 miles away. 10 events in the Orlando area.

Mid-Florida Milers Walking Club  
**ORLANDO DOWNTOWN**  
**5 & 10 KM WALKS**

**DIRECTIONS:** Map: <http://tinyurl.com/OrlandoDTown-MFM>

GPS: 28.5316611,-81.3755015 . To the Beardall Senior Center at 800 N Delaney Av. from I-4W, use exit 82B, Anderson St. Left to Orange Av. Right on Orange to 3rd light, Gore Av. Left, then left at mid block into the Senior Center. From I-4E use exit 82B Anderson St. Right on South St. Right on Orange Av. & go to 4th light, Gore. Left and then left at mid block to the Senior Center. From SR 408W use exit 11A, Rosalind Av. Left on South St. & stay in left lane to Orange Ave. Left on Orange to 4th light, Gore Av. Left and then left at mid block into Senior Center. From SR408E use exit 10C, Downtown. And stay in left lane to Delaney Av. Right on Delaney to 1st light, Gore Av. Right, then right at mid block into Senior Center. Enter Center thru door facing Gore and walk box is on floor past the info desk. Event: SE18/Y0152.

**Award: Credit only.**

**START/FINISH:** The Center is open Mon-Sat & closed Sunday. Mon: 8am-9pm; Tu-Th 8am-10pm.; Fr 8am-5pm.; Sa 9am-10pm. Complete the walk during daylight hours.

Contact: JoAnne (407) 706-3034, [beachfan10478651@aol.com](mailto:beachfan10478651@aol.com).



**Lake Eola**

**DESCRIPTION:** The self-paced 5 or 10km walks are open to anyone and fun for all. Walk instructions have local info on the walk routes. You will walk on downtown and residential sidewalks. See historic downtown Orlando, Lake Eola, art in the city projects downtown, and the County Courthouse. The large fountain in Lake Eola was constructed in 1957 and completely refurbished in 2011. Walks will accommodate strollers and wheelchairs though some streets have no sidewalks. Walk during daylight hours. Restrooms and water are available at the start and Lake Eola. Please carry water. Leashed pets are allowed. Event SE18/Y0152. Trail Ratings: 1A.

**NEARBY EVENTS:** Maitland is 8 miles and Winter Park is 6 miles away. 10 events in the Orlando area. Two events in The Villages; see pages 14 & 15.

**ORLANDO SOUTH  
5 & 10 KM WALKS**

**DIRECTIONS:**

Map: <http://tinyurl.com/OrlandoDTown-MFM>

GPS: 28.5316611, -81.3755015 . To the Beardall Senior Center at 800 N Delaney Av. from I-4W, use exit 82B, Anderson St. Left to Orange Av. Right on Orange to 3rd light, Gore Av. Left, then left at mid block into the Senior Center. From I-4E use exit 82B Anderson St. Right on South St. Right on Orange Av. & go to 4th light, Gore. Left and then left at mid block to the Senior Center. From SR 408W use exit 11A, Rosalind Av. Left on South St. & stay in left lane to Orange Ave. Left on Orange to 4th light, Gore Av. Left and then left at mid block into Senior Center. From SR408E use exit 10C, Downtown. And stay in left lane to Delaney Av. Right on Delaney to 1st light, Gore Av. Right, then right at mid block into Senior Center. Enter Center thru door facing Gore and walk box is on floor past the info desk..

**Award: Credit only.**

**START/FINISH:** The Center is open Mon-Sat & closed Sunday.

Mon: 8am-9pm; Tu-Th 8am-10pm.;  
Fr 8am-5pm; Sa 9am-10pm.  
Complete the walk during daylight hours. Contact: JoAnne, (407) 706-3034, [beachfan10478651@aol.com](mailto:beachfan10478651@aol.com).



**DESCRIPTION:** Walk instructions have local info on walk routes. You will walk residential sidewalks. 5 and 10km are different routes. The 5km passes the historic train Station and Orlando Health complex before ending thru residential areas. The 10K shaded South/Lakes route passes many lakes surrounded by Orlando's older homes which have retained their original charm. The walks will accommodate strollers and wheelchairs though some streets have no sidewalks. Walk during daylight hours. Please carry water. Leashed pets are allowed. Events SE18/Y0395. Trail Ratings: 1A.

**NEARBY EVENTS:** Maitland is 8 miles and Winter Park is 6 miles away; see pages 5 and 13. 10 events in the Orlando area. Two events in The Villages; see pages 14 & 15.

**ORLANDO at WINTER PARK  
5 & 10 KM WALKS**

**DIRECTIONS:**

Map: <http://tinyurl.com/LakemontYMCA-MFM>

GPS: 28.6095115, -81.3288606. To Lakemont YMCA at 1201 N. Lakemont Ave. from Orlando take I-4E to Exit 87, Fairbanks Ave. and turn right (east) for 3.5 miles thru Winter Park (Fairbanks becomes Aloma Ave.). Turn left on Lakemont Ave. at Mobile station. The YMCA is on the left just past the light at Palmer. From SR 417 use Exit 38, Aloma, and turn left, drive 6 miles at the AMTRAK station. Turn right on Lakemont (Mobil is on the left corner). The YMCA is on the left just past the Palmer light. Park in the left lot. Drive 3 miles to the 5k start.

**Award: Credit only.**



**START/FINISH:** Hours M-Th 5am-10pm, Fri 5am-9pm, Sa 7am-6pm and Su noon-6pm. Walk must be completed during daylight hours. Walk box is on left before the Information Desk. Restrooms and water are available at the YMCA and along the route (10K: Dinky Dock, Starbucks, Panera). Closed major holidays and the afternoon

before. Contact: Mike (407) 491-1002, [michael.r.kirchner@gmail.com](mailto:michael.r.kirchner@gmail.com).

**DESCRIPTION:** This is a 5 and 10km walk (3.1 & 6.2 mi) along oak shaded Winter Park downtown, residential, lakes, and college areas. The 10km passes Lakes Mizell, Virginia, & Maitland on shaded, oak lined streets; visits the Rollins College campus. 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. Strollers and wheelchairs permitted (some streets have no sidewalks). Leashed pets permitted but not in Central Park. Please carry water. Walk in daylight hours. Event: SE18/Y0394. Trail Ratings: 1A

**NEARBY EVENT:** Maitland and its beautiful lakes are 4 miles away; see page 5. 10 events in the Orlando area. Two events in The Villages; see pages 14 & 15.

Mid-Florida Milers Walking Club

**ORLANDO NORTH  
5 & 10 KM WALKS**

**DIRECTIONS:** Map: <http://tinyurl.com/OrlandoNorth-MFM>

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. Turn left on Colonial Dr. and merge to left lane. From Disney/Tampa via I-4E to Orlando use Exit 83A, Amelia; go straight at bottom of ramp. Keep right and turn right at next light onto Colonial Dr. (FL50E). **BOTH:** Left on Magnolia at 2nd traffic light, a one-way street. Left at first traffic light, Marks St., to Senior Center immediately on right. 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). Left on Magnolia at 2nd traffic light, a one-way street. Left at first traffic light, Marks St., to Senior Center immediately on right.

**Award: Credit only.**

**START/FINISH:** The Start Point is open M-Sa 8am-6pm, Su 1-5pm. The Walk Box is in the Cardio Room in the Fitness Center on the lower shelf to the right of the TV. The Fitness Center is in the southeast corner of the building all the way at the end of the long hall that runs through the center of the building. Leashed pets are allowed but not in the Recreation Complex. Contact Cathy, (407) 375-2387, [mcbmetherell@aol.com](mailto:mcbmetherell@aol.com).

**DESCRIPTION:** The 5 and 10km walks are to the north of downtown and are tree lined, shaded walks near lakes, through residential areas and passes Loch Haven Park (the Museum of Art, Menello Museum), thru Mead Garden, and along Antique Row. Restrooms are available at the start, Mead Garden, and some area businesses. Walk during daylight hours. Trail Ratings: 1A.Event:



SE18/Y1242.

**NEARBY EVENTS:** Wekiwa Springs State Park is 14 miles north on Wekiwa Springs Road; see page 10. Maitland is 4 miles; see page 5. Winter Park is also 4 miles away; see page 13. 10 events in the Orlando area. Two events in The Villages; see pages 14 & 15.

Mid-Florida Milers Walking Club

**ORLANDO at MAITLAND  
6 & 10 KM WALKS**

**DIRECTIONS:** Map: <http://tinyurl.com/Walgreens-MFM>

GPS: 28.6254765,-81.3631535. **NOTE: THE INTERCHANGE AT MAITLAND BLVD IS UNDER CONSTRUCTION.** From Orlando on I-4E take Exit 90A-B and exit at 90A, Maitland/SR 414. Exit right to 2nd light, Maitland Ave. From Daytona/Sanford on I-4W follow signs (states use "second exit" & DO NOT USE Exit 90B-C) to exit 90A, Maitland/SR 414. Go to 2nd light, Maitland Ave. **BOTH** turn right for 1.3 miles to Packwood (1 block past light at Horatio). Left on Packwood past fire station on left, cross US 17-92, and turn into Walgreen's parking lot. From Sanford/Orlando use US 17-92 to Walgreen's at corner of US 17-92/Packwood.

**Award: Credit only.**

**START/FINISH:** Walgreens Pharmacy hours are from 8am-10pm daily. The walk registration box is at the photo counter to the right behind a sign. Contact: Tom, [tomcarter@juno.com](mailto:tomcarter@juno.com) (615) 400-1796

**DESCRIPTION:** The 6 & 10km (3.7 & 6.2 mi) walks are treelined walks around lakes and through residential areas. Restrooms are available at Walgreens and city parks. It passes the historical Waterhouse Residence (Th-Su 12-4pm) & the Maitland Art Center (a National Historic Landmark shown above, Tu-Su 11am-4pm) Wheelchairs and strollers are acceptable. Leashed pets are allowed. Walk during daylight hours. Please carry water. Trail Ratings: 1A. Event: SE18/Y1124.



**NEARBY EVENTS:** Wekiwa Springs State Park is 8 miles north on Wekiwa Springs Road; see page 10. Winter Park is 4 miles away; see page 13. 10 events in the Orlando area. Two events in The Villages; see pages 14 & 15.

Mid-Florida Milers Walking Club

**ORLANDO at CELEBRATION  
TWO SANCTIONED 6 & 11 KM WALKS**

**DIRECTIONS:** Map: <http://tinyurl.com/Celebration-MFM>

**GPS:** 28.3176718,-81.541410 To Starbucks Coffee at 715 Bloom St., Kissimmee, from Daytona/Orlando on I-4W take Exit 64, bear left to Kissimmee exit onto US 192E to Celebration Av. Turn right on Celebration Av. From Tampa on I-4E take Exit 64, Kissimmee, right on US 192E, & right on Celebration Av. From Kissimmee on US 192W turn left on Celebration Av. From Cocoa & east Orlando on SR 417S take exit 2, Celebration Av. and turn left. ALL enter Celebration and go to 1st stop sign, turn left to Front St. Turn right to Starbucks at Bloom St. Park in any available place.



Lake Rianhard and theater

**Award: Credit only.**

**START/FINISH:** Hours are: 6am-10pm (6am-11pm Fri/Sat). The registration box is to the right of the door on the floor near the condiment counter. Restrooms, water, and food are available at the start. Walk during daylight hours. Contact: Howard, [docd62@aol.com](mailto:docd62@aol.com), 325-668-4914.

**DESCRIPTION:** The two different 6 & 11km (3.7/6.8 mi) walks are within the town of Celebration. The walks weave by different areas including homes, wetlands, parks, lakes and businesses. Numerous eating establishments are available. Restrooms are available at the Start/Finish and rear of Golf Club. The trails are suitable for strollers and wheelchairs. Leashed pets are allowed. Please carry water. Trail Ratings: 1A. Events: SE18/Y1345 & SE18/Y1817.

**NEARBY EVENT:** Lake Buena Vista walk is 6 miles; see page 11. 8 more events in the Orlando area. Two events in The Villages; see pages 14 & 15.

Mid-Florida Milers Walking Club  
**ORLANDO at LAKE BUENA VISTA  
6 & 10 KM WALKS**

**DIRECTIONS:** Map: <http://tinyurl.com/Lake-BuenaVista-MFM>

**GPS:** 28.3834527,-81.5006590. Pirate's Cove Adventure Golf is at 12545, State Road 535. **From Orlando** use I-4W and use Exit 68. Turn right from Orlando on FL 535 (Apopka-Vineland Rd.) to the first traffic light. **From Tampa** on I-4E use exit 68. Turn left on FL 535 (Apopka-Vineland Rd.) to the second traffic light. Turn right into the Crossroads Shopping Center. Continue straight ahead to the Pirate's Cove Adventure Golf. Try both golf courses, they are fun.

**Award: Credit only.**

**START:** You drive 2 miles to the start and finish there. Pirates Cove Golf is open from M-Su 9am-11:00pm daily except Christmas when it opens at noon. Ask the attendant for the Registration box behind the check-in counter. Process paperwork on the picnic tables. Cold drinks, snacks, water and restrooms are available at the start and many on the route. Walk during daylight hours. Contact: Joyce, 407-222-1290, [shadesfan@aol.com](mailto:shadesfan@aol.com)

**DESCRIPTION:** The 6 & 10km (3.7/6.2 mi) walks are in areas near and in new Disney Springs in Lake Buena Vista. Lake Buena Vista encompasses the eastern side of Walt Disney World. The walk takes you through the admin and new & unique Disney Spring shopping complexes. Enjoy dining, shopping, browsing, and strolling through this completely restructured layout around the lake. The trail is suitable for strollers and wheelchairs. Pets are not allowed. Please carry water. Walk in daylight hours. Trail Ratings: 1A. Event: SE18/Y0841.



Disney Springs

**NEARBY EVENT:** Celebration's two events are 6 miles away; see page 6. Orlando's 3 walks are 14 and 16 miles away; see pages 3, 4, & 12. 10 events in the Orlando area. Two events in The Villages; see pages 14 & 15.

Mid Florida Milers Walking Club  
**WEKIWA SPRINGS STATE PARK APOPKA  
6 & 10 KM WALKS**

**DIRECTIONS:** Map: <https://tinyurl.com/WekiwaMFM>

**GPS:** 28.7111398,-81.4626878 . Apopka is just north of Orlando and the pristine park with many walking trails is easily accessible. From I-4E/W take Exit 94 and turn left from I-4E; right from I-4W. Go 1 mile. Right for 5 miles on Wekiwa Springs Rd. to Park at 1800 Wekiwa Springs Rd.

**Award: Credit only.**

**START/FINISH:** Hours 8am to sundown. Park fee is \$4 single, \$6/2+ persons then park in lot on left. Register at the walk box in the Ranger building. Instructions provide driving instructions to start point. Contact Jane, [jaham56@yahoo.com](mailto:jaham56@yahoo.com) (703) 609-8770.

**DESCRIPTION:** 6 & 10km (3.7/6.2 mi) walks are around the Springs and onto the park trails. This has been an AVA sanctioned walk since 1993. You must carry water for your safety. No wheelchairs/ strollers due to tree roots and sandy soil. Pets allowed on leash. Trail Ratings: 2C. Event: SE18/Y0267.



**NEARBY EVENTS:** The Altamonte Mall walk is 6 miles away; see page 7. Maitland is just 8 miles; see page 5. Winter Park's start and its beautiful tree-lined streets is 16 miles away; see page 13. 10 events in the Orlando area. Two events in The Villages; see pages 14 & 15.

Mid-Florida Milers Walking Club  
**ORLANDO at ALTAMONTE SPRINGS MALL  
5 & 10 KM WALKS**

**DIRECTIONS:** Map: <https://tinyurl.com/AltSB-MFM>

**GPS:** 28.663627,-81.3805121 . To Altamonte Springs Starbucks on I-4E/W use exit 92, FL436/Semorán Av., turn right (left from I-4W). Merge to left lane and at 3d light turn left into Renaissance Center then immediately left to Starbucks. Park in lot to right.

**Award: Credit only.**

**START/FINISH:** Walk box at is on bottom shelf to right side of register. Starbucks hours are M-F 5am-10pm, Sa-Su 5:30am-10pm. The Mall opens at 8:30am-9pm for walking. Contact: Ron, [barnarfb@yahoo.com](mailto:barnarfb@yahoo.com), (407) 247-4548.

**DESCRIPTION:** The 5 & 10km (3.1 & 6.2 mi) walk routes are inside the mall. You can walk or drive to the mall. If you walk from the start, the walks are 7 and 12k. Pets are not allowed. Wheelchairs and strollers allowed (must use elevator between levels). Walk during mall hours (8:30am-9pm). Event: SE18/Y1728. Trail Ratings: 1A.



**NEARBY EVENTS:** Winter Park and its beautiful tree-lined streets is 4 miles away; see page 13. Wekiwa Springs State Park is 14 miles north on Wekiwa Springs Road left; see page 10. 10 events in the Orlando area. Two events in The Villages; see pages 14 & 15.

Mid-Florida Milers Walking Club  
**SOUTHEAST FLORIDA**  
**SEVEN SANCTIONED WALKS**

**START/FINISH: Use AVA's Online Start Box**

Start directions and route instructions are online and downloaded and printed or sent to your tablet or phone from <http://www.cva4u.org>. You pay \$2 by credit card via PayPal and have access to the walk instructions/locations immediately. When you enter completed, you pay \$1 for the printable stamped insert card. Six of the walks are available within 66 miles off I-95 – see walks for I-95 exit numbers.

Instructions how to register are clear and once registered, you may log on anytime for any of the AVA's 50+ online events. Insert cards are provided from the online system. This new AVA capability allows for you register when you want to walk and then download and print or download to a tablet or phone. Contact Mike (407) 304-6394, [mlanpher@gmail.com](mailto:mlanpher@gmail.com).

**DIRECTIONS:** Walk instructions provide parking and start locations for these events. The routes are mostly suitable for strollers and wheelchairs. Pets are not allowed on beaches. Please carry water. Walk during daylight hours. Trail Ratings: 1A (1C for Boca Raton 10K on beach). Parking is free only in Palm Beach, Boca Raton, and Delray Beach. **Awards: All seven events are Credit only.**

**DESCRIPTIONS:** There are walks in the Counties of Palm Beach-4, one in Broward, one in Miami-Dade, and one in Monroe.

**West Palm Beach** 6 or 11km walk along the intracoastal waterway, the marina, Palm Beach Atlantic University, and vibrant downtown area. I-95 Exit 70. Event SE18/Y1818.



Flaglar Museum

**Palm Beach** is one of Florida's upscale towns. The 6 or 11km walking past beautiful homes and the spectacular Flagler Museum, along the intracoastal (Lake Worth), upscale Worth Ave. and the historic Breakers Hotel. I-95 Exit 70. Event SE18/Y1753.



St Annes

Mid-Florida Milers Walking Club  
**SOUTHEAST FLORIDA**

**DESCRIPTIONS (cont.):**



Delray Beach

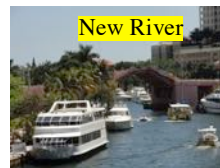
**Delray Beach** Delray Beach 5 or 10km walks are on Atlantic Ave. with eating and shopping opportunities, on the intracoastal, and in nearby residential areas. This is a very nice setting and fun to walk in. I-95 Exit 52. Event SE18/Y0278.

**Boca Raton** 10km walk is through the town's intercoastal residential areas, the beach, and upscale Mizner Park. The 6km walk goes from Mizner Park into residential areas. I-95 Exit 44. Event SE18/Y1752.



Boca Museum of Art

**Ft. Lauderdale** is called the "Venice of America" because of the many waterways through the city that you see as you walk on the New River, Las Olas Blvd., and residential areas. I-95 Exit 27. Event SE18/Y0257.

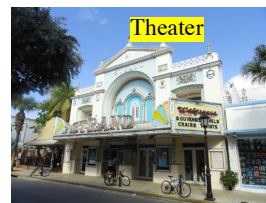


New River

**Miami South Beach** in Dade County is one of the most famous places in the world. There are hundreds of Art Deco style hotels and buildings. The 6 and 10km walk strolls through Lincoln Blvd shopping and restaurant walking mall, walks along the marina, passes through South Pointe Park, saunters past many Art Deco buildings along Ocean Ave., and the Atlantic Ocean beach. Some buildings are described in instructions and links to more are provided. I-95 Exit 4. Event SE18/Y0249.



Ocean Ave.



Theater

**Key West:** 10 or 5km walks through this vibrant and eclectic city at the end of the Florida Keys (islands). It is a beautiful drive on

US 1 on bridges between the Atlantic and Florida Bay and across all Keys to get to and this interesting tour of the town. An alternate start from the cruise pier is available. Event SE18/Y1716.

