



5/10k Walk in Lakeland on Mar 31

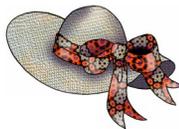
Sponsored by the Mid-Florida Milers & Suncoast Sandpipers

Introduction. Join the Milers and Sandpipers as they meet midway between Orlando and St. Petersburg to showcase a true Florida treasure, the city of Lakeland, in a noncompetitive walk to which EVERYONE is welcome. Leashed pets are allowed but not in the library. For more info call Alice at 727-595-2173.

Easter Parade Let's celebrate the upcoming holiday by wearing our finest bonnet. Winner will take home an Easter basket!

Registration: Register in the Lakeland Public Library, 100 Lake Morton Dr. anytime from 9:30—11 a.m. (Library opens at 9 a.m.). Finish by 2 p.m.

Trail: Walk a 10K or the 5K route, strolling through Florida Southern College, home to the largest on-site collection of Frank Lloyd Wright architecture in the world. Wright referred to his work as "organic architecture," with buildings flowing harmoniously with natural surroundings. You'll see up close Wright's celebrated "Child of the Sun" structures. Also on the way are scenic, swan-filled lakes that give the city its name, the beautiful Mirror Lake, and Hollis Garden, whose design and plant life depict Florida history. The restored downtown area offers quaint shops, galleries, restaurants and cafes. Walk route is rated 1A, not suitable for wheel chairs but ok for sturdy strollers.



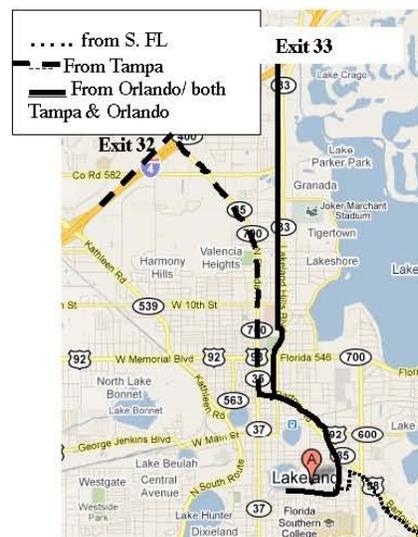
Fun, Fitness, Friendship



Fees: Basic walk fee is \$2; kids 12 & under are free. For volkssport credit, add \$1. Lunch is \$5. This event, #110731, is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV) and counts towards acquisition of IVV Achievement Awards. If you are interested in volkssports, check out ava.org or ask for information at the start. *Please note: we*

cannot accept money in the library but will set up a collection site on the walk trail. Please bring correct change or preregister.

Refreshments: Water & candy will be at start/finish & checkpoints; carrying water is recommended. After the walk, enjoy an Easter ham sandwich lunch.



Directions: From Orlando, take I-4 to exit 33. Take exit 33 toward FL33/Lakeland for a short distance. Turn left at CR582, N Socrum Loop Rd. One half mile later, make a slight right at FL33S, Lakeland Hills Blvd. Continue on FL 33 S for 3 mi. Continue onto N Massachusetts Ave and, after a short distance, turn left at Bartow Rd (US 98S). Turn right after .8 mi on S Ingraham Ave. Turn right on Palmetto to library on right. Lost? Call 407-304-6394 or 727-542-9742.

Disclaimer: The AVA or its subsidiary clubs are not responsible for theft or loss of personal belongings or property. All participants must sign a waiver (adults sign for children).

Preregistration: Please fill out form, marking applicable columns, and send with check to Suncoast Sandpipers, PO Box 2514 Largo FL

33779 by **Mar 26**. We can't take reservations for lunch without advanced payment.

Name	Walk \$2	Credit \$1	Lunch \$5
Phone #			
E-Mail			