

INFORMATION: Website: midfloridamilers.org

Facebook: @midfloridamilerswalkingclub

STIPULATIONS: These events 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 during the start time stated and register. We provide detailed walk instructions with a map. 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). Walkers must return to the start by the completion time when one is stated.

PARTICIPATION: This is a fun and safe event for all. People of all ages are welcome to participate though an adult must accompany minors.

FOOD and WATER: Water is available at the start and any checkpoints for a small donation. For your safety carry drinking water.

SANCTIONED: This event is sanctioned by AVA -America's Walking Club (my.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 Required.

FEES: There is a \$3 fee for all participants that includes an AVA/IVV event stamp used to record the event. Exact change is appreciated. Minors under 13 are free if not recording the event. No refund of the fee is provided after the start of the walk.

CONTACT US: President: Cathy at 407.375.2387, mcbmetherell@aol.com; VP: Dan at 321.338.7093, dnlcssb@aol.com

COVID 19 distancing and other guidelines of the governments are complied with. You must wear a mask during registration and when not socially distant on the route. Please bring exact change (minimizes handling). As always, if you have a fever, please do not attend.

DATE: 3 July 2021

LOCATION: Lake Buena Vista/Disney Springs@ Pirate's Cove Adventure Golf

EVENT: 7K & 10K Walks

START: Register between 9:30am – 10:00am

AVA Special Programs: *Carousels Across America, Walking the USA A-Z: O*

DESCRIPTION: *Disney requires a face mask and a temperature check to enter.* Route is at the fun Disney Springs and LBV area with a 7 and 10K route. Enjoy dining, shopping, browsing, and strolling through the Springs and around the lake. Walk fee is \$3 per participant and children under 13 are free. Please carry water and we have bottled water for a small donation at the start and water and restrooms are available in Disney Springs. No Checkpoints on this walk. These walks are suitable for strollers and wheelchairs. Pets are Not permitted. Event: SE21/Y0841. Trail Ratings: 1A (sidewalks and level terrain). Information: Dan at 321.338.7093, dnlcssb@aol.com.

DIRECTIONS: Map: [Pirate's Cove Adventure Golf - Google Maps](#); GPS: 28.3834527,-81.5006590. Pirate's Cove Adventure Golf is at 12545, State Road 535. From Orlando use I-4W to 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. Questions on day of the event, call Dan, 808.342.8584.

Award: Credit only.

DATE: 17 July 2021

LOCATION: Winter Park@ AMTRAK Station

EVENT: 5K & 10K Walks

START: Register between 8:30am – 9:15am

AVA Special Programs. *Little Free Library, Rockin' Around the Clock, Walking with Veterans, Walking the USA A-Z: W*

DESCRIPTION: Come join us in Winter Park for a 5 or 10K walk. Register between 8:30-9:15 am. Walk fee is \$3 per participant and children under 13 are free. Always carry water. Wheelchairs are not recommended due to lack of sidewalks but strollers are OK. Pets are allowed. Event: SE21/Y0394. Trail Ratings: 1A (sidewalks). Information: Dan at 321.338.7093, dnlcssb@aol.com.

DIRECTIONS: Map [148 W Morse Blvd - Google Maps](#).

GPS: 28.5970294,-81.3540675 . To 148 W. Morse Ave. Winter Park from Orlando take I-4E to Exit 87, Fairbanks Ave. Turn right (left from I4/W) for 1.8 miles into Winter Park. Turn left on New York Ave. Turn right on Morse Ave. and right into parking. From FL436N/S turn left on Aloma Ave. (right from FL436S) for 3.1 mi. Both turn right on New York. Turn right on Morse Ave. and right into parking. Questions on day of the event, call Cathy, 407.375.2387.

Award: Credit only.

DATE: 31 July 2021
LOCATION: The Villages @ Lake Sumter Landing
EVENT: 5K & 10K Walks
START: Register between 9:00am - 9:45am

AVA Special Programs, *Rockin' Around the Clock Walking the USA A-Z: V*

DESCRIPTION: Come join us in The Villages for a 5 or 10K walk open to anyone. Register between 9-9:45 am. Walk fee is \$3 per participant, and children under 13 are free. The routes on sidewalks and multimodal recreation trails provide views of Lake Sumter, Lake Sumter Landing Town Square, gardens, residential, business, and athletic areas of The Villages. Always carry water. Wheelchairs & strollers are OK. Pets are allowed. Event: SE21/Y1470. Trail Ratings: 1A (sidewalks). Information: Dan at 321.338.7093, dnlcssb@aol.com.

DIRECTIONS: Map [The Waterfront Inn - Google Maps](#) GPS: 28.909619,-81.977838 The Waterfront Inn is at 1105 Lake Shore Drive, hours 7am-6pm daily. From Orlando use FL 408W to the Turnpike to exit 304. Turn right on US 301 for 5.8 mi to County Rd 472. Turn right for 2 mi. Right at Buena Vista Blvd for 3.5 mi. Left on Old Mill Run to Inn. From US 441N go left at County Rd. 466 in Lady Lake for 2.9 mi. Left on Morse Blvd across bridge to first roundabout. Right on Old Mill Run. Right on Lake Shore Dr. to The Waterfront Inn. Questions on day of walk, call/email jvanvlack@gmail.com, (317) 300-0526..

Award: Credit only

August Events

7 August: Celebration #1 from Starbuck's
21 August: Orlando South from Beardall Senior Center

July 2021 Events

Mid-Florida Milers Walking Club



31 Years
walking in
Central Florida
est 1989

3 July 2021 - Saturday

Lake Buena Vista @ Pirate's Cove Adventure Golf

7/10 km walks

17 July 2021 - Saturday

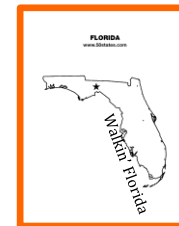
Winter Park @ AMTRAK Station

5/10k walks

31 July 2021 - Saturday

The Villages @ Lake Sumter Landing

5/10k walks



WalkFlorida.org

midfloridamilers.org

[@midfloridamilerswalkingclub](https://www.facebook.com/midfloridamilerswalkingclub)

AVA: America's Walking Club

AVA
Fun, Fitness, Friendship



SANCTIONED EVENT

Eligible for credit toward IVV Achievement Awards