

INFORMATION CONTACT: midfloridamilers@hotmail.com,
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407.695.9181

STIPULATIONS: The event is free and open to everyone. The event takes place regardless of weather conditions.

PROCEDURE: Arrive between the start times; participants register on a start sheet. Walk route instructions are provided and participants walk at their pace, normally taking 1 hour for 3 miles (5 kilometers) and 2 hours for the 6 miles (10 kilometers). The walk returns to the start and 2.5-3 hours are normally provided to complete it. Please return your start card before leaving.

PARTICIPATION: People of all ages are welcome to participate. An adult must accompany children under 12. This is a great family event.

REGISTRATION: Register at the start and begin the walk.

FOOD and WATER: Water and hard candy are available at the Start and any checkpoints; however it is necessary that you carry your own drinking water.

SANCTIONED: The American Volkssport Association sanctions these events. Walkers for credit are reminded to bring their IVV books (event and distance). Fee for the AVA record books stamp at the walk is \$3.00. No refunds are made after registration.

DISCLAIMER: The sponsors will expend every reasonable effort to make this event safe and enjoyable for all; however, Mid-Florida Milers, Florida Volkssport Assn, and AVA are not liable for accidents, thefts, and/or material damage.

PRE-REGISTRATION: None

AWARD: Credit Only

FEES: The walks are free.

SPECIAL PRIZES/GROUP AWARDS: None

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DATE: 6 March 2010

SANCTION NO: 86688

LOCATION: Town Tavern, Harmony

START TIME: 9:00-10:30

FINISH TIME: 1:30

DISTANCE(S): 5 and 11 Km

AVA Special Prg.; Walk USA A-Z

DESCRIPTION: These 5 & 11 km walks in Harmony start anytime between 9-1030. "The Harmony project originally began as **the Harmony Institute**, a non-profit foundation created by former Orlando Humane Society/SPCA of Central Florida director **Martha Lentz** in 1996. As the guiding light of the developing Harmony community, the Institute exists to promote the psychological, emotional and public health values of living in an integrated balance with pets, wildlife and environmental ecologies.

As co-founders of Harmony, Martha and her husband Jim considered a number of locations for the Institute's headquarters site, finally arriving at the current property – 11,000 acres of pristine Florida nature, an area known historically as the Triple E Ranch. The Institute and development company formed a partnership to develop the land. There are about 1000 residents." The 10K walk combines the town and trails and the 5K walk is in the town. Wheelchairs and non-jogging strollers are not recommended and pets are allowed. The walk is free and Event record books are stamped for a \$3.00 fee. The event takes place regardless of weather conditions. Information, call 407.695.9181.

DIRECTIONS: To get to Harmony at 7255 E. Irlo Bronson Memorial Hwy (US 192/US 441) plan on 45 minutes. From the west use US 441, OBT, and go south and turn left at US 192/US 441, pass through St. Cloud, and arrive at Harmony. Use the 2d entrance, Harmony Square, and turn left to the Golf Club on the right. From east Orlando use SR 15, Goldenrod that becomes Narcoossee, or SR 417 to Exit 22, Narcoossee Rd. and turn left. At US 192/US 441 turn left to Harmony following the directions above. Call 407.304.6394 on the day of the event.

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DATE: 13 March 2010

SANCTION NO: 86468

LOCATION: Leesburg, Venetian Gardens.

START TIME: 9:00-10:30

FINISH TIME: 1:30

DISTANCE(S): 5 and 10 Km

AVA Special Prg: Artistic Heritage, Firehouses, Historic Churches, Honoring Law Enforcement, Railroad Heritage, USA A-Z

DESCRIPTION: These 5 & 10 km walks start anytime between 9-10:30. Welcome to Leesburg, the Lakefront City. This walk winds along the shores of beautiful Lake Harris, through attractive neighborhoods, and into the Downtown Historic District. It ends back at Venetian Gardens Park, location of the Venetian Cove Marina and Pat Thomas Stadium, home of the Leesburg Lightning, champions of the Florida Collegiate Summer League. Wheelchairs and strollers may find the dirt road surface along the lake difficult. Pets are allowed. The walk is free and Event record books will be stamped for a \$3.00 fee. The event takes place regardless of weather conditions. Restrooms are available at the start. For information, call Pete Fournier at 352-787-6462.

DIRECTIONS: Venetian Gardens is at 109 East Dixie Avenue, Leesburg. From Orlando use SR 50 to US 27 and turn right to Leesburg. In Leesburg turn right on East Dixie to the start. From

Orlando use SR408/Turnpike to exit 285. Exit onto US 27 and turn right to Leesburg. In Leesburg turn right on East Dixie to the start. From Daytona go on I-4 to exit 101C, SR 46 and turn right. Merge onto US 441 towards Eustis and then in Leesburg, turn left on East Dixie to the start. From Tampa use I-275 to I-75 . Exit at #329, Wildwood and turn right for 12 mi. Turn right on SR 44/South Street 3 mi to start on right. Call 352-672-1473, or 352-672-1465 on the day of the event.

Our 21st Year in Central Florida



DATE: 20 March 2010
SANCTION NO: 86467
LOCATION: Winter Park, Crosby YMCA
START TIME: Register 8:30-9:00; group walks at 9:00
FINISH TIME: Open
DISTANCE(S): 5 and 10 Km

AVA Special Prg: 50 States; Museum, Church, Artistic Heritage, Firehouse, Cemetery, RR Heritage Gardens USA A-Z

DESCRIPTION: The walk will pass the Winter Park Art Festival. The Mid-Florida Milers offer a group walk of one of their year-round events once each month. This gives an opportunity for those who do not enjoy walking alone, or who want to share fellowship with other walkers, to enjoy these trails. Directions are provided for all routes. Wheelchairs and strollers are an easy difficulty and pets are allowed. The walk is free and Event record books are stamped for a \$3.00 fee. The event takes place regardless of weather conditions. The 10 km walk is a tree lined walk around lakes and through residential areas. Restrooms are available at ORMC. Information, call 407.304.6394.

DIRECTIONS: To Crosby Wellness Center/YMCA at 2005 Mizell Avenue, Winter Park, from Orlando take I-4 east to Exit 87, Fairbanks Ave. and drive right/east for 3.5 miles thru Winter Park (becomes Aloma). Turn right on Lakemont Ave. From East Orlando or Cocoa on SR 417 use Exit 38, Aloma, and turn west/left, drive 6 miles. Turn left on Lakemont at Walgreens (on left). For both: Then at the 1st light, turn left on Mizell Ave. Go 2 blocks and turn right on Edinburgh, then left into the Crosby Wellness Center/YMCA. Call 407.304.6394 on the day of the event.

Mid-Florida Milers Walking Club
www.midfloridamilers.org

5 and 10 km walks

6 March 2010 - Saturday
Harmony
Start Between 0900-1030

13 March 2010 - Saturday
Leesburg – Venetian Gardens
Start Between 0900-1030

20 March 2010 - Saturday
Winter Park – Crosby YMCA
Start Between 0830-0900

