

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

DATE: 3 July 2010

SANCTION NO: 86774

LOCATION: Trailhead Park, Minneola, off US 27
Minneola

START TIME: 9:00-10:30

FINISH TIME: 1:30

DISTANCE(S): 5 and 10 Km

AVA Special Prg.; USA A to Z, RR heritage

DESCRIPTION: These 5 & 10 km walks on part of the Lake County Trail that connects to the West Orange Trail. The walk will be on the trail, in Minneola, and in Clermont. Wheelchairs and strollers are OK 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: From Orlando take SR 408 west to the Turnpike to Exit 272, SR50. Turn left and drive to Clermont, turning right on SR 27 just before overpass. From Tampa go to Brooksville and east on SR 50 and turn left on SR 50 or I-4 to SR 27 to Exit 55 and drive north to Clermont. From Daytona use I-4 to SR 408 and follow Orlando directions. Minneola Trailhead is about 2 miles north of SR 50 off SR 27. Turn right on Washington (light), right on Bloxham, left on Madison to Trailhead. Call 407.304.6394 on the day of the event.

DATE: 10 July 2010

SANCTION NO: 84630

LOCATION: ORMC, Orange Ave, Orlando

START TIME: Register 8:30-9:00; walk together at 9:00

FINISH TIME: Open

DISTANCE(S): 5 and 10 Km

AVA Special Prg: USA A-Z; Museum, Artistic Heritage, Firehouses; Veterans Memorial, Church Heritage

DESCRIPTION: 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 walk is in Downtown Orlando.

Restrooms are available at start & Lake Eola. Information, call Mike Lanpher at 407.695.9181.

DIRECTIONS: Drive to Orlando on I-4, take Exit 82A, SR 408, east (to Titusville) to the first exit, 10B, Orange Ave. Circle to right and turn left onto Orange Ave. and at the 3d light, turn right on Columbia. See # From Tampa on eastbound I-4 take Exit 81B, Kaley, turn to right (east) and at Orange Ave. turn left to Columbia; then turn left. See ## OR From westbound SR 408 exit at Rosalind, turn left to Orange Ave. Turn left and go 5 lights to Columbia and turn right. ## After turn go one block and turn left on Kuhl Ave. Go right on Copeland again and turn left into 2nd entrance of parking building. Parking is \$4.00. Walk 1/2 block to ORMC hospital main entrance. Call 407.304.6394 on the day of the event.

ReMEMBER to ReNEW

Our 21st Year in Central Florida



replaces



DATE: 17 July 2010
SANCTION NO: 86775
LOCATION: Publix Market, Metro West Village, Orlando
START TIME: 9:00-10:30
FINISH TIME: 1:30
DISTANCE(S): 5 and 10 Km
AVA Special Prg: USA A-Z

DESCRIPTION: Walk in the large residential areas of Metrowest. Join us for a Mexican lunch at Taquitos Jalasco after the walk at 1130-1200. Wheelchairs and strollers are acceptable and pets are allowed (though not in the restaurant). Information, call Mike Lanpher at 407.695.9181. Entrance has 4 horse statue to Metro West Village.

DIRECTIONS: Start at the Publix at 2435 S Hiawasse Rd. Orlando, FL 32835-6346. From I-4, exit at Kirkman Rd north (Exit 75) to Conroy-Windermere (1.5 miles). Turn Left to Hiawasse Rd. Turn right for 1.8 miles and the start is in the Metro West Village on the right at Westpointe. From SR 408 use exit 5, Hiawasse and go south and drive 2.6 miles to Metro West Village on the left at Westpointe Dr. Call 407.304.6394 on the day of the event.

DATE: 31 July 2010 **Happy Wanderers**
SANCTION NO: 86876
LOCATION: MORNING 10K/5K WALK AND BREAKFAST
ST. AUGUSTINE BEACH, Start/Finish: St. John's County Park,
350 A1A Beach Blvd.
START TIME: 7:30-8:00; **FINISH TIME:** 11:30
DISTANCE(S): 5 and 10 Km
DIRECTIONS: From I-95 take Exit 311 onto Hwy 207 east toward St. Augustine/Beach and go about 3 miles. Turn right onto SR 312. Cross A1A and SR312 becomes A1A Beach Blvd. Continue exactly 1 mile and turn left into St. John's County Park across from Chevron station. From US 1 turn right (east) onto SR 312 and follow above directions. Join HW for an interesting buffet breakfast after the walk at Café Eleven in a relaxed, casual atmosphere.

- Note our upcoming Mid Florida Milers walks
- 7 August Altamonte Springs
 - 14 August Winter Park
 - 14 August Anniversary Luncheon
 - 21 August Winter Springs

ReMEMBER to ReNEW

5 and 10 km walks

3 July 2010 - Saturday
Trailhead Park Minneola
Start Between 0900-1030

10 July 2010 - Saturday
ORMC Orlando Downtown
Register Between 0830-0900; walk at 0900

17 July 2010 - Saturday
Metro West Village Publix
Start Between 0900-1030

31 July 2010 – Happy Wanderers Saturday
Morning breakfast @ St Augustine , St. John's Park
Register 7:30, Start at 8:00



Mid-Florida Milers Walking Club
www.midfloridamilers.org