

INFORMATION CONTACT: midfloridamilers@hotmail.com,
www.midfloridamilers.org, or Mike Lanpher, mlanpher@cfl.rr.com,
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: 7 August 2010

SANCTION NO: 87150

LOCATION: Cranes Roost Park @ Starbucks

START TIME: 9:00-10:30

FINISH TIME: 1:30

DISTANCE(S): 5 and 10 Km

AVA Special Prg.; USA A to Z

DESCRIPTION: These 5 & 10 km walks are in the area north of the park and in the mall. Wheelchairs and strollers are OK though many streets have no sidewalks; pets are allowed. The walk is free and event record books are stamped for a \$3.00 fee. There is parking near Starbucks and store parking lots in the Uptown Altamonte business district. Pets not allowed in the Plaza or Amphitheater. The event takes place regardless of weather conditions. Information, call 407.695.9181.

DIRECTIONS: To Starbucks at 355 E Altamonte Drive Altamonte Springs, FL 32701 from Orlando or Daytona take I-4 east to SR 436, exit 92. Turn right (left from Daytona) to the 2d light (Festival) and turn left & then Right immediately after Uptown. Drive into the parking lot and Starbucks is to the right catty-corner to Jason's Deli. Park and look for us on the patio. Call 407.304.6394 on the day of the event.

DATE: 14 August 2010

SANCTION NO: 84631

LOCATION: Crosby YMCA, Winter Park

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

FINISH TIME: Open

DISTANCE(S): 5 and 10 Km

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

DESCRIPTION: The Mid-Florida Milers offer a group walk of one of their year-round events once each month. 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 shaded Winter Park. Restrooms are available at start & Winter Park. Pets are allowed. Information, call Mike Lanpher at 407.695.9181.

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 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.

ReMEMBER to ReNEW

DATE: 14 August 2010

OCCASION: 21st Anniversary Meeting and Luncheon

LOCATION: Giovanni's Restaurant, Winter Park

START TIME 1130-1200

DIRECTIONS: 1915 Aloma Avenue, Winter Park, 2 blocks from the walk Start. Please provide an RSVP so we can provide a count, 407.695.9181.

DATE: 21 August 2010
SANCTION NO: 87151
LOCATION: Central Winds Park, Winter Springs
START TIME: 9:00-10:30
FINISH TIME: 1:30
DISTANCE(S): 5 and 10 Km

AVA Special Prg: USA A-Z

DESCRIPTION: 5 & 10 km walks start between 9 am and 10:30 am (arrive anytime) and are completed by 1:30 pm at Central Winds Park, Winter Springs.

The walk is in the residential areas of Winter Springs and on the Cross Seminole Trail. The walk is free and Event record books are stamped for a \$3.00 fee. Wheelchairs and strollers are acceptable and pets are not allowed in Central Winds Park. There is an adjacent Dog Park that you can start from with pets, contact POC for info. Information, call Mike Lanpher at 407.695.9181.

DIRECTIONS: To the park at 1000 E State Road 434, Winter Springs, from SR 417 (toll) use Winter Springs exit 44 and drive 3 mi. west past Tuskawilla Dr. to the Park on the right just past City Hall. From I-4 use exit 94 and turn east for 8 miles crossing SR 427 and US 17-92. The Park is on the left 3.6 mi. past US 17-92. The start is in the northwest (left) corner near the playground. Call 407.304.6394 on the day of the event.

Note our upcoming Mid Florida Milers walks

- 4 Sept Maitland Community Park
- 11 Sept Lake Buena Vista
- 18 Sept Wekiwa Springs State Park

Both NEW and RENEWING members will receive the beautiful green-bag (pictured below) displaying our new **MFM Club Logo** framed by the eye-catching captions: **Ask Me About Walking & Fun, Fitness, Friendship.** One bag will be given for each individual membership and two bags for each family membership. Between June 1 and August 14, new and renewing MFM Members may buy 1 extra bag for \$3 (one extra bag per individual and one per family memberships).



ReMEMBER to ReNEW

www.midfloridamilers.org

Our 21st Year in Central Florida



5 and 10 km walks

7 August 2010 - Saturday

Altamonte Springs – Cranes Roost Area
Start Between 0900-1030

14 August 2010 - Saturday

Winter Park - Crosby YMCA

Register Between 0830-0900; walk at 0900
followed by

21st Anniversary Lunch and Meeting

Winter Park - Giovanni's Restaurant
Arrive 1130-1200

21 August 2010 - Saturday

Winter Springs – Central Winds Park
Start Between 0900-1030

