



Fun, Fitness, Friendship

INFORMATION CONTACT:

midfloridamilers@hotmail.com, www.midfloridamilers.org,
Mike Lanpher at mlanpher@cfl.rr.com, 407.695.9181.

STIPULATIONS: The event is free, is open to everyone and takes place regardless of weather conditions. No refunds are provided after the start of the walk.

PROCEDURE: Arrive between the start times and register on a start sheet. Detailed walk route instructions are provided and 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). The walk returns to the start and 3 hours are provided to complete it. Please return your start card, if provided, before leaving.

PARTICIPATION: This is a fun event for all persons. People of all ages are welcome to participate though an adult must accompany children under 12.

REGISTRATION: Register at the start and begin the walk.

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

SANCTIONED: This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports.

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.

AWARDS: None

FEES: Walks are free. Fee for AVA credit is \$3.

DATE: 4 February 2012

SANCTION NO: Y0152

LOCATION: Orlando, Orlando Regional Medical Center

START TIME: Between 9:00-9:30

DISTANCES: 6 and 10 Km

AVA Special Prg: USA A to Z – O, Bakeries, Rainbow.

DESCRIPTION: Walk in downtown Orlando with notes of homes and locations on the route. Strollers and wheelchairs are acceptable. Participants should carry water. Pets are allowed. Rated 1A. For information, contact Mike Lanpher at mlanpher@cfl.rr.com, 407.695.9181.

DIRECTIONS: From Daytona on I-4: Take Exit 82A (SR408, East-West Expressway) east toward UCF. Travel a short distance & exit on 10B, Orange Ave. as it circles to right. Turn left at Orange Ave. At the 2d light, turn right on Columbia St. (See##). From westbound SR408: Exit at Rosalind, turn left to Orange Ave. Turn left on Orange, go 4 lights and turn right on Columbia St. ##After turning onto Columbia St. go one block and turn left on Kuhl. Turn left on Underwood, then left into parking garage. From garage, walk 1/2 block further on Kuhl to hospital entrance. Parking is \$4.00. Call Mike at 407.304.6394 for info on day of event.

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DATE: 18 February 2012

SANCTION NO: 92412

LOCATION: Oviedo, Lawton Elementary

START TIME: Between 9:00 —10:30, finish by 1:30

DISTANCES: 5 and 10 Km

AVA Special Prg: USA A to Z - O

DESCRIPTION: The Mid Florida Milers will walk starting from the school and walk on the Oviedo neighborhoods and streets and Cross Seminole trail. Restrooms are at the start. Please carry water. Strollers and Wheelchairs are OK. Pets are allowed. Rated 1A. For information contact Mike Lanpher at mlanpher@cfl.rr.com, 407.695.9181.

DIRECTIONS: To Lawton Elementary at 151 Graham Avenue, from I-4 use exit 82 onto eastbound SR 408 (toll) and drive to SR 417 northbound toward Sanford. Use exit 41, Red Bug Lake Rd., and turn right. Go to the left lane and turn left at the next light Aloma Ave./SR 426. Follow past the high school now on Broadway. Lawton is on the right just past Lake Jessup Ave. From Daytona use I-4 and SR 417 to Exit 41, turn left, and follow above directions. Call Mike at 407.304.6394 for info on day of event.

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March 2012 Events

**3 March Winter Park Crosby YMCA
17 March Winter Garden Chapin Station
Lunch at the Pavilion**

April 2012 Events

**7 April Celebration #1 or #2
21 April Mead Garden Winter Park**

Our 22d Year in Central Florida



5 and 10 km walks

**4 February 2012 – Saturday
Orlando ORMC**

Start Between 9-9:30, finish at your leisure

18 February 2012 – Saturday

**Oviedo Lawton Elementary
Start Between 0900-1030, finish by 130**

Mid-Florida Milers Walking Club

www.midfloridamilers.org

