

**INFORMATION CONTACT:** Mike at 407.695.9181, [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com). Rosemary at 407.920.3174, [rbarna1949@gmail.com](mailto:rbarna1949@gmail.com). Website: [midfloridamilers.org](http://midfloridamilers.org)  
Facebook: <https://www.facebook.com/groups/944495342308231/>

**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). Please check in at the finish when you return so we know you have completed the event.

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

**FOOD and WATER:** Water and hard candy are available at the start and any checkpoints. For your safety carry your own drinking water.

**SANCTIONED:** This event is sanctioned by AVA - America's Walking Club ([ava.org](http://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. 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:** Trailmaster: [mlanpher@cfl.rr.com](mailto:mlanpher@cfl.rr.com);  
President: [rbarna1949@gmail.com](mailto:rbarna1949@gmail.com)

**DATE:** 1 January 2019  
**LOCATION:** Oviedo Miller's Ale House  
**EVENT:** 6 & 10K Walks & lunch  
**START:** Between 9:30-10:15

**AVA Special Programs:** Points of Reference, Walk in a City Park, Walk the USA St. by St., Little Free Libraries, Walking the USA A – Z: O.

**DESCRIPTION:** This New Years Day walk is the 25th event for the club and in celebration we have moved far away from the tourist areas. Registration is 9:30-10:15 and lunch follows at the Ale House when you return after 11. The 6 & 10 km (3.7 & 6.2 mi) walk routes are tree lined walks in residential areas. Pets are allowed but not in the restaurant. We will explore the new Oviedo in the Park, walk the Cross Seminole Trail, and see some of Oviedo's expansion on the walk and as you drive in and out. Come for lunch from the menu and a fun time in this new area. Wheelchairs and strollers welcome. Trail Rating 1A; Sanction No: SE/ 113384

**DIRECTIONS:** Map: <https://tinyurl.com/OviedoAleMFM>  
GPS: 28.655138, -81.2140579 . To the Ale House at 312 W Mitchell Hammock Rd, Oviedo, FL, use FL408E to FL417N. Use exit 41, Red Bug Lake Rd. and turn right. (left from FL417S). Go 1.1 mile to Ale House on the right at golf practice facility. From I-4W take exit FL417S at Exit 101C. Use exit 41, Red Bug Lake Rd. and turn right. (left from FL417S). Go 1.1 mile to Ale House on the right at golf practice facility. Questions on day of walk, call 407.304.6394.

**Award:** Credit Only

**DATE:** 5 January 2019  
**LOCATION:** Winter Park AMTRAK Station  
**EVENT:** 5 & 10K Walks  
**START:** Between 9:00-9:30 am

**AVA Special Programs:** Bridges - Spanning the USA, Ice Cream Parlors, Make a Wish at a Water Fountain, Points of Reference, Take a Walk in a City Park, United States Post Offices, Walk the USA - Street by Street, Walking the USA A – Z: W.

**DESCRIPTION:** This is a new route for 2019. Register between 9:00-9:30 am for the 5 & 10km walk routes on beautiful Park Ave., Central Park, and Lake Maitland (10km). The 5km route is all in residential areas and Park Ave. Wheelchairs and strollers possible but some streets have no sidewalks and Kraft Azalea park is bypassed. Restrooms are available at the Start/Finish and Lakemont YMCA (10km) only. Leashed pets are allowed (except in Parks). Trail rated 1A. Carry water for your safety. Restrooms at start and YMCA (10K). Sanction 2019/Y0394. Pets are allowed. Wheelchairs

and strollers possible but some streets have no sidewalks and Kraft Azalea park is bypassed. Trail Rating is 1A. Info, call 407.695.9181.

**DIRECTIONS:** Map: [TinyURL.com/AMTRAK-MFM](http://TinyURL.com/AMTRAK-MFM)

**GPS:** 28.5977164,-81.3518508. To 148 E Morse Ave. Winter Park from Orlando take I-4E to Exit 87, Fairbanks Ave. Turn right (left from I-4/W) for 1.8 miles into Winter Park. Turn left on New York Ave. Turn right on Morse Ave. and right into parking. From east on SR417S use exit 38, Aloma Ave, and Café turn right (left from SR417N) for 6.2mi. From SR436N turn left on Aloma Ave (right from SR436S) for 3.1mi. Turn right on New York. Turn right on Morse Ave. and right into parking. Call for info on day of event at 407.304.6394.

**Award:** Credit only.

**DATE:** 19 January 2019

**LOCATION:** Apopka

**EVENT:** 5 & 10K Walks

**START:** Between 9:00 - 9:30 am

**AVA Special Programs:** Walk in a City Park, Bridges, Little Free Libraries (530 S Park Ave), Walk the USA St. by St., Points of Reference, Walking the USA A – Z: A.

**DESCRIPTION:** Walk with the Mid Florida Milers in the town of Apopka. Walk downtown past City Hall and the museum, the West Orange Trail, and in residential areas of the city. Restrooms are available near the start. Wheelchairs and strollers are acceptable. Pets are allowed on the walk route but not in the park for registration/finish. Trail Rating is 1A/ Sanction 113408. Call for information to 407.695.9181.

**DIRECTIONS:** Map Kit Land Nelson Park is at 10 Forest Ave. The Park is between 1st St. and Orange St. on Park Ave. From Altamonte Springs and I-4 (exit 92/SR 436W) drive left from Orlando to Apopka; turn right on Park Ave (1 block after the overpass) for .3 miles to Orange St and turn right. Park on the street and walk to the start at the east end of the park. From Orlando on SR 441N follow above directions after entering Apopka. From Mt. Dora on SR 441S, turn left on Park Ave and follow above directions. From Tampa or Ocala use SR 429N (toll) to SR 551 (Exit xxx) to SR 441S. Turn Right to Apopka and follow Mt. Dora Directions. Call 407.304.6394 on the day of the event. Call for info on day of the event to 407.304.6394.

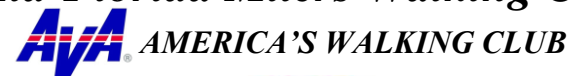
**Award:** Credit only.

Upcoming Walks

- 2 Feb Orlando South, Beardall Sr. Ctr.
- 16 Feb Publix @Hunt Club

# January 2019 Events

## Mid-Florida Milers Walking Club



1 January – Oviedo

Miller's Ale House 6/10 km walks

5 January – New Winter Park

AMTRAK Station 5/10 km walks

19 January – Apopka

Kit Land Nelson Park 5/10 km walks



[Walking in Florida.org](http://Walking in Florida.org) [midfloridamilers.org](http://midfloridamilers.org) [MFM Facebook](https://www.facebook.com/midfloridamilers)

AVA: America's Walking Club



Fun, Fitness, Friendship



SANCTIONED EVENT

Eligible for credit toward IVV Achievement Awards