



CITY OF LAKELAND

5/10K WALK

October 2, 2010



General Information and Sponsors: The Mid-Florida Milers and the Suncoast Sandpipers Walking Clubs will host a noncompetitive, go-at-your own pace city walk in Lakeland, Florida. Event distances are 5K (3.1 miles) and 10K (6.2 miles). *Everybody is welcome!* The clubs would like to recognize the Lakeland Public Library for providing the meeting room and kitchen facilities free of charge. Sponsors will make every effort to hold safe and memorable events but are not liable for accidents, thefts, and/or material damage. Event will be held rain or shine.

Location/Times: The start/finish point is inside the Lakeland Public Library, 100 Lake Morton Drive. The library does not open until 9:00. You may begin any time between 9:30 –11:00 a.m.; finish by 2:00 p.m. Lunch will be served until 1:30 p.m. Parking is available in the library parking lot. While leashed pets are permitted on the walk, they are not allowed in the library building.

Event Description: The two clubs meet in the middle between Orlando and St. Pete to combine forces and showcase a truly nice city, its swans, Florida Southern University, and a very nicely laid out downtown area. A great Oktoberfest lunch featuring bratwurst, German style salads, and chocolate cherry bars will finish the event. Many AVA Special Programs include: Museum, Gardens, Artistic Heritage, Law Enforcement, Firehouses.



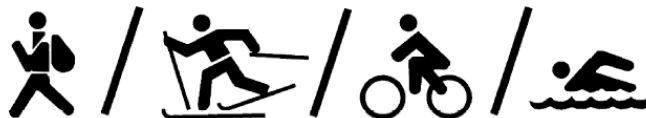
Trail Description: Choose either the 10K or the 5K route. Walk is rated 1+, not suitable for wheel chairs but ok for sturdy strollers. Water and candy will be available at the start, checkpoints and finish but carrying water is highly recommended. Using written walk instructions, you stroll through Florida Southern College, which contains the largest on-site collection of Frank Lloyd Wright architecture in the world. Wright referred to his work as "organic architecture." He believed a building should flow harmoniously with its natural surroundings. You'll have a chance to see

up close the "Child of the Sun" structures designed by this influential architect. View scenic, swan-filled lakes that give the city its name. The restored downtown area offers quaint shops, galleries, restaurants and cafes. The route also goes around the beautiful Mirror Lake and through Hollis Garden, whose design and plant life depict the history of Florida.

Volkssports: The Mid-Florida Milers and Suncoast Sandpipers are volkssport clubs belonging to the American Volkssport Association (AVA), a member of the International Volkssportverband (IVV). Volkssporters track their achievements in sanctioned events by earning and documenting volkssport credit. The AVA has sanctioned today's walk as event #87498. If you would like to learn more about volkssporting, visit the information table.



Fun, Fitness, Friendship



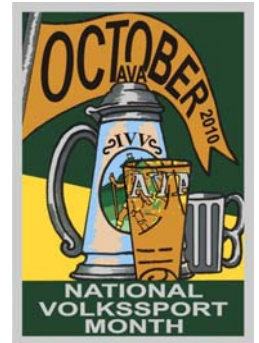
Directions: From Orlando, take I-4 west to exit 33. Take exit 33 toward FL-33/Lakeland for a short distance. Turn LEFT at CR 582, N Socrum Loop Rd. One half mile later, make a slight right at FL SR 33/S Lakeland Hills Blvd. Continue to follow FL 33 south for 3 mi. Continue onto N Massachusetts Ave and, after a short distance, turn LEFT at Bartow Rd (US 98). Turn RIGHT after .8 mi on S Ingraham Ave. Turn RIGHT on Palmetto to library on right. From Tampa, take I-4 east to exit 32. Take exit 32 on to US 98, Florida Ave, for 2.8 miles. Turn left on US 98/Bartow Rd. for 1 mile to Ingraham. Go 0.4 miles to Palmetto. Turn right on Palmetto to the Library and Museum on the right just before the lake. From south Florida, take US 98 N into Lakeland. After passing Bonnie Park, turn LEFT at Hollingsworth Rd. Turn RIGHT on Palmetto; and, before lake, turn right into library parking lot. Lost? Call 727-542-9742.



Points of Contact: For more information, directions, or additional brochures, contact: Rosemary Barna, PO Box 4875, Winter Park, FL 32793/(407) 920-3174/barnar@bellsouth.net (Orlando area) or Alice Lawrence, PO Box 2514, Largo, FL 33785/(727) 595-2173/pipers@tampabay.rr.com (Tampa area). Check out future club events at Midfloridamilers.org and Suncoastsandpipers.org. Don't miss Walk Around Florida 21: a salute to Florida's Suncoast with 4 walks to be held Nov 19-21

Fees: The walk can be done for free; volkssport credit is \$3; the award, the National Volkssport Month patch, is \$2; Oktoberfest lunch is \$5. Lunch will be reserved only with payment. Because of library policy, we cannot collect money in the facility. We'll let you know at the start what you owe for payment at the checkpoint. Preregistration is recommended.

Preregistration: Please fill out form, checking applicable columns, and send with check to: Suncoast Sandpipers, PO Box 2514 Largo FL 33779 by Sep 25. *Preregistration is not necessary but there are only 10 patches. We cannot take reservations for lunch without advanced payment.*



Name	Walk	Volkss. Credit	Patch	Lunch
\$ Total:				_____
Address				
Phone #				
E-Mail				

