



5/10k Walk in Lakeland on Mar 31

Sponsored by the Mid-Florida Milers & Suncoast Sandpipers

Introduction: Join the Milers and Sandpipers as they meet midway between Orlando and St. Petersburg to showcase a true Florida treasure, the city of Lakeland, with a noncompetitive walk to which EVERYONE is welcome. Leashed pets are allowed but not in the library. For more info call Alice at 727-595-2173.

Easter Parade: Let's celebrate the upcoming holiday by wearing our finest bonnet. Winner will take home an Easter basket!

Registration: Register in the Lakeland Public Library, 100 Lake Morton Dr. anytime from 9:30—11 a.m. (Library opens at 9 a.m.). Finish by 2 p.m.

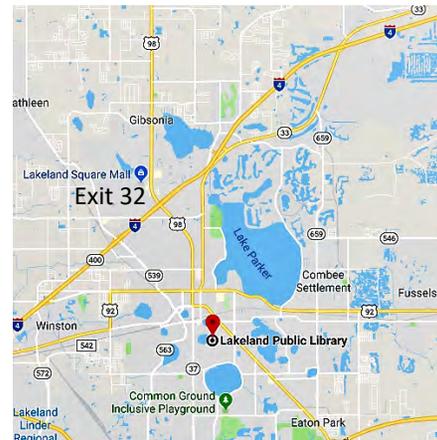
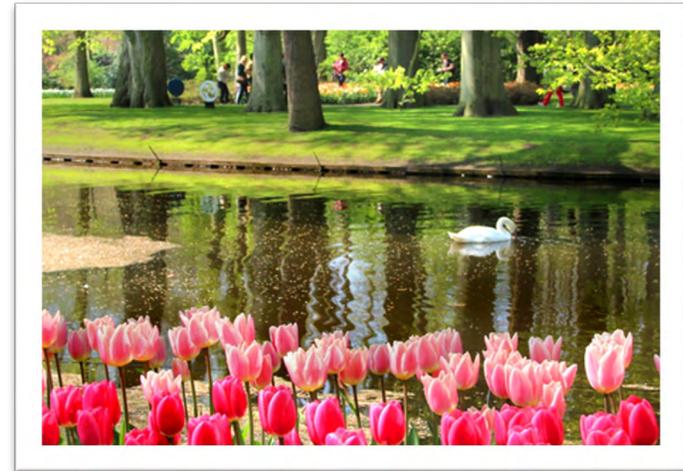


Trail: Walk a 10K or the 5K route, strolling through Florida Southern College, home to the largest on-site collection of Frank Lloyd Wright architecture in the world. Wright referred to his work as "organic architecture," with buildings flowing harmoniously with natural surroundings. You'll see up close Wright's celebrated "Child of the Sun" structures. Also on the way are scenic, swan-filled lakes that give the city its name, the beautiful Lake Mirror, and Hollis Garden, whose design and plant life depict Florida history. The restored downtown area offers quaint shops, galleries, restaurants and cafes. Walk route is rated 1A, not suitable for wheel chairs but ok for sturdy strollers.



Fees: Basic walk fee is \$2; kids 12 & under are free. For volkssport credit, add \$1. Lunch is \$5. This event, #110731, is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports (IVV) and counts towards acquisition of IVV Achievement Awards. If you are interested in volkssports, check out ava.org or ask for information at the start. **NOTE:** we can't accept money in the library but will set up a collection site on walk trail. Please bring correct change or preregister.

Refreshments: Water & candy will be at start/finish & checkpoints; carrying water is recommended. After the walk, enjoy an Easter ham sandwich lunch, with holiday sides, served from 11 a.m. to 2 p.m. (preregistration required.)



Directions: From Orlando, take I-4W to exit 32, Lakewood/Dade City; turn left onto US 98S/N. Florida Ave. From Tampa, take I-4E to exit 32, Lakewood/Dade City; turn right onto US98S/N. Florida Ave. BOTH: drive 4 miles crossing Memorial Blvd., railroad tracks, and Orange St. Left at Walnut St. (light) at 4-story, white, Center State Bank bldg. Left on Lake Morton Dr. Left on Palmetto St. after library sign. First left into library lot. Registration room is immediately left after entering library. *Do not come early.*

Disclaimer: The AVA or its subsidiary clubs are not responsible for theft or loss of personal belongings or property. All participants must sign a waiver (adults sign for kids).

Preregistration: Please fill out form, marking applicable columns, and send with check to Suncoast Sandpipers PO Box 2514 Largo FL 33779 by **Mar 26**. We can't take reservations for lunch without advanced payment.

Name	Walk \$2	Credit \$1	Lunch \$5
Phone #			
E-Mail			