**ROUTES**
**INFORMATION:** Website: [midfloridamilers.org](http://midfloridamilers.org)
Facebook: [Link](#)

**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.

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

**WATER:** For your safety carry your own drinking water.

**SANCTION:** 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. Exact change or checks would be appreciated. No refund of the fee is provided after the start of the walk.

**CONTACT US:** President: Cathy at 407.375.2387, mcbmetherell@aol.com; VP: Dan at 321.338.7093, dnlcssb@aol.com

**DATE:** 3 September 2022 (Saturday)
**LOCATION:** Winter Park @ AMTRAK Station
**EVENT:** 5K & 10K Walks
**START:** Register 8:30–9:15 am
**AVA Special Programs:** Rockin’ Around the Clock, Town Halls/City Halls, Walking the USA A–Z: W

**DESCRIPTION:** The 10K weaves along oak-shaded downtown Winter Park, residential, lakes, and college areas. See Winter Park's fine shops and the excellent restaurants along Park Ave. A must-see is the Morse Museum’s display of Tiffany glass art. The 5K walks thru marvelous residential areas. Some streets have no sidewalks. Restrooms and water are available along the route (5K: AMTRAK Station, Panera; 10K: AMTRAK Station, Panera, Phelps Park). Pets not permitted in Central Park. Event: SE22/Y0394. Trail Ratings: 1A. Contact: Michael Kirchner, 407.491.1002, michael.r.kirchner@gmail.com.

**DIRECTIONS:** Map [Winter Park Station - Google Maps](#)
GPS: 28.5971064,-81.3540712. To 148 W. Morse Blvd. Winter Park from Orlando take I-4E to Exit 87, Fairbanks Ave. Turn right (left from I4/W) for 1.8 miles into Winter Park. Turn left on New York Ave. Turn right on Morse Blvd. and right into parking. From FL436N/S turn left on Aloma Ave. (right from FL436S) for 3.1 mi. Both turn right on New York. Turn right on Morse Blvd. and right into parking.

**Questions on day of the event:** Call Cathy Metherell 407.375.2387. Award: Credit only.

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**DATE:** 17 September 2022 (Saturday)
**LOCATION:** The Villages @ Lake Sumter
**EVENT:** 5K & 10K Walks
**START:** Register between 9:00 – 9:30 am
**AVA Special Programs.** Rockin’ Around the Clock, Walking the USA A–Z: V

**DESCRIPTION:** Come join us in The Villages for a 5 or 10K walk open to anyone. Register between 9-9:30 am. Walk fee is $3 per participant, and children under 13 are free. The routes on sidewalks and multimodal recreation trails provide views of Lake Sumter, Lake Sumter Landing Town Square, gardens, residential, business, and athletic areas of The Villages. Always carry water. Wheelchairs & strollers are OK. Pets are allowed. Event: SE22/Y1470. Trail Ratings: 1A (sidewalks). Information: Jan at 317.300.0526, ivanvlack@gmail.com.
DIRECTIONS: Map The Waterfront Inn - Google Maps. GPS: 28.909619,-81.977838 The Waterfront Inn is at 1105 Lake Shore Drive, hours 7am-6pm daily. From Orlando use FL 408W to the Turnpike to exit 304. Turn right on US 301 for 5.8 mi to County Rd 472. Turn right for 2 mi. Right at Buena Vista Blvd for 3.5 mi. Left on Old Mill Run to Inn. From US 441N go left at County Rd. 466 in Lady Lake for 2.9 mi. Left on Morse Blvd across bridge to first roundabout. Right on Old Mill Run. Right on Lake Shore Dr. to The Waterfront Inn. PLEASE do not park in front of the Waterfront Inn. Park in the parking lot next door.

Questions on day of the event: Call Cathy Metherell, 407.375.2387.

Award: Credit only.

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### October 2022 Events

1 October: Universal @ Miller Ale House;
15 October: Rock Springs @ Kelly Park
29 October: Maitland @ Walgreens

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### September 2022 Events

**Mid-Florida Milers Walking Club**

3 September 2022 (Saturday)
Winter Park
5 & 10 km walks

17 September 2022 (Saturday)
The Villages, Lake Sumter
5 & 10 km walks

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