

ROUTES

INFORMATION:

Website: midfloridamilers.org

Facebook

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).

PARTICIPATION: These are fun and safe events for all. People of all ages are welcome to participate though an adult must accompany minors.

WATER: For your safety, please carry your own drinking water.

SANCTION: This event is sanctioned by AVA -America's Walking Club (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 \$4 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: Paul at 801.554.7132, paul@comlinkls.com

DATE: 16 March 2024 (Saturday)

LOCATION: Orlando Downtown @ Beardall Senior Center

EVENT: 6K & 10K Walks

START: Register between 8:30 – 9:15 am

AVA Special Programs. *Par for the Course, Rails-to-Trails, Step to the Beat, Town Halls/City Halls, Walking with America's Veterans, Walking the USA A–Z: O*

DESCRIPTION: Enjoy walks through historic downtown Orlando passing the Lake Eola art sculptures, City Hall, Performing Arts Centre and the County Courthouse. Lake Eola fountain was completely refurbished in 2011 providing a nightly light show with music. Look for the famous "black swans" and take a ride in the swan paddle boats. History notes on walk instructions. Restrooms at start. Park in lot. Suitable for strollers, not for wheelchairs. Pets are permitted. Event: SE24/Y2753. Trail Ratings: 1A. Information: JoAnne Cross, 407.706.3034, beachfan10478651@aol.com

DIRECTIONS: Map: [Beardall Senior Center - Google Maps](#), GPS: 28.531736, -81.377874. Beardall Senior Center, 800 S. Delaney Ave, Orlando.

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

Award: Credit only.

DATE: 30 March 2024 (Saturday)

LOCATION: Winter Park @ AmTrak Station

EVENT: 5K & 10K Walks

START: Register between 8:30 – 9:15 am

AVA Special Programs: *A-MAZE-ing Labyrinths, Par for the Course, Town Halls/City Halls, Walking the USA A–Z: W*

DESCRIPTION: The walk weaves along oak-shaded downtown Winter Park residential, lake and college areas. Enjoy Winter Park's fine shops and excellent restaurants along Park Avenue and don't miss a visit to the Morse Museum with its unique display of Tiffany glass art. The 5K walk goes

through Rollins College. Take time to visit their art museum which often exhibits avant-garde works by up and coming artists. Restrooms at AMTRAK station; Rollins art museum. Pets are permitted on the trail but not in Central Park. Suitable for strollers and wheelchairs. Event: SE24/Y0394. Trail Ratings: 1A. Contact: Michael Kirchner, 407.491.1002, michael.r.kichner@gmail.com

DIRECTIONS: Map: [Winter Park Station - Google Maps](#), GPS: 28.597111, -1.354452. AmTrak Station, 148 W. Morse Blvd, Winter Park.

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

Award: Credit only

April 2024 Events

6 April: Orlando North @ Marks Street Senior Center,
20 April: St Cloud @ Lakeshore Park (Traditional Event Walk)

March 2024 Events

Mid-Florida Milers Walking Club



34 Years
walking in
Central Florida
est 1989

16 March 2024 (Saturday)
Orlando Downtown/Beardall Senior Center
6 & 10 km walks

30 March 2024 (Saturday)
Winter Park/AmTrak Station
5 & 10 km walks



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