

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: 6 April 2024 (Saturday)

LOCATION: Orlando North @ Marks Street Senior Center

EVENT: 5K & 10K Walks

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

AVA Special Programs. *Walking the USA A–Z: O*

DESCRIPTION: Help AVA promote National Walking Week by walking with us today or walking one of our YREs. The walks to the north of Downtown are tree-lined and shaded, near lakes and through residential areas. The 5K passes Antique Row and the Mennello Museum onto the Orlando Urban Trail (OUT). The 10K route includes College Park/Orlando Urban Trail/Loch Haven Park/Lake Highland Park/Gaston Edwards Park and the Park Lake and Lake Adair neighborhoods. Restrooms at Fresh Market, Mead Garden and Panera. Suitable for strollers and wheelchairs. Pets are permitted. Event: SE24/Y1242. Trail Ratings: 1A. Information: John Hunter, 407.443.3413, jhunter324@yahoo.com

DIRECTIONS: Map: [Marks Street Senior Recreation - Google Maps](#), GPS: 28.557401, -81.283273. Marks Street Senior Center. 99 E. Marks Street, Orlando.

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

Award: Credit only.

DATE: 20 April 2024 (Saturday)

LOCATION: St Cloud @ Lakefront Park

EVENT: 6K & 10K Walks

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

AVA Special Programs: *Par for the Course, Step to the Beat, Towns/City Halls, Walking with America's Veterans, Walking the USA A–Z: S*

DESCRIPTION: Today's walk will start and finish next to Lakefront Park Marina, where Crabby Bill's restaurant is located. Their Specialty is seafood, however, amazing land

lover favorites are also available on their expansive menu. Stop in for lunch when you finish your walk.

Historic St. Cloud, called the Soldier City, was founded in 1909 as a retirement community for Civil War Union veterans. The Sugar Belt Railway was opened in 1888 but the sugar crops were later ruined in The Great Freeze of 1895. St. Cloud was incorporated as a city in 1915. The Veterans' Memorial Library was operated by the Woman's Club of St. Cloud and is now the St. Cloud Heritage Museum, opened in 2005. Ample parking along Lakeshore Blvd and in designated lots. Some streets have no sidewalks. Suitable for strollers and wheelchairs. Pets are permitted. Event: 126820. Trail Ratings: 1A. Contact: Jenny Thomas, 917.881.8358, jftbbtt@hotmail.com

DIRECTIONS: Map: [Lakefront Park - Google Maps](#), GPS: 28.258822, -80.283273. Lakefront Park, 1104 Lakeshore Blvd, St Cloud.

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

Award: Credit only

May 2024 Events

4 May: Lake Sumter Landing @ Waterfront Inn, The Villages,
18 May: Celebration #2 @ Starbucks (Annual Membership Meeting)

April 2024 Events

Mid-Florida Milers Walking Club



34 Years
walking in
Central Florida
est 1989

6 April 2024 (Saturday)

Orlando North/Marks Street Senior Center
5 & 10 km walks

20 April 2024 (Saturday)

St Cloud/Lakefront Park
6 & 10 km walks



[MFM Website](#)



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