

## **ROUTES**

### **INFORMATION:**

Website: [midfloridamilers.org](http://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](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 \$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](mailto:mcbmetherell@aol.com); VP: Paul at 801.554.7132, [paul@comlinkls.com](mailto:paul@comlinkls.com)

**DATE:** 4 May 2024 (Saturday)

**LOCATION:** Lake Sumter Landing @ Waterfront Inn,  
The Villages

**EVENT:** 5K & 10K Walks

**START:** Register between 9:00 – 9:30 am

**AVA Special Programs.** *Par for the Course, Step to the Beat, Walking the USA A–Z: V*

**DESCRIPTION:** The walks at The Villages, a retirement community northwest of Orlando, are on sidewalks and multi-modal trails past numerous golf courses providing views of Cherry Lake/Lake Sumter, Lake Sumter Landing Town Square, gardens, residential, businesses and recreation areas. A large variety of restaurants are available. Restrooms at start, pools and recreation centers. Suitable for strollers and wheelchairs. Pets are permitted. Event: SE24/Y1470. Trail Ratings: 1A. Information: Jan Van Vlack, 317.300.0526, [jvanvlack@gmail.com](mailto:jvanvlack@gmail.com)

**DIRECTIONS:** Map: [The Waterfront Inn - Google Maps](#), GPS: 28.909623, -81.982709. Waterfront Inn, 1105 Lake Shore Dr, The Villages. **Do not park in the parking lot in front of the hotel.**

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

**Award:** Credit only.

**DATE:** 18 May 2024 (Saturday)

**LOCATION:** Celebration #2 @ Starbucks (Note: Annual Membership Meeting to take place after the Walk)

**EVENT:** 6K & 10K Walks

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

**AVA Special Programs:** *Par for the Course, Town/City Halls, Walking with America's Veterans, Walking the USA A–Z: C*

**DESCRIPTION:** The routes are through shaded streets, walkways, serene boardwalks, and residential homes. Walk in the town developed and adapted by Disney by taking the best

ideas and practices from yesterday's and today's towns. Restrooms at Start & the Golf Club (when open). The walk is suitable for strollers and wheelchairs. Pets are permitted. Event: 126820. Trail Ratings: 1A. Contact: Howard Daughtrey, 325.668.4914, [docd62@aol.com](mailto:docd62@aol.com).

We will be holding our Annual Membership Meeting after the walk at the Celebration Town Tavern (721 Front St.). The restaurant opens at 11:00 am. Tell them that you are with our group. Please try to arrive at 11:00 am so that the meeting can begin once people are served. The meeting will include elections for President and Secretary. Please plan on attending. An attendance Sign Up will be on [midfloridamilers.org](http://midfloridamilers.org) so we can guarantee a quorum will be available for the election. If you are unable to attend the meeting in person, please submit your proxy to Sharon Axelrod at [palmtreesax@gmail.com](mailto:palmtreesax@gmail.com).

**DIRECTIONS:** Map: [Starbucks - Google Maps](#), GPS: 28.317653, -81.543930. Starbucks, 715 Bloom St, Celebration. **Questions on the day of the event:** Call Cathy Metherell 407.375.2387.

**Award:** Credit only

## May 2024 Events

### Mid-Florida Milers Walking Club



4 May 2024 (Saturday)

Lake Sumter Landing/Waterfront Inn, The Villages  
5 & 10 km walks

18 May 2024 (Saturday)

Celebration #2/Starbucks (NOTE: Annual Membership Meeting to take place after the walk)  
6 & 10 km walks



[MFM Website](#)



[MFM Facebook](#)

#### June 2024 Events

1 June: Maitland @ Walgreens  
15 June: Disney Springs  
29 June: Casselberry @ Casselberry Recreation Center

