

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: 1 June 2024 (Saturday)

LOCATION: Maitland @ Walgreens Pharmacy

EVENT: 5K & 10K Walks

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

AVA Special Programs. *Towns/City Halls, Walking the USA A–Z: M*

DESCRIPTION: Walk through tree-lined residential areas, around lakes and city parks. Pass the National Landmark Maitland Art Center (Sat 11-4). The historic Waterhouse Residence Museum is on Lake Lily Drive (Sat 11-4). Restrooms at Walgreens and city parks. Suitable for strollers and wheelchairs. Pets are permitted. Event: SE24/Y1124. Trail Ratings: 1A. Information: Tom Carter, 615.400.1796, tomcarter1796@gmail.com

DIRECTIONS: Map: [Walgreens - Google Maps](#) GPS: 28.625457, -81.365728. Walgreens Pharmacy, 330 South Orlando Ave, Maitland.

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

Award: Credit only.

DATE: 15 June 2024 (Saturday)

LOCATION: Disney Springs @ Lake Buena Vista

EVENT: 6K & 10K Walks

START: Register between 8:45 – 9:30 am (Registration is in the Orange Garage on Level 4, Row 13

AVA Special Programs: *Walking the USA A–Z: L*

DESCRIPTION: The route is at the fun Disney Springs and LBV area with a 6 and 10K route. Enjoy dining, shopping, browsing, and strolling through the Springs and around the lake. Restrooms are available in Disney Springs. These walks are suitable for strollers and wheelchairs. Pets are Not permitted. Event: SE24/Y0841. Trail Ratings: 1A. Contact: Paul Erickson, 801.554.7132, paul@comlinkls.com.

DIRECTIONS: Map: [Orange Parking Garage - Google Maps](#), GPS: 28.368851, -81.523443. Orange Parking Garage, Lake Buena Vista.

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

Award: Credit only

DATE: 29 June 2024 (Saturday)

LOCATION: Casselberry @ Casselberry Recreation Center

EVENT: 5K & 10K Walks

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

AVA Special Programs: *Par for the Course, Walking the USA A-Z: C*

DESCRIPTION: Walk in beautiful, tranquil Secret Lake Park with its many amenities for exercise and play. Pass the Triplet Lakes, and the Crystal Bowl named for a small lake and a park, as well as through the attractive adjacent residential areas. The Brightwater Estate at 700 S. Lost Lake Lane was the home of Hibbard Casselberry who purchased a large plot of land in the 1920's and later founded the town of Casselberry. The estate was purchased by the City of Casselberry in 2021 to preserve its history and prevent the land from being developed. The walk is suitable for strollers and wheelchairs. Pets are permitted. Event: 126900. Trail Ratings: 1A. Contact: Jenny Thomas, 917.881.8358, jftbbtt@hotmail.com.

DIRECTIONS: Map: [Casselberry Recreation Center - Google Maps](#), GPS: 28.673215, -81.329262. Casselberry Recreation Center, 200 North Triplet Lake Drive, Casselberry.

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

Award: Credit only

July 2024 Events

6 July: Orlando North @ Marks Street Senior Recreation,

20 July: Orlando Downtown @ Beardall Senior Center

June 2024 Events

Mid-Florida Milers Walking Club



34 Years
walking in
Central Florida
est 1989

1 June 2024 (Saturday)

Maitland/Walgreens Pharmacy
5 & 10 km walks

15 June 2024 (Saturday)

Disney Springs/Lake Buena Vista
6 & 10 km walks

29 June 2024 (Saturday)

Casselberry/Casselberry Recreation Center
5 & 10 km walks



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