

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, rperickson25@gmail.com

DATE: 6 July 2024 (Saturday)

LOCATION: Orlando North @ Marks Street Senior Recreation

EVENT: 5K & 10K Walks

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

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

DESCRIPTION: 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: 28.557396, -81.377390. Marks Street Senior Recreation, 99 E. Marks Street, Orlando.

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

Award: Credit only.

DATE: 20 July 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. These walks are suitable for strollers, not for wheelchairs. Pets are permitted. Event: SE24/Y2753. Trail Ratings: 1A. Contact: JoAnne Cross, 407.706.3034, beachfan10478651@aol.com.

DIRECTIONS: Map: [800 Delaney Ave - Google Maps](#), GPS: 28.531651, -81.375613. Beardall Senior Center, 800 N. Delaney Avenue, Orlando.

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

Award: Credit only

August 2024 Events

3 August: Celebration #1 @ Starbucks,
17 August: Altamonte Springs @ Starbucks,
31 August: Orlando South @ Beardall Senior Center

July 2024 Events

Mid-Florida Milers Walking Club



34 Years
walking in
Central Florida
est 1989

6 July 2024 (Saturday)

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

20 July 2024 (Saturday)

Orlando Downtown/Beardall Senior Center
6 & 10 km walks



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