

## **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) ([IVV](http://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, [rperickson25@gmail.com](mailto:rperickson25@gmail.com)

**DATE:** 3 August 2024 (Saturday)

**LOCATION:** Celebration #1 @ Starbucks

**EVENT:** 6K & 11K Walks

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

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

**DESCRIPTION:** Trail passes large homes and wooded boardwalks. Visit The Columbia, a 110-year-old family-owned restaurant, among many in the Town, and Kilwins ice cream shop. Celebration's unique architecture was created by Disney from the best ideas and practices from yesterday's and today's towns. Suitable for strollers and wheelchairs. Pets are permitted. Event: SE24/Y2780. Trail Ratings: 1A. Information: Howard Daughtrey, 325.668.4914, [docd62@aol.com](mailto:docd62@aol.com)

**DIRECTIONS:** Map: [Starbucks - Google Maps](#) GPS: 28.317649,-81.543936 Starbucks, 715 Bloom Street, Celebration.

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

**Award:** Credit only.

**DATE:** 17 August 2024 (Saturday)

**LOCATION:** Cranes Roost Park @ Altamonte Springs  
Starbucks

**EVENT:** 5K & 11K Walks

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

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

**DESCRIPTION:** Uptown Altamonte offers living, shopping, offices and places to eat, drink and be entertained. Cranes Roost Park is at the heart of Uptown Altamonte surrounding Cranes Roost Lake with its one mile of continuous walkway and seating areas. Within the 45-acre park is a European-style plaza including a choreographed fountain show, a 62-foot picturesque tower and the Eddie Rose Amphitheatre. In 2016, the City of Altamonte Springs renovated Cranes Roost Park to include upgraded amenities such as expanded boardwalks, new railings, fresh landscaping, accented lighting, prime seating and wider walkways. These walks are suitable for strollers, and for wheelchairs. Pets are not permitted. Event: SN 126994 -2024.

Trail Ratings: 1A. Contact: Jenny Thomas, 917.881.8358, [jftbbtt@hotmail.com](mailto:jftbbtt@hotmail.com).

**DIRECTIONS:** Map: [Starbucks](#), GPS: 28.66374,-81.38052 Starbucks, 355 E. Altamonte Drive, Altamonte Springs

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

**Award:** Credit only

**DATE:** 31 August 2024 (Saturday)

**LOCATION:** Orlando South @ Beardall Senior 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: O*

**DESCRIPTION:** The 5km passes the historic train station, Orlando Health complex and residential areas. The 10km passes many lakes surrounded by Orlando's older homes which have retained their original charm. Some streets have no sidewalks making it difficult for wheelchairs and strollers. Walk instructions have local points of interest. Restrooms 10K at Delaney Park; 5K at railroad station. Park in lot. These walks are difficult for strollers and wheelchairs. Pets are permitted. Event: SE24/Y2753. Trail Ratings: 1A. Contact: JoAnne Cross, 407.706.3034, [beachfan10478651@aol.com](mailto: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

### September 2024 Events

7 September: Maitland @ Walgreens Pharmacy,

21 September: The Villages @ Lake Sumter Landing

# August 2024 Events

## Mid-Florida Milers Walking Club



34 Years  
walking in  
Central Florida  
est 1989

3 August 2024 (Saturday)  
Celebration #1/Starbucks  
6 & 11 km walks

17 August 2024 (Saturday)  
Cranes Roost Park/Altamonte Springs Starbucks  
5 & 11 km walks

31 August 2024 (Saturday)  
Orlando South/Beardall Senior Center  
5 & 10 km walks



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