

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) ([IVV](http://ivv.org)).

DISCLAIMER: The American Volkssport Association and 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: 5 October 2024 (Saturday)

LOCATION: Lake Nona @ Starbucks

EVENT: 5K & 10K Walks

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

AVA Special Programs. *Walking with America's Veterans, Walking the USA A-Z: L*

DESCRIPTION: Come out and celebrate our club's 35th Anniversary! Lake Nona Medical City is a 650-acre health and life sciences park in Orlando, located near Orlando International Airport and within the master-planned community of Lake Nona. Lake Nona Town Center is the hub of Lake Nona with office complexes, shopping and entertainment featuring restaurants, boutiques, hotels, public art and event venues for residents and visitors alike. Suitable for strollers and wheelchairs. Pets are permitted. Event: Traditional Event, 2024/7458. Trail Ratings: 1A. Contact: Jenny Thomas, 917.881.8358, jftbbtt@hotmail.com

DIRECTIONS: Map: [Starbucks - Google Maps](#) GPS: 28.370913,-81.282120 Starbucks, 13495 Veterans Way, Orlando.

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

Award: Credit only.

DATE: 19 October 2024 (Saturday)

LOCATION: Celebration #2 @ Starbucks

EVENT: 6K & 10K Walks

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

AVA Special Programs: *Par for the Course, Town Halls / 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: 2024/Y1817. Trail Ratings: 1A. Contact: Howard Daughtrey, 325.668.4914, docd62@aol.com.

DIRECTIONS: [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

October 2024 Events

Mid-Florida Milers Walking Club



5 October 2024 (Saturday)
Lake Nona/Starbucks
5 & 10 km walks

19 October 2024 (Saturday)
Celebration #2/Starbucks
6 & 10 km walks

November 2024 Events
1-3 November: Walk Around Florida (WAF) 33 in Palm Coast areas (see [WAF33 Flier](#))
16 November: Spanish Springs (The Villages) @ TownePlace Suites
29 November: Winter Park @ AmTrak Station



[MFM Website](#)



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