

## **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:** 1-3 November 2024 (Friday to Sunday)

**LOCATION:** Walk Around Florida 33 (WAF3) (Flagler Beach, Palm Coast, Princess Place Preserve and Palm Coast-Central Park)

**EVENT:** Four walks, one bike and one swim

**START:** See [WAF33-Flier](#)

**AVA Special Programs.** Varies depending on each of the walks

**DESCRIPTION:** The Happy Wanderers, Mid-Florida Milers and Suncoast Sandpipers invite everyone to their 33rd Walk Around Florida, a weekend of volkssports, food, and friendship. This year's theme is the celebration of Florida nature: beautiful, complex and sometimes challenging. Join us as we head onto sandy trails, park paths and bike lanes in our tour of the Palm Coast area in a series of walks, a bike ride, and a swim.

**DIRECTIONS:** Map: [Best Western Plus Flagler Beach Area Inn & Suites - Google Maps](#) GPS: 29.473556,-81.184154 Best Western, 200 Flagler Plaza Dr, Palm Coast.

**Questions on the day of the event:** Call John McClellan 781.686.0660, Alice Lawrence 727.542.9742, Cathy Metherell, 407.375.2387.

**Award:** Credit only.

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**DATE:** 16 November 2024 (Saturday)

**LOCATION:** The Villages @ Spanish Springs

**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 south of Ocala, are on sidewalks and multi-modal trails providing views of the Spanish Springs Town Square, gardens, residential, business, and athletic areas of The Villages. Restrooms at the start, pools, & rec centers. Suitable for strollers and wheelchairs. Pets on a leash are permitted. Event: 2024/Y1433. Trail Ratings: 1A. Contact: Gerry Vannienwenhove, 240.727.6991, [toadnfrog@live.com](mailto:toadnfrog@live.com)

**DIRECTIONS:** [TownePlace Suites by Marriott The Villages - Google Maps](#), GPS: 28.4814486,-81.460545. TownePlace Suites, 1141 Alonzo Ave, The Villages.

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

**Award:** Credit only

**DATE:** 29 November 2024 (Friday)

**LOCATION:** Winter Park @ AmTrak Station

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

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

**AVA Special Programs:** *A-MAZE-ing Labyrinths, Par for the Course, Town Halls/City Halls, Walking the USA A–Z: W*

**DESCRIPTION:** The walk weaves along oak-shaded downtown Winter Park residential, lake and college areas. Enjoy Winter Park's fine shops and excellent restaurants along Park Avenue and don't miss a visit to the Morse Museum with its unique display of Tiffany glass art. The 5K walk goes through Rollins College. Take time to visit their art museum which often exhibits avant-garde works by up and coming artists. Restrooms at AMTRAK station; Rollins art museum. Pets are permitted on the trail but not in Central Park. Suitable for strollers and wheelchairs. Event: 2024/Y0394. Trail Ratings: 1A. Contact: Michael Kirchner, 407.491.1002, [michael.r.kichner@gmail.com](mailto:michael.r.kichner@gmail.com).

**DIRECTIONS:** Map: [Winter Park Station - Google Maps](#), GPS: 28.597111, -1.354452. AmTrak Station, 148 W. Morse Blvd, Winter Park.

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

**Award:** Credit only

# November 2024 Events

## *Mid-Florida Milers Walking Club*



35 Years  
walking in  
Central Florida  
est 1989

**1-3 November 2024 (Friday to Sunday)**

**Walk Around Florida 33 (WAF 33)**

**5, 6 & 10 km walks, 15 & 25 km bicycle and a swim**

**16 November 2024 (Saturday)**

**The Villages/Spanish Springs**

**5 & 10 km walks**

**29 November 2024 (Friday)**

**Winter Park/AmTrak Station**

**5 & 10 km walks**



[MFM Website](#)



[MFM Facebook](#)

December 2024 Events  
7 December: Disney Springs @ Orange Parking Garage  
21 December: Kissimmee @ Kissimmee Civic Center Parking Lot

