

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 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: 7 December 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: 2024/Y0841. Trail Ratings: 1A. Contact: Paul Erickson, 801.554.7132, rperickson25@gmail.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: 21 December 2024 (Saturday)

LOCATION: Kissimmee @ Hart Memorial Central Library

EVENT: 6K & 10K Walks

START: Register between 8:45 – 9:30 am

AVA Special Programs: *Par for the Course, Town Halls / City Halls, Walking with America's Veterans, Walking the USA A–Z: K*

DESCRIPTION: Historic Downtown Kissimmee offers a captivating mix of family-owned businesses, shops, restaurants and special events catering to a variety of tastes. Historic Downtown Kissimmee is the largest independently-owned restaurant district in Central Florida, with more than 30 family-owned eating establishments. Enjoy the many fine restaurants and quaint cafes to suit all tastes, as well as the historic buildings around Main and Emmett Streets. Lanier's Downtown Marketplace has 18,000 square feet of antiques. Walk the streets of historic Downtown Kissimmee and along the recreational walkway adjacent to Lake Tohopekaliga ("Lake Toho"), through the many parks and open spaces, and past the marina. Suitable for strollers and wheelchairs. Pets on a leash are

permitted. Event: TE 129066. Trail Ratings: 1A. Contact: Jenny Thomas, 917.881.8358, jftbbtt@hotmail.com

DIRECTIONS: [Hart Memorial Central Library - Google Maps](#), GPS: 28.292208,-81.406408. Hart Memorial Central Library, 211 E. Dakin Ave, Kissimmee.

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

Award: Credit only

December 2024 Events

Mid-Florida Milers Walking Club



7 December 2024 (Saturday)
Disney Springs/Lake Buena Vista
6 & 10 km walks

21 December 2024 (Saturday)
Kissimmee/Hart Memorial Central Library
6 & 10 km walks

January 2025 Events

1 January (Wednesday): Universal @ Miller's Ale House (Lunch after the walk)

4 January: Orlando South @ Beardall Senior Center

18 January: The Villages @ Lake Sumter Landing



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