

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: 1 January 2025 (Wednesday)

LOCATION: Universal @ Rear of Kirkman Miller's Ale House

EVENT: 5K & 10K Walks

START: Register between 8:30 – 9:15 am, Finish with lunch at Miller's Ale House at 11-noon

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

DESCRIPTION: 5K & 10K walks explore the area in and around Universal Parks & Resorts and the beautifully landscaped Garden Walk which borders the magnificent blue-green City Walk Lagoon waterway. Water taxis ply their trade back and forth from City Walk to resorts such as Loews Portofino Bay. Pass many restaurants and attractions such as Margaritaville. Suitable for strollers and wheelchairs. No pets are permitted. NOTE: The walks include passage through security points: No weapons or sharp objects (such as penknives) are allowed. Come join us for lunch (~11:00 am) at Miller's Ale House, following the walk, please sign up at this link: [New Year's Day Lunch](#) or at our club web site. Event: 2025/Y1728. Trail Ratings: 1A. Information: Paul Erickson, 801.554.7132, rperickson25@gmail.com

DIRECTIONS: Map: [Miller's Ale House - Google Maps](#) GPS: 28.4814486,-81.4605452. Miller's Ale House, 5573 S. Kirkman Rd, Orlando.

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

Award: Credit only.

DATE: 4 January 2025 (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: Walk instructions have local points of interest. You will walk on residential sidewalks. The 5K passes the historic train station and Orlando Health complex before ending through residential areas. The 10K shaded South route passes many lakes surrounded by Orlando's older homes which have retained their original charm. The walks will accommodate strollers and wheelchairs though some streets have no sidewalks. Restrooms at Delaney Park (10K) and RR station (5K). Please carry water. Pets are permitted. Event 2025/Y0395. Trail Ratings: 1A. Information: JoAnne, 407.222.8118, beachfan10478651@aol.com.

DIRECTIONS: Map: [Beardall Senior Center - Google Maps](#), GPS: 28.5317363,-81.3778745. Beardall Senior Center, 800 Delaney Ave, Orlando.

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

Award: Credit only

DATE: 18 January 2025 (Saturday)

LOCATION: Lake Sumter Landing @ Waterfront Inn, The Villages

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 northwest of Orlando, are on sidewalks and multi-modal trails past numerous golf courses providing views of Cherry Lake/Lake Sumter, Lake Sumter Landing Town Square, gardens, residential, businesses and recreation areas. A large variety of restaurants are available. Restrooms at start, pools and recreation centers. These walks are suitable for strollers, and for wheelchairs. Pets are permitted. Event: 2025/Y1470. Trail Ratings: 1A. Contact: Jan Van Vlack, 317.300.0526, jvanvlack@gmail.com.

DIRECTIONS: Map: [The Waterfront Inn - Google Maps](#), GPS: 28.909623, -81.982709. Waterfront Inn, 1105 Lake Shore Dr, The Villages.

Do not park in the parking lot in front of the hotel.

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

Award: Credit only

January 2025 Events

Mid-Florida Milers Walking Club



35 Years
walking in
Central Florida
est 1989

1 January 2025 (Wednesday)

Universal Studios/Miller's Ale House

5 & 10 km walks

4 January 2025 (Saturday)

Orlando South/Beardall Senior Center

5 & 10 km walks

18 January 2025 (Saturday)

The Villages/Lake Sumter Landing

5 & 10 km walks



MFM Website



MFM Facebook

February 2025 Events
1 February: I-Drive @ Comfort Inn & Suites
15 February: Big Tree Park @ Longwood

