

## **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.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](mailto:mcbmetherell@aol.com); VP: Paul at 801.554.7132, [rperickson25@gmail.com](mailto:rperickson25@gmail.com)

**DATE: 1 February 2025 (Saturday)**

**LOCATION: I-Drive @ Comfort Inn & Suites**

**EVENT: 6K & 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 walk along a 'high-speed' circuit of tourist delights on International Drive includes Ripley's Believe It or Not, Madam Tussauds, Wonder Works, The Orlando Eye (400 ft. observation ride), Titanic: The Artifact Exhibition and Pirate's Cove Adventure Golf, as well as scores of restaurants. Restrooms at start and on route. This walk is suitable for strollers, and for wheelchairs. Pets are permitted. However, no pets in the Convention Center. Event: 2025/Y1753. Trail Ratings: 1A. Information: Paul Erickson, 801.554.7132, [rperickson25@gmail.com](mailto:rperickson25@gmail.com)

**DIRECTIONS:** Map: [Comfort Inn & Suites](#) GPS: 28.291234,-80.675215. Comfort Inn & Suites, 7495 Canada Ave, Orlando.

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

**Award:** Credit only.

**DATE: 15 February 2025 (Saturday)**

**LOCATION: Big Tree Park @ Longwood**

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

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

**AVA Special Programs:** *Walking the USA A–Z: L*

**DESCRIPTION:** Join us to walk in Big Tree Park, Longwood, where the now sad remains of the 3500-year-old cypress tree "The Senator" stands alongside the second oldest cypress tree in the US "The Lady Liberty" - only 2015 years old! The walk continues along part of the 23-mile Cross Seminole Trail in Spring Hammock Preserve - an approximately 1,500 acre property that includes Soldiers Creek Park and Big Tree Park as well as a portion of the Cross Seminole Trail and the Florida National Scenic Trail. Most of the property remains in a natural state, surrounded by urban development, except for the east boundary which is Lake Jesup. The 10K walk continues onto the Osprey Trail which will lead down to Lake Jesup - once the storm-damaged boardwalk is rebuilt (in progress). Restroom at start. This walk is not suitable for strollers or

wheelchairs. Pets are permitted. Event 2025/TE129205. Trail Ratings: 1A/1B. Information: Jenny Thomas, 917.881.8358, [jftbbtt@hotmail.com](mailto:jftbbtt@hotmail.com).

**DIRECTIONS:** Map: [Big Tree Park - Cross Seminole Trailhead](#) GPS: 28.720781,-81.334067. Big Tree Park, 761 General Hutchison Parkway, Longwood.

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

**Award:** Credit only

# February 2025 Events

## Mid-Florida Milers Walking Club



35 Years  
walking in  
Central Florida  
est 1989

1 February 2025 (Saturday)  
I-Drive/Comfort Inn & Suites  
6 & 10 km walks

15 February 2025 (Saturday)  
Big Tree Park/Longwood  
5 & 10 km walks

### March 2025 Events

1 March: Orlando Downtown @ Beardall Senior Center  
15 March: Lake Baldwin  
29 March: Winter Park @ AmTrak Station



[MFM Website](#)



[MFM Facebook](#)

