

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: 5 April 2025 (Saturday)

LOCATION: The Villages, Spanish Springs @
TownePlace Suites

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: 2025/Y1433. Trail Ratings: 1A. Contact: Jan Van Vlack, 371.300.0526, janvanvlack@gmail.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: 19 April 2025 (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 Hall/City Hall, 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: 2025/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

May 2025 Events

- 3 May: Orlando North @ Marks Street Senior Recreation
- 17 May: San Sebastian Trailhead (Annual Club Meeting)
- 31 May: Maitland @ Walgreens

April 2025 Events

Mid-Florida Milers Walking Club



5 April 2025 (Saturday)

The Villages, Spanish Springs/TownePlace Suites
5 & 10 km walks

19 April 2025 (Saturday)

Celebration #2/Starbucks
6 & 10 km walks



[MFM Website](#)



[MFM Facebook](#)

