

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: 3 May 2025 (Saturday)

LOCATION: Orlando North @ Marks Street Senior Recreation

EVENT: 5K & 10K Walks

START: Register between 8:00 – 8:45 am

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

DESCRIPTION: The walks to the north of Downtown are tree-lined and shaded, near lakes and through residential areas. The 5K passes Antique Row and the Mennello Museum onto the Orlando Urban Trail (OUT). The 10K route includes College Park/Orlando Urban Trail/Loch Haven Park/Lake Highland Park/Gaston Edwards Park and the Park Lake and Lake Adair neighborhoods. Restrooms at Fresh Market, Mead Garden and Panera. Suitable for strollers and wheelchairs. Pets on a leash are permitted. Event: 2025/Y1242. Trail Ratings: 1A. Contact: John Hunter, 407.443.3413, jhunter324@yahoo.com

DIRECTIONS: [Marks Street Senior Recreation](#) GPS: 28.557396,-81.379965. Marks Street Senior Recreation, 99 E Marks St, Orlando.

Questions on the day of the event: Call Dan Barnett, 808.342.8584.

Award: Credit only.

DATE: 17 May 2025 (Saturday)

LOCATION: Altamonte Springs @ San Sebastian Trailhead

EVENT: 5K & 10K Walks

START: Register between 8:00-8:45 am

AVA Special Programs: *Rails-To-Trails, Par for the Course, Walking the USA A–Z: A*

DESCRIPTION: The diverse Seminole Wekiva Trail begins at the San Sebastian Trailhead in Altamonte Springs and continues 14 miles ending at the Wekiva River. It was built over the former Orange Belt Railway, at one time the longest railroad in the country. From Altamonte Springs the trail begins across a pleasant wooden bridge at the San Sebastian Prado trailhead. The first 7 miles traverse quiet residential neighborhoods and lush woods. Draped with Spanish moss, the tree canopy provides welcome shade. The trail winds its way through the townships of Altamonte Springs, Longwood, Lake Mary, Sanford. (courtesy Outerspatial.com). The walk is suitable for strollers and wheelchairs. Pets are permitted. Event: 2025/129370.

Trail Ratings: 1A. Contact: Jenny Thomas, 917.881.8358, jftbbtt@hotmail.com.

We will be holding our Annual Membership Meeting after the walk in Altamonte Springs at Kiwi's Pub and Grill. Please plan on arriving at 11:15am. The meeting will include elections for Vice President and Treasurer. Please plan on attending. An attendance Sign Up will be on our website so we can guarantee a quorum will be available for the election. If you are unable to attend the meeting in person, please submit your proxy to Sharon Axelrod at palmtreesax@gmail.com
DIRECTIONS: [San Sebastian Trailhead](#), GPS: 28. 664826, - 81.416142. San Sebastain Trail Head, 753 West State Road (SR) 436, Altamonte Springs.

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

Award: Credit only

DATE: 31 May 2025 (Saturday)

LOCATION: Maitland @ Walgreens

EVENT: 5K & 10K Walks

START: Register between 8:00 – 8:45 am

AVA Special Programs. *Town Hall/City Hall, Walking the USA A-Z: M*

DESCRIPTION: Walk through tree-lined residential areas, around lakes and city parks. Pass the National Historic Landmark Maitland Art Center (Tues-Sun 11-4). The historic Waterhouse Residence Museum is on Lake Lily Drive (Sat-Sun 11-4). Restrooms at Walgreens and city parks. Suitable for strollers and wheelchairs. Pets on a leash are permitted. Event: 2025/Y1124. Trail Ratings: 1A. Contact: Tom Carter, 615.400.1796, tomcarter3640@gmail.com
DIRECTIONS: [Walgreens](#) GPS: 28.624454,- 81. 370251. Walgreens, 330 S. Orlando Ave, Maitland.

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

Award: Credit only.

June 2025 Events

7 June: Disney Springs @ Orange Parking Garage

21 June: Orlando South @ Beardall Senior Center

May 2025 Events

Mid-Florida Milers Walking Club



35 Years
walking in
Central Florida
est 1989

3 May 2025 (Saturday)

Orlando North/Marks Street Senior Recreation

5 & 10 km walks

17 May 2025 (Saturday)

Altamonte Springs/San Sebastian Trailhead

5 & 10 km walks

31 May 2025 (Saturday)

Maitland/Walgreens

5 & 10 km walks



MFM Website



MFM Facebook

