

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 June 2025 (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: SE25/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.

DATE: 21 June 2025 (Saturday)

LOCATION: Orlando South @ Beardall Senior Center

EVENT: 5K & 10K Walks

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

AVA Special Programs: *Par for the Course, Walking the USA A–Z: O*

DESCRIPTION: The 5km passes the historic train station, Orlando Health complex and residential areas. The 10km passes many lakes surrounded by Orlando's older homes which have retained their original charm. Some streets have no sidewalks making it difficult for wheelchairs and

strollers. Walk instructions have local points of interest. Restrooms Pets are permitted. Event: SE25/Y0395. Trail Ratings: 1A. Contact: JoAnne Cross, 407.706.3034, beachfan10478651@aol.com.

DIRECTIONS: Map: [800 Delaney Ave - Google Maps](#), GPS: 28.531651,-81.375613 Beardall Senior Center, 800 N. Delaney Avenue, Orlando.

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

July 2025 Events

5 July: Celebration #1 @ Starbucks

19 July: Oakland Nature Preserve @ Oakland FL

June 2025 Events

Mid-Florida Milers Walking Club



35 Years
walking in
Central Florida
est 1989

7 June 2025 (Saturday)

Disney Springs/Lake Buena Vista

6 & 10 km walks

21 June 2025 (Saturday)

Orlando South/Beardall Senior Center

5 & 10 km walks



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