

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 July 2025 (Saturday)

LOCATION: Celebration #1 @ Starbucks

EVENT: 6K & 11K Walks

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

AVA Special Programs. Par for the Course, Walking the USA A–Z: C

DESCRIPTION: Trail passes large homes and wooded boardwalks. Visit The Columbia, a 120-year-old family-owned restaurant, among many restaurants in the Town, and Kilwins ice cream shop. Celebration's unique architecture was created by Disney from the best ideas and practices from yesterday's and today's towns. Suitable for strollers and wheelchairs. Pets are permitted. Event: SE25/Y2780. Trail Ratings: 1A. Information: Howard Daughtrey, 325.668.4914, docd62@aol.com

DIRECTIONS: Map: [Starbucks - Google Maps](#) GPS: 28.317649,-81.5431356, Starbucks, 715 Bloom Street, Celebration.

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

DATE: 19 July 2025 (Saturday)

LOCATION: Oakland @ Oakland Nature Preserve

EVENT: 5K & 10K Walks

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

AVA Special Programs: *Par for the Course, Rails-to-Trails, Town Halls/City Halls, Walking the USA A–Z: O*

DESCRIPTION: Oakland Nature Preserve was reclaimed from land which produced citrus for over 60 years followed by intense commercial pine cultivation. Agricultural use had created a monoculture eliminating native plant and animal species. Many of those animals have returned to the area since ONP began plant restoration. The wetlands edge,

called an ecotone, is where two different plant communities merge and from the ¾ mile boardwalk you can view the change of this flora as you approach the edge of Lake Apopka. (Special Programs apply to 10K portion only.). Pets are not allowed. Walk is not suitable for strollers and wheelchairs. Event: 129495. Trail Ratings: 1B. Contact: Jenny Thomas, 917.881.8358, jftbbtt@hotmail.com.

DIRECTIONS: Map: [Oakland Nature Preserve - Google Maps](#), GPS: 28.398038,-81.815773, Oakland Nature Preserve, 747 Machete Trail, Oakland.

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

August 2025 Events

2 August: Winter Park @ AmTrak Station

16 August: Orlando Downtown @ Beardall Senior Center

30 August: Orlando North @ Marks Street Senior Center

July 2025 Events

Mid-Florida Milers Walking Club



35 Years
walking in
Central Florida
est 1989

5 July 2025 (Saturday)
Celebration #1/Starbucks
6 & 11 km walks

19 July 2025 (Saturday)
Oakland/Oakland Nature Preserve
5 & 10 km walks



[MFM Website](#)



[MFM Facebook](#)

