

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: 2 May 2026 (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 Disney Springs complex comprises entertainment venues for all ages. Visit the vast Disney merchandise store. Have fun exploring the T-Rex exhibit with its interactive displays and giant dinosaurs and eat at the dinosaur-themed restaurant (reservations recommended as it is really popular). Or try the Rainforest Cafe where you can eat amongst animatronic jungle creatures. Enjoy upscale shopping and many restaurants throughout the complex. Restrooms at start, pools and recreation centers. These walks are suitable for strollers, and for wheelchairs. Pets are permitted. Event: SE2026/Y0841. Trail Ratings: 1A. Contact: Paul Erickson, 801.554.7132, rperickson25@gmail.com.

DIRECTIONS: Map: [ORANGE GARAGE - Google Maps](#), GPS: 28.369179, -81.522052. Orange Parking Garage, Lake Buena Vista.

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

DATE: 16 May 2026 (Saturday)

LOCATION: Meander thru Old Orlando @ Beardall Senior Center
ANNUAL MEETING TO BE HELD AT 11:15 AM IN THE
BEARDALL SENIOR CENTER

EVENT: 6K & 10K Walks

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

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

DESCRIPTION: Join us as we walk through the old Orlando neighborhoods with their majestic homes and manicured yards, past the many lakes and parks that make old Orlando so attractive especially in Springtime.. Suitable for strollers and wheelchairs. Pets are permitted. Event: SE2026/Y2780. Trail Ratings: 1A. Information: Cathy Metherell, 407.375.2387, mcbmetherell@aol.com.

We will be holding our Annual Membership Meeting after the walk in the Beardall Senior Center as a potluck. Please plan on arriving at 11:15am.

The meeting will include elections for President and Secretary. Please plan on attending. An attendance Sign Up along Potluck 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: Map: [Beardall Senior Center - Google Maps](#) GPS: 28.531736,-81.377874, Beardall Senior Center, 800 Delaney Avenue, Orlando.

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

Award: Credit only

DATE: 30 May 2026 (Saturday)

LOCATION: Orlando North @ Marks Street Senior Recreation

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 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 are permitted. Event: SE2026/Y1242. Trail Ratings: 1A. Information: John Hunter, 407.443.3413, jhunter324@yahoo.com.

DIRECTIONS: Map: [Marks Street Senior Recreation - Google Maps](#) GPS: 28.557401,-81.379965, Marks Street Senior Recreation, 99 E. Marks Street, Orlando.

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

Award: Credit only

June 2026 Events

6 June: Celebration #2 @ Starbucks

20 June: Eastwood (Traditional Event) @ Publix

May 2026 Events

Mid-Florida Milers Walking Club



36 Years
walking in
Central Florida
est 1989

2 May 2026 (Saturday)

Disney Springs/Lake Buena Vista

6 & 10 km walks

16 May 2026 (Saturday)

Meander thru Old Orlando/Beardall Senior Center

Annual Membership Meeting

6 & 10 km walks

30 May 2026 (Saturday)

Orlando North/Marks Street Recreation

5 & 10 km walks



[MFM Website](#)



[MFM Facebook](#)

