

## **ROUTES**

### **INFORMATION:**

Website: [midfloridamilers.org](http://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](http://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](mailto:mcbmetherell@aol.com); VP: Paul at 801.554.7132, [rperickson25@gmail.com](mailto:rperickson25@gmail.com)

**DATE:** 18 July 2026 (Saturday)

**LOCATION:** Winter Park @ Amtrak Station

**EVENT:** 5K & 10K Walks

**START:** Register between 8:00 – 8:30 am

**AVA Special Programs:** *A-MAZE-ing Labyrinths, Par for the Course, Walking the USA A-Z: W*

**DESCRIPTION:** The walk weaves along oak-shaded downtown Winter Park residential, lake and college areas. Enjoy Winter Park's fine shops and excellent restaurants along Park Avenue and don't miss a visit to the Morse Museum with its unique display of Tiffany glass art. The 5K walk goes through Rollins College. Take time to visit their art museum which often exhibits avant-garde works by up and coming artists. Restrooms at Amtrak station; Rollins Museum of Art. Pets are permitted on the trail but not in Central Park. Suitable for strollers and wheelchairs. Event: 2025/Y0394. Trail Ratings: 1A. Contact: Michael Kirchner, 407.491.1002, [michael.r.kirchner@gmail.com](mailto:michael.r.kirchner@gmail.com).  
**DIRECTIONS:** Map: [Winter Park Station - Google Maps](#), GPS: 28.597111, -1.354452. Amtrak Station, 148 W. Morse Blvd, Winter Park.

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

**Award:** Credit only

# July 2026 Events

## Mid-Florida Milers Walking Club

August 2026 Events  
 1 August: Celebration #1 @ Starbucks  
 15 August: Black Hammock Trailhead  
 29 August: Universal @ City Express Hotel by Marriott



36 Years  
 walking in  
 Central Florida  
 est 1989

18 July 2026 (Saturday)  
 Winter Park/Amtrak Station  
 5 & 10 km walks



MFM Website



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