

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 September 2026 (Saturday)

LOCATION: Maitland @ Walgreens

EVENT: 5K & 10K Walks

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

AVA Special Programs: *Anniversaries Hurrah, Walking the USA A–Z: M*

DESCRIPTION: Walk through tree-lined residential areas, around lakes and city parks. Pass the National Landmark Maitland Art Center. The historic Waterhouse Residence Museum is on Lake Lily Drive. Restrooms at start. Pets are permitted. These walks are suitable for strollers and wheelchairs. Event: SE26/Y1124. Trail Ratings: 1A. Contact: Tom Carter, 615.400.1796, tomcarter3640@gmail.com.

DIRECTIONS: Map: [Walgreens - Google Maps](#) GPS: 28.625457,-81.365722. Walgreens Pharmacy, 330 S Orlando Ave, Maitland.

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

Award: Credit only

DATE: 19 September 2026 (Saturday)

LOCATION: Orlando Downtown @ Beardall Senior Center

EVENT: 6K & 10K Walks

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

AVA Special Programs: *Anniversaries Hurrah, Par for the Course, Rails-To-Trails, Step to the Beat, Walking the USA A–Z: O*

DESCRIPTION: Enjoy walks through historic downtown Orlando passing the Lake Eola art sculptures, City Hall, Performing Arts Centre and the County Courthouse. Lake Eola fountain was completely refurbished in 2011

providing a nightly light show with music. Take a ride in the swan paddle boats. History notes with walk instructions. Park in the lot behind the Beardall Senior Center. Event: SE26/Y2753. Trail Ratings 1A. Contact JoAnne Cross, 407.222.8118, beachfan10478651@aol.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

October 2026 Events

3 October: Lake Sumter @ The Villages The Waterfront Inn
17 October: Sanford @ Hollerbach
31 October: Celebration #2 @ Starbucks

September 2026 Events

Mid-Florida Milers Walking Club



36 Years
walking in
Central Florida
est 1989

5 September 2026 (Saturday)

Maitland/Walgreens

5 & 10 km walks

19 September 2026 (Saturday)

Orlando Downtown/Beardall Senior Center

6 & 10 km walks



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