

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: 3 October 2026 (Saturday)

LOCATION: Lake Sumter (The Villages) @ The Waterfront Inn

EVENT: 5K & 10K Walks

START: Register between 9:00 – 9:30 am

AVA Special Programs: *Anniversaries Hurrah, Par for the Course, Step to the Beat, Walking the USA A–Z: V*

DESCRIPTION: The walks at The Villages, a retirement community northwest of Orlando, are on sidewalks and multi-modal trails past numerous golf courses providing views of Cherry Lake/Lake Sumter, Lake Sumter Landing Town Square, gardens, residential, businesses and recreation areas. A large variety of restaurants are available. Restrooms at start, pools and recreation centers. These walks are suitable for strollers, and for wheelchairs. Pets are permitted. Event: SE2026/Y1470. Trail Ratings: 1A. Contact: Jan Van Vlack, 317.300.0526, jvanvlack@gmail.com.

DIRECTIONS: Map: [The Waterfront Inn - Google Maps](#), GPS: 28.909623, -81.982709. Waterfront Inn, 1105 Lake Shore Dr, The Villages. **Do not park in the parking lot in front of the hotel.**

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

Award: Credit only

DATE: 17 October 2026 (Saturday)

LOCATION: Sanford @ Hollerbach's German Restaurant

EVENT: 5K & 10K Walks (Guided Walks)

START: Register between 8:30– 9:00 am

AVA Special Programs: *Anniversaries Hurrah, Par for the Course, Walking with America's Veterans, Walking the USA A–Z: S*

DESCRIPTION Sanford is at the edge of Lake Monroe, one of many lakes that are part of the St. Johns River (the River of Lakes) flowing very slowly northward through the east side of Florida. This walk will take you through the beautiful Historic District with its tree lined beautiful historic homes and city parks. This walk will also go along the beautiful Lake Monroe Waterfront Strollway. After the walk at 11:00 am, come join us as we will enjoy great German food at Hollerbach's German Restaurant. Please look at our club website for a sign up. For those walkers that finish the walk after 11:00 am, join us

when you are finished. Trail Ratings: 1A. Event: TE. Contact: Dan Barnett, 808.342.8584, dnlcssb@aol.com.

DIRECTIONS: Map: [Hollerbach's German Restaurant - Google Maps](#), GPS: 28.8115039,-81.2692133.

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

Award: Credit only

DATE: 31 October 2026 (Saturday)

LOCATION: Celebration #2 @ Starbucks

EVENT: 6K & 10K Walks

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

AVA Special Programs: *Anniversaries Hurrah, Par for the Course, A-MAZE-ing Labyrinths, Walking with America's Veterans, Walking the USA A-Z: C*

DESCRIPTION: The routes are through shaded streets, walkways, serene boardwalks, and residential homes. Try the many restaurants in town - including the 120-year-old Columbia - and Kilwin's ice cream shop (restrooms; opens at 11am). Walk in the town developed and adapted by Disney by taking the best ideas and practices from yesterday's and today's towns. Restrooms at Start & the Golf Club. These walks are suitable for strollers, and for wheelchairs. Pets are permitted. Event: SE2026/Y1817. Trail Ratings: 1A. Contact: Howard Daughtrey, 325.668.4914, docd62@aol.com.

DIRECTIONS: Map: [Starbucks Coffee Company - Google Maps](#), GPS: 28.317649, -81.541356. Starbucks, 715 Bloom Street, Celebration.

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

October 2026 Events

Mid-Florida Milers Walking Club



36 Years
walking in
Central Florida
est 1989

3 October 2026 (Saturday)

**Lake Sumter (The Villages)/The Waterfront Inn
5 & 10 km walks**

17 October 2026 (Saturday)

**Sanford/Hollerbach's German Restaurant
5 & 10 km walks**

31 October 2026 (Saturday)

**Celebration #2/Starbucks
6 & 10 km walks**



[MFM Website](#)



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November 2026 Events

7-9 November: WAF 35 @ Bradenton

21 November: Spanish Springs (The Villages) @ TownePlace Suites