

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 December 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: 19 December 2026 (Saturday)

LOCATION: Winter Park @ Amtrak Station

EVENT: 5K & 10K Walks

START: Register between 8:30 – 9:00 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. **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 Cathy Metherell 407.375.2387.

Award: Credit only

January 2027 Events

1 January: Universal @ Miller's Ale House

9 January: Spanish Springs @ TownePlace Suites

23 January: Orlando Downtown @ Beardall Senior Center

December 2026 Events

Mid-Florida Milers Walking Club



37 Years
walking in
Central Florida
est 1989

5 December 2026 (Saturday)
Disney Springs/Lake Buena Vista
6 & 10 km walks

19 December 2026 (Saturday)
Winter Park/Amtrak Station
5 & 10 km walks



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