

ROUTES

INFORMATION: Website: midfloridamilers.org

Facebook: [Link](#)

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). Walkers must return to the start by the completion time when one is stated.

PARTICIPATION: This is a fun and safe event for all. People of all ages are welcome to participate though an adult must accompany minors.

WATER: For your safety 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).

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 \$3 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: Dan at 321.338.7093, dnlcssb@aol.com; Routes and Trails Coordinator: Ron at 828.773.4219, rggreene63@hotmail.com

DATE: 1 January 2022 (Saturday)

LOCATION: Universal @ Rear of Kirkman Ale House

EVENT: 6K & 10K Walks

START: Register 8:30– 9:15, Finish with lunch at Miller's Ale House at 11-noon

AVA Special Programs: *Walking the USA A–Z: O*

DESCRIPTION: 6 & 10km walks explore the area in and around Universal Parks & Resorts and the beautifully landscaped Garden Walk which borders the magnificent blue-green CityWalk Lagoon waterway. Water taxis ply their trade back and forth from CityWalk to resorts such as Loews Portofino Bay. Pass many restaurants and attractions such as Margaritaville. Suitable for strollers and wheelchairs. No pets are permitted. Walk in daylight hours. NOTE: **The walks include passage through security points: No weapons or sharp objects (such as penknives) are allowed.** Come for lunch from the menu, please sign up at our club web site. Event: SE22/Y1728. Trail Ratings: 1A. Information: Ron Greene, 828.773.4219, rggreene63@hotmail.com

DIRECTIONS Map: [Miller's Ale House - Google Maps](#) GPS: 28.481522,-81.4600392. To Miller's Ale House at 5573 S. Kirkman Rd. from Tampa on I-4E to LEFT Exit 75B, FL435N/Kirkman Rd. and merge onto Kirkman Rd. See ALL. From Daytona/Sanford I-4W stay in right lane to Exit 75B-A for FL435N/Kirkman Road. See ALL. ALL: Merge onto Kirkman Rd into 2nd from right lane, passing Major Blvd for .3 mile, right to Miller's Ale House. Park in rear lot behind Ale House.

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

Award: Credit only.

DATE: 15 January 2022 (Saturday)

LOCATION: Orlando Downtown@ Beardall Senior Ctr

EVENT: 6K & 10K Walks

START: Register between 9:00 am – 9:45 am

AVA Special Programs. *City and Town Halls, Little Free Library, Mayflower, Rockin' Around the Clock, Walking w/America's Vets., Walking the USA A–Z: O*

DESCRIPTION: The center does not open until 9 AM. The 6 and 10 km walks routes take you to historic downtown Orlando, Colonial Town Historic area, Lake Eola, and County Courthouse. Historical notes provided by POC JoAnne. Pass the large fountain in Lake Eola, which was constructed in 1957 to celebrate Orlando's 100th birthday and was rebuilt in 2011. Look for the famous "black swans" or take a ride in the swan paddleboats. The Walk Downtown accommodates strollers and wheelchairs (though some streets have no sidewalks). Restrooms are at the start, Publix, and Lake Eola.. Pets are allowed on a leash. Please carry water. Event: SE22/Y2753. Rating: 1A. Information: Additional Information: JoAnne, 407.706.3034, beachfan10478651@aol.com

DIRECTIONS: Map: [800 Delaney Ave - Google Maps](#). GPS: 28.63175,-81.375518 To the Beardall Senior Center at 800 N Delaney Av. from I-4W, use exit 82B, Anderson St. Left to Orange Av. Right on Orange Ave to 3rd light (Gore Av). Left, then left on Delaney to right on Bay to rear of Center.

From I-4E use exit 82B. Right on South St. Then right on Orange Av to 4th light (Gore). Left and then left at Delaney to Bay and left to the rear of the Senior Center. From SR408W use exit 11, Rosalind. Stay in left lane to Orange Ave. Left on Orange to 4th light (Gore), then right on Delaney to right on Bay to rear of Center. From SR 408E, exit 10B, Downtown. Right on Delaney Ave. for 0.2 mi, then right on Bay to rear of Center..

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

Award: Credit only.

DATE: 29 January 2022 (Saturday)

LOCATION: Apopka, Wekiwa Springs State Park

EVENT: 6K & 10K Walks

START: Register between 8:30 am – 9:00 am

AVA Special Programs: *Walking the USA A-Z: A*

DESCRIPTION: This was once a YRE and was MFM's 1st Traditional event in 1990 and 2d YRE. This walk is on the Park's trail map. You will have detailed directions and map. Note that the park fills early and there may be a delay at the gate. This event is on 70% shaded park trails, spring boil bridge, and boardwalk. Trail is rated 2B and is not suitable for strollers or wheelchairs. Pets are allowed on a 6 ft. leash but not in the springs swimming area. Restrooms at start. For information, contact Michael Kirchner, 407.491.1002, michael.r.kirchner@gmail.com.

DIRECTIONS: Map: [Wekiwa Springs State Park - Google Maps](#) GPS: 28.7116901, -81.4647017 . To the Park at 1800 Wekiwa Circle from Orlando and Daytona use I-4 exit 94. Turn left from Orlando and right from Daytona on FL434W for 1.0 mile. Turn right on Wekiwa Springs Rd. for 4.2 miles and right into park. The cost is \$6 for 2-8 and \$4 for one. Follow signs to register near Oak Pavilion. Questions on day of the event: Call Cathy Metherell 407.375.2387.

Award: Credit only

February 2022 Events

5 Feb: Celebration #1 @ Starbucks;

19 Feb: The Villages @ Lake Sumter Landing

January 2022 Events

Mid-Florida Milers Walking Club

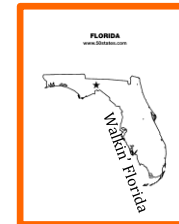


32 Years
walking in
Central Florida
est 1989

1 January 2022 (Saturday)
Universal
6 & 10 km walks

15 January 2022 (Saturday)
Orlando Downtown
6 & 10 km walks

29 January 2022 (Saturday)
Wekiwa Springs Stat Park
6 & 10 km walks



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MFM Facebook

