

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: 7 May 2022 (Saturday)

LOCATION: Winter Park @ Mead Botanical Garden

EVENT: 5K & 10K Walks

START: Register 8:30– 9:15 am

AVA Special Programs: *Little Free Libraries, Walking w/America's Veterans, Walking the USA A–Z: W*

DESCRIPTION: The Mid-Florida Milers will host a walk event from Mead Botanical Garden in Winter Park. The walk will take you from Mead Garden through some charming residential areas around Lake Virginia and Lake Sue. 10K walkers will take a short jaunt through Blue Jacket Park to view the Navy history Memorial Wall. Upon finishing the walk event, explore and enjoy the numerous garden areas in the Park. Event: 121487. Contact: Sharon Axelrod, 407.443.6128, palmtreesax@gmail.com

DIRECTIONS: Map: [1300 S Denning Dr - Google Maps](#) .

GPS: 28.5839255,-81.3628471 Mead Botanical Garden 1300 S. Denning Dr Winter Park, FL 32789. - I-4 westbound: Take Fairbanks exit 87, turn left onto Fairbanks, turn right on Denning Rd, cross Orange Ave & cross over the RR tracks. At the stop sign turn left into Mead Garden. - I-4 eastbound: Take Princeton St exit 85, turn right on Princeton, turn left on Mills, turn right on Garden Dr. to Mead Garden. - SR 408: Take I-4 Eastbound and follow those directions. - Westbound on Aloma Ave.: Aloma becomes Fairbanks, stay on Fairbanks, Turn left on Denning Dr, cross Orange Ave & cross over the RR tracks. At the stop sign turn left into Mead Garden.

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

Award: Credit only.

DATE: 21 May 2022 (Saturday)

LOCATION: The Villages @ Spanish Springs

EVENT: 5K & 10K Walks

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

AVA Special Programs. *Rockin Around the Clock, Walking the USA A–Z: V*

DESCRIPTION: The walks at The Villages, a retirement community south of Ocala, are on sidewalks and multi-modal trails providing views of the Spanish Springs Town Square, gardens, residential, business, and athletic areas of The Villages. Restrooms at the start, pools, & rec centers. Event: SE2022/Y1433. Contact: Gerry Vannienwenhove, 352.250.0937, toadnfrog@live.com

DIRECTIONS: Map: [1114 Alonzo Ave - Google Maps](#).

GPS: 28.9410824,-81.9519569 To Towne Place Suites at 1141 Alonzo Ave. From Turnpike N use Exit 304, US 301. Right on US 301 Go 6.3 mi and right on CR 46. Left on Morse. Right on Paige Pl. to Avenida Central. Right on Avenida Central. Left on Alonzo Ave to hotel. From US 441/27N left on 2nd Avenida Central (after passing under overpass), cross Paige Pl. and left on Alonzo to hotel.

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

Award: Credit only.

June 2022 Events

4 June: Winter Park @ AMTRAK Station;

18 June: Disney Springs @ Lake Buena Vista

May 2022 Events

Mid-Florida Milers Walking Club



7 May 2022 (Saturday)

Winter Park

5 & 10 km walks

21 May 2022 (Saturday)

The Villages

5 & 10 km walks



midfloridamilers.org

MFM Facebook

