



Visit the Mid-Florida Milers web site at www.midfloridamilers.org to see listings for the club's upcoming walks. Everyone is invited!



Like us on [Facebook](#) as Mid-Florida Milers.  Find us on Facebook



To receive the MFM eNews, providing monthly walk information, sign up at any walk or contact Letty Zook, MFM Publicity, at bobletz2000@gmail.com.



For membership inquiries, contact Dave Piatt, MFM Membership at dmp1027@aol.com.

MFM Club Contacts

- ✓ Cathy Metherell — 407.375.2387
President, mcbmetherell@aol.com
- ✓ Sharon Axelrod — 407.443.6128
Secretary, palmtreesax@gmail.com
- ✓ Mike Lanpher — 407.695.9181
Trailmaster, mlanpher@cfl.rr.com



ESTABLISHED 1989

30+ years supporting health, fitness and fun

The Mid-Florida Milers Walking Club

A member of:



**AMERICA'S
WALKING CLUB**
— ESTABLISHED 1976 —

Walk 3 or 6 miles with us to enjoy exploring different areas of Orlando and Central Florida, including The Villages, and find nationwide walk opportunities. Walk at your pace in groups or individually.

Mid-Florida Milers Walking Club



Conducts walks open to the public. We are a not-for-profit organization which promotes walking for fun, fitness and friendship. Walks are designed for people of all ages and levels of physical fitness.



Manages recreational walks and other sporting events as a member of both the American Volkssport Association (AVA) and the International Volkssport Verband (IVV). Volkssport means People-Sport!



Hosts 3 and 6 mile walk events in the Orlando and The Villages area two or three times each month and sponsors 17 permanent (walk anytime) walks throughout the Orlando area, The Villages, and Florida's southeast coast.



Supports local club membership that enhances camaraderie and is an essential ingredient to hosting quality events. Members participate in walks in Orlando, in Florida, and across the nation. Club Membership is encouraged, but not required.

About our Walks



Walks are non-competitive, self-paced, and follow pre-determined 3 and 6 mile routes that are planned with safety in mind. The events encourage physical activity and appreciation of the outdoors. Trails are diverse: town, country, residential, and natural areas.



Trails are designed for people of all ages and levels of physical fitness. Most routes are accessible for wheelchairs and strollers and most allow pets.



Walkers are given detailed walking directions with a map and can begin walking as soon as they register within a designated start and finish time. Most regular walkers maintain distance and event records to receive AVA/IVV credit and awards. All walkers, except minors under 13, pay \$3 per event.

Finding Walks in Florida and the USA



Visit <http://www.midfloridamilers.org/> for weekend and permanently available walks in Central Florida.



Explore all 70+ plus Florida volkssport clubs' walks and events at <http://walkflorida.org/>.



Explore the 1800 walks, bikes, and other events available in 50 States at <http://www.ava.org/>; select Event Search, select "Find a..." tab, the Event tab; then the state that you wish to walk. See also the FAQ tab. There are 150 events available online with instructions downloaded to a PC or smartphone.



Participants may record a unique stamp in their event and distance books any time they walk an event. Certificates are incentives for reaching various milestones. The first milestone is at 10 events. Ask a club officer how you can start counting your distance and number of walks. A new walker packet (a \$21 value) is the gateway to the AVA incentive program. Purchase at any club event for just \$5. It includes first-level event and distance books plus coupons for 3 free walks.