Mid-Florida Milers is a nonprofit organization promoting walks for people of all ages and levels of fitness. Our trails are diverse and cover towns, residential and natural areas. Most routes are accessible for wheelchairs and strollers and most allow pets.

Join us during our starting times and receive detailed walking instructions and a map. Walkers may maintain Distance and Event records to receive AVA/IVV credit and awards. All events cost $3, except for those under 13 not stamping books.

For more information on Mid-Florida Milers
- visit our website: midfloridamilers.org
- Like us on Facebook: facebook.com/MidFloridaMilersWalkingClub
- MFM eNewsletter contact: Letty, at bobletz2000@gmail.com
- MFM membership information contact: Dave, at dmp1027@aol.com
- MFM President: Cathy 407-395-2387 mcmbetherell@aol.com
- MFM Vice President: Dan 321-338-7093 dnlnessb@aol.com
- MFM Secretary: Sharon 407-443-6128 palmtreesax@gmail.com

For information on walks in Florida or the USA with affiliated groups you can visit
- For Florida: walkflorida.org
- For USA: ava.org/

ESTABLISHED 1989
31+ years supporting fun, fitness and friendship

The Mid-Florida Milers Walking Club
– a member of AVA

Come join us on one of our scheduled 3 or 6 mile walk events in the Greater Orlando area including The Villages. Or walk any time at one of our 17 Year-Round Events in the Orlando area and the Southeast Florida coast. Walk at your own pace, in groups or individually.