

# American Volkssport Association <sup>®</sup>

---

**Come walk with the clubs and walkers of the American Volkssport Association. Meet friends and walk scenic trails at your own pace for fun, fitness, and friendship.**



The Mid Florida Milers walked the 2008 Central Florida Heart Walk route with 5,000 friends.

Photo submitted by Mike Lanpher, October 1, 2008

*Enjoy an event near you today for the fun, fitness and friendship!*

[Send your photo to us!](#)

**The AVA's network of 320 Walking Clubs organize more than 3,000 walking events as well as occasional bikes, skis, and swims every year in all of our 50 states. All events are open to the public. Come join us!**



A member of the International Federation of Popular Sports (IVV)

---