



# San Diego Feets

Vol. 39, No. 8

WALKABOUT INTERNATIONAL is a non-profit educational group that promotes neighborhood walking in urban, suburban, and rural environments throughout the world. Walkabout publishes a monthly schedule of events; for one complimentary issue call the Walkabout office, located at 2650 Truxtun Road, Suite 110, San Diego, CA 92106-6007, (619) 231-SHOE(7463), FAX (619) 231-9246. Summer office hours: 10:00 am to 2:00 pm, Mon., Wed., Fri. Internet: [www.walkabout-int.org](http://www.walkabout-int.org), e-mail: [info@walkabout-int.org](mailto:info@walkabout-int.org)

Unless otherwise specified, walks start at the time indicated. Walk leaders should arrive at least 10 minutes prior to the start time.

Pace Yourself	miles	minutes
	per hour	per mile
Casual	2.5	25
Moderate	3	20
Moderate-plus	3.5	17

## August 2016

### WEEKLY REPEATING WALKS

These walks repeat every week this month at the same location, day, and time.

#### MONDAYS

10:00 am

**CROWN POINT AREA BECKONS.** Start out your week with beautiful scenic views of Mission Bay and nearby homes as a guest leader takes the group on a **moderate to moderate-plus** flat walk for about 2 hours with a pause for coffee or yogurt. Take I-5 to Grand Ave. and go west to Lamont St., turn left on Lamont St., then right on Crown Point Dr. to meet at the west end of the parking lot by the park's southern end restrooms. To use public transit, take the trolley to Old Town and board the #9 bus at 9:10, get off at La Cima Dr. and walk 3 blocks east to the parking lot. Rain cancels. **Kathy L.** (858) 484-0349.

#### TUESDAYS

6:30 pm

**MISSION BAY SUNSETS.** Walk leaves promptly at 6:30. Rain (not mist) cancels. Enjoy the cooler evening air and beautiful views of Mission Bay! Join us for a flat but fairly fast-paced **moderate to moderate-plus** walk along the shores of Mission Bay. Take the I-5 and go west on Clairemont Dr. to meet at the former Visitors Information Center. **Teri E.** (858) 560-0446 or **Jill F.** (858) 292-4231.

#### WEDNESDAYS

5:30 pm

**WEDNESDAY WORKOUT.** Meet at Costa Verde Shopping Center in front of Bookstar, west of the UTC Mall between La Jolla Village Dr. and Nobel Dr. We will walk for about 1½ hours at a moderate-plus pace, heading in a different direction each week, exploring canyon trails and hills. Rain cancels. Come and have some fun! **Kathy T.** (858) 459-6438 or **Barbara S.** (858) 452-8832.

#### THURSDAYS

10:00 am

**MISSION BEACH NORTH & SOUTH.** Walk the beach or the bay and stop for coffee near the end of this **moderate-plus** or **moderate** flat walk. Meet at the Belmont Park ticket booth off of Mission Blvd. To use public transit, ride the trolley to Old Town, and then take the #8 bus at 9:40 to Mission Blvd. arriving at 9:54, and walk across the street. Rain cancels. **Kathy L.** (858) 484-0349.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** Join Sandra, Sally and Friends for a casual+ walk from the Bali Hai Restaurant to the Friendship Bell and back on flat sidewalks (about 2.5 miles round trip; 60-70 minutes including pit stop). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to sea lions. Meet new friends at east end of the island to the right of the Bali Hai by the lamp post and hand rails, where we will stretch for a few minutes. Ample free parking. If you're late, drive down the island and join us along the way. Take the #28 bus and walk approximately 3 blocks to the Bali Hai, Optional eats afterward. Heavy rain cancels. Join us - just for the health of it! **Sally R.** (619) 222-3800.

10:15 am

**MORNING STROLL IN BALBOA PARK.** Meet at the Senior Lounge across from the Museum of Photographic Arts to walk at a **casual** pace through beautiful Balboa Park for about 45 minutes. Terrain is flat and mostly paved. Stay after for optional coffee. For public transit, use the #7 bus. Rain cancels. **Mary T.** (619) 291-1349.

## MORE GREAT WALKS THIS MONTH

### FRIDAYS

6:30 pm

**MISSION HILLS MEANDER.** Come see the great views and picturesque homes of this old neighborhood on a 1-hour **casual** walk for about 2.5 miles on flat terrain. The walk ends before sunset so flashlights aren't needed and there will be light to enjoy the views. Meet at the coffee shop at 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west on Ft. Stockton Dr. Rain cancels. **Stan F.** (619) 222-3447.

### SUNDAYS

8:15 am

**MERRY GO-ROUND.** Start from the carousel in Balboa Park and join us on one of the most scenic walks in San Diego. Our **moderate-plus** walk encompasses the harbor, downtown, Bankers Hill and bridges depending on size of group and mood. Allow 3 hours, which includes a coffee break. To use public transit, take the trolley to 3<sup>rd</sup> Ave. and C St. At 3<sup>rd</sup> Ave. and Broadway take the #7 bus at 7:42 or 7:48. Arrive at Zoo Pl. at 8:00 or 8:06. Meet **Rick** in the parking lot near the carousel at Park Blvd. and Zoo Pl. (858) 565-7212.

## HIKE WEDNESDAYS & SATURDAYS

Time: TBA

**WILDERNESS HIKE.** Details e-mailed a day or two before. IMPORTANT HIKE INFO: Park on the street in front of the Methodist Church, 2111 Camino del Rio South (west of Texas St.). Be prepared to drive yourself if there are no other carpoolers. Bring lunch, 2-3 quarts of water, sun and rain protection, and lug-soled shoes. **"First timers" must** call the leader. All participants **must** be in top condition, well prepared for trail conditions and will be accepted at the leader's discretion. Hikers **must** be able to keep pace with the group. Check <http://www.walkabouthikes.org> as weather or unusual conditions may cause the hike to be moved or canceled. If you have any questions, please contact the relevant hike leader as noted.

Date	Contact Information
Aug 3	<b>Don:</b> <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007
Aug 6	<b>Bob R:</b> (760) 728-8232
Aug 10	<b>Rita C:</b> (619) 482-0052
Aug 13	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Aug 17	<b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@yahoo.com">shunt92071@yahoo.com</a>
Aug 20	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Aug 24	<b>Mike L.</b> (858) 455-0738
Aug 27	<b>Eva:</b> (619) 283-1872 or <a href="mailto:evajudo@aol.com">evajudo@aol.com</a>
Aug 31	<b>Don:</b> <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007

### MONDAY, AUGUST 1

6:30 am

**SUNRISE SERIES: HARBOR ISLAND.** We'll have a quiet walk for 1 hour at a **moderate** pace on flat terrain around this beautiful area so close to downtown. Take Harbor Dr. to Harbor Island Dr., turn west to the end and turn left to the parking next to Island Prime Restaurant. Bring money for optional breakfast afterward. **John & Marilyn** (619) 840-5544.

### WEDNESDAY, AUGUST 3

10:00 am

**OCEAN BEACH EXPLORATION.** Enjoy varied terrain, interesting homes, beautiful gardens, and the ocean on this **casual** 1 to 1-1/2 hour walk. Meet in the first parking lot to the right, opposite the ball field, after entering Robb Field. Take I-8 West to the end, turn left (south) onto Sunset Cliffs Blvd, keep in the right lane and turn right (west) onto West Pt Loma Blvd. Turn right at Bacon St. for the entrance to Robb Field. For public transit, take the #35 bus west to Ocean Beach, exit at Sunset Cliffs Blvd. and West Pt. Loma Blvd. at approx. 9:30 am, and walk west 2 blocks on West Pt. Loma Blvd. to the Bacon St. entrance of Robb Field. Bring money for optional eats afterward. Rain cancels. **Robert B.** (858) 414-6181.

### THURSDAY, AUGUST 4

6:30 am

**SUNRISE SERIES: NORTH PARK.** Meet **Frances** at the restaurant at 3949 Ohio St. just north of University Ave., where there is plenty of parking, for this **casual** to **moderate** 1-hour walk on flat terrain. This neighborhood is a walker's paradise, where daily errands do not require a car. From I-805, exit at University Ave. and head west to Ohio St. Optional breakfast afterward. (619) 479-3962.

### SUNDAY, AUGUST 7

7:15 am

**BREAKFAST SPECIAL ON SHELTER ISLAND.** Ships and seagulls will delight us as we walk as far around Shelter Island as we wish **at our own speed**. Time out to pet cute dogs. The walk is mostly flat, but we might go along the shore and some might go up the hill for the views. Optional breakfast follows to eat and chat. Meet at Shelter Island Dr. and Anchorage Ln. This intersection is served by the 6:45 #28 bus. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.



## MONDAY, AUGUST 8

6:30 am

**SUNRISE SERIES: MISSION BAY.** Let's enjoy the season by the bay on this flat 1 hour **moderate** walk where we can watch for a beautiful sunrise and check out the different birds. Meet at the former Visitors Information Center. From the I-5, take the Clairemont Dr. exit and go west. Optional breakfast follows. **Winnie** (858) 278-4003.

## TUESDAY, AUGUST 9

10:00 am

**BALBOA PARK'S ART INSTITUTE, HISTORY CENTER and MOPA.** (free admission today for San Diego residents) will be our destination following a one-hour **casual** walk through the Sculpture, Alcazar, Rose and Cactus Gardens. Meet **Stella** at one of the tables in front of the Art Museum. (619) 232-3756.

## THURSDAY, AUGUST 11

6:30 am

**SUNRISE SERIES: OTHER SIDE OF HILLCREST.** We will explore the other side of Washington St. (southward) at a **moderate** pace for one hour. Meet at Fort Stockton and Goldfinch Sts. north of W. Washington St. Bring money for optional breakfast afterward. **Connie** (619) 477-8628.

## SATURDAY, AUGUST 13

7:15 am

**LATE BIRDS.** For those of us who can't get up in time for the Sunrise Series, **Anna T.** will lead a flat 1-hour walk **at your own pace** around Pacific Beach, followed by an optional breakfast. Take the #30 bus at 6:45 from Old Town, exit at Mission Blvd. Meet in front of Crystal Pier at the west end of Garnet Ave. Rain cancels. (619) 231-7463.

7:45 am

**DONUT DAY AT DEL MAR.** Join us on our annual trek to the race track for a quick tour of the stands followed by free donuts, coffee, and OJ. We'll watch the horses practice going through the starting gate and linger afterwards to watch the workouts and/or listen to the speakers about horse racing. FREE admission and parking. Meet at the parking lot entrance to the race track off of Jimmy Durante Blvd. **Pat K's** cell for that day (619) 540-9031. Otherwise (619) 469-6223. Rain cancels.



Flashlights should be kept handy on evening or early morning walks. They help you not only to see, but to be seen. In case of emergency please carry ID and medical information.

## SUNDAY, AUGUST 14

7:15 am

**BREAKFAST SPECIAL IN BALBOA PARK.** The park is beautiful any time of the year with many paths to explore on this flat walk **at your own pace**. Eating and chatting afterward (Greek?) is optional but great fun. Meet at the carousel on Park Blvd. at Zoo Pl. **Pat's Pals** (619) 469-6223.

## MONDAY, AUGUST 15

6:30 am

**SUNRISE SERIES: MARINA VILLAGE.** This is a very flat 1 hour walk at a **moderate** pace with beautiful views where many sport fishing boats are moored. Take the I-8 to the west end, left onto Sunset Cliffs Blvd., right at the light (W. Point Loma Blvd.), then right at Bacon St. (stop sign) to the parking lot by the restrooms at Robb Field. Bring money for optional breakfast afterward. **Fusa** (619) 223-6947.

## TUESDAY, AUGUST 16

2:00 pm

**PT. LOMA PROMENADE.** Stroll down winding streets named for flowers, past beautiful homes and gardens, and discover a hidden pathway. Meet at the park at Chatsworth Blvd. and Plumosa Dr. (Thomas Guide p.1268 C-6) for a **casual to moderate** 1.5 hour flat walk. Bus #923 stops at Voltaire and Poinsettia. **Evelyn K.** (619) 461-6095.

## WEDNESDAY, AUGUST 17

10:00 am

**CORONADO BAY AND OCEAN.** Robert and Friends will do a **casual**, 1-hour flat walk to view the bay and the remodeled civic buildings of Coronado, then cross over to the ocean side and walk past the high-rise condominiums south of the Hotel Del. We can check out the Hotel Del's famous Christmas Trees. Meet in front of the Bluewater Boathouse Restaurant on Strand Way. Take Orange Ave. south past the Hotel Del and the restaurant to the first traffic light, turn left, then left again onto Strand Way. There is free parking in the restaurant parking lot or on Strand Way. For public transit, take or transfer to the #901 bus ("Iris Trolley") from the 12th and Imperial Transit Center and get off just past the Hotel Del before 9:45 am, proceed across Orange Ave. and down the hill to the meeting place. Optional eats afterward. Rain cancels. **Robert B.** (858) 414-6181.

## THURSDAY, AUGUST 18

6:30 am

**SUNRISE SERIES: SOUTH PARK.** We'll wander on a **casual** flat walk through this historic area that has become the "in" place to live now. We'll see the homes built 80-100 years ago then have an optional French breakfast at a new café. Meet at 30<sup>th</sup> (not Fern) and Juniper. **Pat K.** (619) 469-6223.

## SUNDAY, AUGUST 21

7:15 am

**BREAKFAST SPECIAL ALONG EAST MISSION BAY.** Let's take a flat walk **at your own speed** to see the birds, boats, and views. Optional breakfast and chatting follow. Meet on Mission Bay Dr. by the restrooms just south of Clairemont Dr. If the road/parking lot is closed for an event, we will meet in the restaurant parking lot at Pacific Hwy. and Rosecrans St. to walk along the river or Old Town. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

## MONDAY, AUGUST 22

6:30 am

**SUNRISE SERIES: LAKE MURRAY.** Walk **at your own pace** for 1 hour on a mostly flat path around the lake. Drive through the main entrance to Lake Murray at the end of Kiowa Dr. off Lake Murray Blvd. Meet in the main parking lot on the left as you approach the lake. Optional breakfast follows. **Betty** (858) 248-3782.

6:15 pm

**SILENT MOVIE AT THE ORGAN PAVILION.** Join us before the Spreckles Organ annual silent movie. Tonight's movie is a favorite "The General" with Buster Keaton, based on a real-life Civil War event. Meet at the Northeast entrance to the organ pavilion (by the Japanese Garden snack-shop) We will use our blankets or cushions to claim our seats before a **casual** flat walk along some little-known paths and then return for the 7:30 pm concert and movie. Bring a snack or buy one there. Concert runs about 2-3 hours. Rain cancels walk. **Pat K.** (619) 469-6223.

## TUESDAY, AUGUST 23

11:00 am

**HARBOR WALK AND BAY CRUISE.** Meet Eileen, Jackie, and Sally at the south end of Cancer Survivors Park (ample FREE parking) across from the airport for a beautiful 1.9 mile **casual** harbor walk past the San Salvador (Cabrillo's replica ship) and other maritime jewels on the way to the new ticket office of a harbor tour company now located next to the USS Midway. Bring a picnic lunch or you can purchase something there. We will eat at the adjacent tables after purchasing an annual pass (\$90 for unlimited day harbor cruises, winter whale watching, birthday buffet cruise & more) or a day pass. We'll board at 12:30 pm to enjoy a fully narrated 2-hour tour of the bay. Learn fascinating facts about the port of San Diego, the Navy's role, commerce, even tidbits about celebrities who live in Coronado! Bring ID and sunscreen. We return to the Embarcadero at 2:45 pm for another walk back to Cancer Survivors Park. Optional Happy Hour may follow. Bon Voyage! Will repeat every other month on the 3rd Tuesday. eileen@merrin.com; jp@beddows.info; sallywalkabout@cox.net

## THURSDAY, AUGUST 25

6:30 am

**SUNRISE SERIES: BY THE RIVER AT LIBERTY STATION.** Join **Edie** for a **moderate**, 1-hour walk on mostly paved, level paths. We'll meet in the parking area near the river at the south end of Womble St. From the south, take I-5 to the Pacific Hwy. exit, veer to the left onto Barnett Ave., turn left into Liberty Station, turn left at Womble St. From the north or east, take the Rosecrans St. exit, proceed several miles until you see Vons on your left – Womble St. is the next left turn. Optional breakfast follows. (619) 222-4396.

## SATURDAY, AUGUST 27

9:15 am

**SON OF A BEACH -- ANOTHER TORREY-DE-FORCE.** If heat's got you beat, here's a cool treat: meet at the beach. Sweet! Saunter from Solana Beach through Del Mar to Torrey Pines State Beach and back on a 3-hour **moderate-plus** prance over mostly flat terrain as the waves caress the shore in an area that we all adore. Want some more? Look for **Larry** at the far western end of Via De La Valle (about 1 mile west of I-5 exit) by South Sierra Ave., where free street parking abounds. Larry@walkabout-int.org (858) 755-1751 (evenings/weekends).

## SUNDAY, AUGUST 28

7:15 am

**BREAKFAST SPECIAL IN PACIFIC BEACH.** Before the crowds arrive, walking in Pacific Beach can be delightful. We'll walk along the ocean admiring the waves on a flat walk **at your own speed** and then return by the same route. Meet at the west end of Garnet Ave. by Crystal Pier. From Old Town Transit Center, take the #8 bus at 6:30. Rain cancels or postpones. Optional breakfast follows, perhaps overlooking the ocean. **Pat's Pals** (619) 469-6223.

## MONDAY, AUGUST 29

6:30 am

**SUNRISE SERIES: SOUTH SHORE.** Meet at the South Shores Boat Launch just east of Sea World on Mission Bay. Hopefully we'll see some rabbits and the great sea birds there. Take I-5 to Sea World Dr. and go west to the South Shores Boat Launch Ramp area. Watch for the sign, it is not very prominent. We'll meet at the restrooms at the boat launch. Optional breakfast follows this **moderate**, flat 1-hour walk. **Winnie** (858) 278-4003.



## AUGUST 2016 WALKS AT A GLANCE

**Bold** walk start times are those that repeat every week at the same location, day, and time.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
	6:30 am Sunrise: Harbor Island  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  10 am Ocean Beach Exploration  <b>5:30 pm</b> Wednesday Workout	6:30 am Sunrise: North Park  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>6:30 pm</b> Mission Hills Meander	TBA Hike
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
7:15 am Breakfast Spcl: Shelter Island  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: Mission Bay  <b>10 am</b> Crown Point Area Beckons	10 am Balboa Park Museums (free Tuesday)  <b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  <b>5:30 pm</b> Wednesday Workout	6:30 am Sunrise: Other side of Hillcrest  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>6:30 pm</b> Mission Hills Meander	TBA Hike  7:15 am Late Birds  7:45 am Donut Day at Del Mar
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
7:15 am Breakfast Spcl: Balboa Park  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: Marina Village  <b>10 am</b> Crown Point Area Beckons	2 pm Pt. Loma Promenade  <b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  10 am Coronado Bay and Ocean  <b>5:30 pm</b> Wednesday Workout	6:30 am Sunrise: South Park  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>6:30 pm</b> Mission Hills Meander	TBA Hike
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
7:15 am Breakfast Spcl: E. Mission Bay  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: Lake Murray  <b>10 am</b> Crown Point Area Beckons  6:15 pm Silent Movie at the Organ Pavillion	11 am Harbor walk and Bay Cruise  <b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  <b>5:30 pm</b> Wednesday Workout	6 am Sunrise: By the River at Liberty Station  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach  <b>10:15 am</b> Balboa Park	<b>6:30 pm</b> Mission Hills Meander	TBA Hike  9:15 am Son of a Beach – Another Torrey-de-Force
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			
7:15 am Breakfast Spcl: Pacific Beach  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: South Shore  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Mission Bay Sunsets	TBA Hike  <b>5:30 pm</b> Wednesday Workout			

## UPCOMING WALKS, EVENTS & TRIPS

Please call our office (619) 231-7463 for details about any of the following.

### Overnight Trips (all dates are tentative)

Summer Camp in Maine	August 23 - 30
North Carolina and the Biltmore	October 4 - 11

### Events/Walks

Annual Meeting Potluck & Auction	October
Thanksgiving Restaurant Dinner	November
Thanksgiving Shelter Island Walk	November
Christmas Brunch; Gift Exchange	December



## VOLUNTEER!

If you are interested in any of our volunteer opportunities, please call the office (619) 231-7463.

### WALK LEADERS NEEDED

We are recruiting walk leaders for the suggested walks below. If interested, please call the office (619) 231-7463. Receive help with write-up, etc. And, contact us with YOUR ideas for walks!!

- Balboa Park with ranger tour
- Free Tuesdays at museums in Balboa Park

### BOARD SEEKS YOUR HELP

We need office volunteers and new board members.



### NEWSLETTER DEADLINE NOTICE

All walks must be submitted by the **10th** of the month before the month of the walk. None will be accepted after that date. For example, the April newsletter is published in March, so walks must be submitted by March 10th. You must e-mail your walks to [walks@walkabout-int.org](mailto:walks@walkabout-int.org). If you e-mail more than one walk, please leave extra space between each walk.

You can e-mail your newsletter comments and suggestions to [publisher@walkabout-int.org](mailto:publisher@walkabout-int.org)



Please remember that Walkabout International is a non-smoking experience. There is no smoking at the meeting place or during the walk.

## WALKABOUT BOARD MEETING

Friday, August 19 at 11:00 am

The monthly meeting will be held at Serra Mesa-Kearny Mesa Branch Library, Sudberry Room, 9005 Aero Drive, San Diego, CA 92123



## BOARD MEMBERS

<b>President</b>	(858) 571-7733
Robert Buehler	President@walkabout-int.org
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Larry Forman	(858) 755-1751 larry@walkabout-int.org
Norman Vigeant	(619) 231-7463 ngfrenchy@hotmail.com
Bruce Herms	Emeritus

## JOIN US ON MEETUP!

[www.meetup.com/Walkabout-International](http://www.meetup.com/Walkabout-International)



### OFFICE STAFF

Elaine Berger, Robert Buehler, Donna Farris, Marilyn Buckley, Eileen Frame, Grace Greenalch, Dan Haslam, Charlotte Sedgwick

### NEWSLETTER STAFF

Dan Haslam, Kim Mills, Fran Whiteman

### MAILING CREW

Charlotte Sedgwick & Beverly Stebbins (Captains), Alice Berwert, Stan Follis, Grace Greenalch, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Gwen Phelps, Fusa Shimizu, Judy Vandruff

## ABOUT WALKABOUT, SAN DIEGO'S PREMIER SOCIAL NETWORK AFOOT

Walkabout is an all volunteer San Diego-based non-profit organization offering more than 1,000 free local walks each year along with parties, picnics, potlucks, holiday celebrations and other activities including national and international travel, all with a walking component. Established in 1977, Walkabout promotes healthy regular exercise, social camaraderie and discovering new places.

### Walkabout Newsletter Subscription/Supporter Form

You are the heart and "soles" of an all-volunteer, nonprofit organization that raises walking far above a pedestrian pursuit. WALKABOUT depends in large part on your generous spirit to fund our yearly operating costs through your thoughtful, tax deductible donations. If you appreciate the value you receive from WALKABOUT, please contribute. All levels of support include a one-year subscription to our monthly newsletter.

Basic Level \$20     
  Tenderfoot \$25     
  Footprint \$100     
  Arch Supporter \$500  
 Twinkle Toes \$50     
  Kindred Sole \$250     
  Big Foot \$1000     
 Other Contribution Amount \$ \_\_\_\_\_

Circle RENEW or NEW Subscriber/Supporter...How did you hear about us? \_\_\_\_\_

Please mail completed form (we do not share information): 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007

NAME \_\_\_\_\_ DATE \_\_\_\_\_

ADDRESS \_\_\_\_\_

CITY \_\_\_\_\_ STATE \_\_\_\_ ZIP+4 \_\_\_\_\_ - \_\_\_\_\_

PRIMARY PHONE ( ) \_\_\_\_\_ OTHER PHONE ( ) \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

PDF ALSO (available only if support greater than Basic Level)

PDF ONLY (**fully tax deductible, eco-friendly, and helps us keep costs down**)

Call 619-231-SHOE (7463) to notify office promptly of any changes to your information; or to discuss WALKABOUT's charitable gifts, trusts, and memorials program; or to find out how you can donate some time to WALKABOUT. By coming on walks, bringing friends, helping out at the headquarters or at events - you sustain and spread the WALKABOUT spirit!

Walkabout is offering a buy-one, get-one-free subscription deal when you contribute at the \$25 level or above. Simply provide information for someone who has never had their own subscription and might like to subscribe:

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

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PRIMARY PHONE ( ) \_\_\_\_\_ OTHER PHONE ( ) \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_  PDF ONLY



**Biotech Trek in June**



2650 Truxtun Rd., Suite 110  
San Diego, CA 92106-6007  
(619) 231-7463  
<http://www.walkabout-int.org>  
RETURN SERVICE REQUESTED

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## **ANNUAL MEETING/AUCTION/PICNIC**

### **SATURDAY, OCTOBER 29**

### **11 AM TO 2 PM**

Mark your calendars now for Walkabout International 's annual potluck picnic and auction to be held at East Mission Bay Park (same location as last year).

We need each person to bring three things:

1. Food to share for the potluck (usually 40+ attendees)
2. Contributions/donations for the auction
3. Your checkbook or cash to pay for someone else's donated treasure at the auction

The park is located on East Mission Bay Drive just west of the I-5, use Exit #22 Clairemont Drive. We will be in the Playa II cover shelter (gazebo), south of the former visitors center, north of the Hilton Hotel. Look for our bright blue banners & signs. There is plenty of free parking in nearby lots. Walkabout will provide beverages, ice, cutlery, napkins, cups, and plates. You can bring your family, friends and neighbors: all are welcome (just be sure to bring plenty food to share).

We will start off with a casual to moderate walk along the bay before lunch. There will be a short meeting about Walkabout's operations presented by our President, Bob Buehler before the auction. As usual our cheerful auctioneer, Dan Haslam will entertain us with his fast talking as he tries his best to move all those treasures to new homes. Auction favorites include plants, homemade baked goods, gift certificates (restaurants, hair salons, movie tickets, etc.) books, gifts you want to "re-gift". Prefer things that can be consumed rather than stored on a shelf. Things to avoid donating to the auction: artwork, clothing, electronics (unless in excellent working condition), anything not in good condition.

Come on down for an entertaining fun afternoon for good food and great company!

Call the office (619) 231-7463 to sign up on the potluck interest list with your name, how many in your party and food contribution. Main dishes preferred.