



# San Diego Feets

Vol. 40, No. 7

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. Office hours: 10 am to 2 pm, Monday, Wednesday, Friday 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

## July 2017

## 40<sup>th</sup> Anniversary Year!

### 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 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 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.

#### 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.

#### THURSDAYS

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.

5:30 pm

**THURSDAY TROMP.** Meet in front of Bookstar in Costa Verde Shopping Center at 8650 Genesee Ave. for a friendly walk'n'talk for about 1½ hours at a **moderate-plus** pace through neighborhoods, parks, and canyon trails all around UTC and UCSD areas. Rain cancels. **Kathy T.** (858) 539-6888 or **Barbara S.** (858) 452-8832.

## MORE GREAT WALKS THIS MONTH

### FRIDAYS

6:00 pm

**MISSION HILLS MEANDER.** Join us for great views and picturesque homes of this old neighborhood on a 1-hour **casual** walk for about 2.5 miles on flat terrain. We will enjoy the late afternoon views. Meet at 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west about a mile 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 lot near 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
Jul 1	<b>Don:</b> <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007
Jul 5	<b>Don:</b> <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 796-4007
Jul 8	<b>Bill:</b> (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a>
Jul 12	<b>Bob R:</b> (760) 728-8232
Jul 15	<b>Eva:</b> (619) 283-1872 or <a href="mailto:evajudo@aol.com">evajudo@aol.com</a>
Jul 19	<b>Jessica N:</b> <a href="mailto:gossamer666@gmail.com">gossamer666@gmail.com</a>
Jul 22	<b>Bob R:</b> (760) 728-8232 or <a href="mailto:care4bob@sbcglobal.net">care4bob@sbcglobal.net</a>
Jul 26	<b>Stan H:</b> (619) 448-1668 before 6:00 pm or <a href="mailto:shunt92071@gmail.com">shunt92071@gmail.com</a>
Jul 29	<b>Candy:</b> (619) 435-2894 or <a href="mailto:ccbeckwith146@yahoo.com">ccbeckwith146@yahoo.com</a>

### SUNDAY, JULY 2

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, JULY 3

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.

### THURSDAY, JULY 6

6:30 am

**SUNRISE SERIES: SEAPORT VILLAGE/EMBARCADERO.** We'll start at Seaport Village and walk along the bay toward the Convention Center, exploring Marina Park, on this **moderate** 1-hour flat walk. Join us for spectacular views of the bay, Coronado Bridge, Coronado, and downtown San Diego. If we have time, we'll also visit the "The Kiss" located next to the USS Midway Museum. Meet at the south end of Pacific Hwy. and park by the Seaport Village merry-go-round. Bring money for an optional breakfast afterward. **Frances** (619) 479-3962.

### FRIDAY, JULY 7

10:00 am

**BALBOA/GOLDEN HILL PARK.** Meet at Golden Hill Park at the corner of 25th St. and Russ Blvd. for a casual walk partly on sidewalks, partly on park trails. We will visit Golden Hill Fountain Grotto and the Recreation Center plus some neighborhood sites. Optional lunch afterward. Rain Cancels. **Roger L.** (619) 299-0489.

### SATURDAY, JULY 8

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.

## SUNDAY, JULY 9

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, JULY 10

6:30 am

**SUNRISE SERIES: CLAIREMONT.** Meet at Clairemont Dr. and Rappahannock Ave. by the CCSA Building as we explore for 1 hour the almost finished area with new landscaping, etc. As usual there will be 2 groups, **casual** and **moderate** paced. Watch the weather and dress accordingly. Bring money for optional breakfast afterward. **Winnie** (858) 278-4003.

## THURSDAY, JULY 13

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. **Pat K.** (619) 469-6223.

## SUNDAY, JULY 16

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, 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, JULY 17

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.

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.

## THURSDAY, JULY 20

6:30 am

**SUNRISE SERIES: BY THE INLET 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 Rd. 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 Rd. From the north or east, take the Rosecrans St. exit, proceed several miles until you see Vons on your left – Womble Rd. is the next left turn. It's time to cross the bridge and check if the new esplanade is finished. Optional breakfast follows. (619) 222-4396.

## SUNDAY, JULY 23

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, JULY 24

6:30 am

**SUNRISE SERIES: EASTERN BALBOA PARK.** Meet at the merry go-round off Park Blvd. near the Zoo. We'll see roses and cacti galore, and much more on this **moderate** 1 hour walk. We'll stay on cement paths, cross a bridge and hope for a rose garden in full bloom. Plan for an optional breakfast afterward. Shall we try Greek? **Mark** (619) 964-3097.

## TUESDAY, JULY 25

2:00 pm

**HISTORIC PT. LOMA.** See mansions old and new, including the 1898 Victorian Dixon House, the 1913 Sefton Mansion, and the 1980 Quigley Waterfall House. Meet at the corner of Chatsworth Blvd. and La Cresta Dr. for a mostly flat 1.5 hour **casual to moderate** walk. Bus #923 stops at Chatsworth and Narragansett. **Evelyn K.** (619) 461-6095.

## THURSDAY, JULY 27

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.

## SUNDAY, JULY 30

7:15 am

**BREAKFAST SPECIAL IN BANKER'S HILL.** Meet at the southeast corner of Juniper St. and First Ave. We will see if we can cross at least 3 of the bridges of Banker's Hill. We can definitely make the suspension bridge on Spruce St. for an early morning sway. So put on your walking shoes and join us for a **moderate** walk to work up an appetite for a breakfast spot we haven't visited for a while. **Pat's Pals** (619) 469-6223.

## MONDAY, JULY 31

6:30 am

**SUNRISE SERIES: SDSU.** Here's our chance to get educated on what is happening at San Diego State University as we take a mostly flat walk for about 1 hour at a **moderate** pace exploring the old and the new. Afterward, we'll have an optional breakfast at a nearby restaurant. Meet in the church parking lot on Montezuma Rd. between College Ave., and Campanile Dr. **Margo** (619) 287-7722.

## WALKABOUT FOUNDER RECOVERING

Walkabout International's founding father, Larry Forman, is at home recovering quite nicely from surgery as he successfully continues walking out and about. In early June, Larry started daily radiation and chemotherapy treatments for 6 to 8 weeks. The following is an excerpt from an email Larry sent recently to the Walkabout office:

I am positive about being positive and negative about being negative. I still maintain an upbeat perspective on life. I view myself as living with cancer, not dying from cancer. Life continues to sparkle for me as I still fully embrace the beauty of the cosmos in whatever way it may unfold. I don't accept life as something one survives, but as an experience in which to thrive and hope to personally extend spreading the joy of walking and of Walkabout for many more moments to come. Carpe diem! After all is said and done -- in the words of British philosopher Francis Bacon -- We have only this moment, sparkling like a star in our hand--and melting like a snowflake. I invite you to seize and savor each moment. I know I will . . . Still thriving . . . Happy trails.

Larry also said that having people going on any Walkabout walk (and sending out good vibes) Or, even better - leading or co-leading a Walkabout walk would uplift his spirits immensely. Well, let's all give it a shot!

Larry's email address: [larry@walkabout-int.org](mailto:larry@walkabout-int.org)

## SAVE THE DATE!

## SATURDAY, NOVEMBER 11, 2017

In partnership with Scripps Health Foundation, Walkabout International presents: The Joys of Walking - a free festival celebrating 40 years of the wonders of walking in San Diego and Beyond! The event will take place from 10 am to 1 pm at the Corky McMillin Companies Event Center at Liberty Station.

The Master of Ceremonies will be Susan Taylor, former NBC News anchor, now Director External Affairs at Scripps Health.

Keynote speakers will include a Scripps Health Care integrative cardiologist and authors Maggie Spilner with 20 years as Senior Editor of Prevention Magazine and Robert and Martha Manning, authors of two books on the blissfulness of the joys of walking.

Following the talks, there will be various walks around Liberty Station.

Mark your calendars and plan to join us. More details will follow as we get closer to the event.



## THANK YOU VOLUNTEERS!

Thanks to all our wonderful volunteers who contributed to our booth at the Vital Aging event at Liberty Station on June 2nd. Special thanks to those who showed up at 7:30 am to set up our booth and to our walk leaders. We would not be able to participate in events without the efforts of our volunteers. -- from the Publicity Committee



## FREE MOVIES AT LIBERTY STATION

Liberty Station Second Saturday Cinema is a free outdoor film series which will take place on the 2nd Saturday of each month through October. Grab a picnic, blanket or chair and enjoy movies along Liberty Station's grassy North Promenade. See <http://Libertystation.com/events> for movie titles and show times.



## JULY 2017 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>
						TBA Hike
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
7:15 am Breakfast Spcl: Shelter Island  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: Lake Murray  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Mission Bay Sunsets	TBA Hike	6:30 am Sunrise: Seaport Village/ Embarcadero  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach <b>10:15 am</b> Balboa  <b>5:30 pm</b> Tromp	10 am Balboa/ Golden Hill Park  <b>6 pm</b> Mission Hills Meander	TBA Hike  7:15 am Late Birds
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
7:15 am Breakfast Spcl: Balboa Park  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: Clairemont  <b>10 am</b> Crown Point Area Beckons	<b>6:30 pm</b> Mission Bay Sunsets	TBA Hike	6:30 am Sunrise: Harbor Island  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach <b>10:15 am</b> Balboa  <b>5:30 pm</b> Tromp	<b>6 pm</b> Mission Hills Meander	TBA Hike
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
7:15 am Breakfast Spcl: E. Mission Bay  <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	6:30 am Sunrise: By the Inlet at Liberty Station  <b>10 am</b> Shelter Island <b>10 am</b> Mission Beach <b>10:15 am</b> Balboa  <b>5:30 pm</b> Tromp	<b>6 pm</b> Mission Hills Meander	TBA Hike
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
7:15 am Breakfast Spcl: Pacific Beach  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: E. Balboa Park  <b>10 am</b> Crown Point Area Beckons	2:00 pm Historic Pt. Loma  <b>6:30 pm</b> Mission Bay Sunsets	TBA Hike	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  <b>5:30 pm</b> Tromp	<b>6 pm</b> Mission Hills Meander	TBA Hike
<b>30</b>	<b>31</b>					
7:15 am Breakfast Spcl: Banker's Hill  <b>8:15 am</b> Merry Go- Round	6:30 am Sunrise: SDSU  <b>10 am</b> Crown Point Area Beckons					

## UPCOMING WALKS, EVENTS & TRIPS

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

### Overnight Trips (all dates are tentative)

Resplendent Rambles in the Alluring Swiss Alps	June 25 - July 9, 2017
Louisiana	Late September
SE New Mexico	Late October
San Antonio Riverwalk	Early December

### Events/Walks

Joys of Walking Festival	November 11
40 <sup>th</sup> Anniversary Boat Tour	November
40 <sup>th</sup> Anniversary Trip Reunion	December
Riverside County/Mission Inn	December 9

## 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, July 21 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	<a href="mailto:President@walkabout-int.org">President@walkabout-int.org</a>
<b>1st Vice President</b>	(858) 722-3002
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Dan Haslam	<a href="mailto:danhaslam@walkabout-int.org">danhaslam@walkabout-int.org</a>
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Norman Vigeant	(619) 231-7463 <a href="mailto:ngfrenchy@hotmail.com">ngfrenchy@hotmail.com</a>
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, Peggy Crunican, Stan Follis, Grace Greenalch, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Gwen Phelps, Fusa Shimizu, Diane Souza

## 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 \_\_\_\_\_

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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)

Subscribe to the email list for Wilderness Hikes

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:

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ADDRESS \_\_\_\_\_

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

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

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



**Walkabouters Cruised to Bermuda in May**



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

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**Walkabouters under the Moon Gate during a May trip to Bermuda**