February 2018

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.

10:00 am
LA PLAYA OR HARBOR. Join peripatetic leaders Mark, Rob, Jackie or Sally as we alternate walking around either America’s Cup Harbor to admire what’s new in the marina OR follow the historic La Playa Trail along the shore past yacht clubs and amazing homes. The Casual+ pace walks on flat surfaces are approximately 3 miles for about 1.5 hours. Optional eats afterward. Meet to the right of the front door of the Bali Hai. Ample free parking. Served by #28 Bus. Heavy rain cancels. Sally (619) 222-3800.

TUESDAYS

6:30 pm
ABOVE THE BAY. Join us for some exercise and fabulous views of the lights around Mission Bay. Meet by Carl’s Jr. at Clairemont Dr. and Burgener Blvd. for a hilly, 1-hour plus, moderate to moderate-plus walk. Rain, but not mist, cancels. Flashlight recommended. Please call Teri E. (858) 560-0446 or Jill F. (858) 292-4231 to make sure walk is ‘on’ for the week. Rarely, we cancel due to holidays or commitments during this busy season.

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. Join Sandra, Sally and friends for a casual+ walk from the Bali Hai to the Friendship Bell and back on flat sidewalks (about 2.5 miles round trip; 60+ minutes including pit stop). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to sea lions. Meet new friends 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.

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 3rd Ave. and C St. At 3rd 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.

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<thead>
<tr>
<th>Date</th>
<th>Contact Information</th>
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<tbody>
<tr>
<td>Feb 3</td>
<td>Don: <a href="mailto:dpiller@cox.net">dpiller@cox.net</a> or (760) 670-6862</td>
</tr>
<tr>
<td>Feb 7</td>
<td>Ray E: <a href="mailto:ray@escondidocoin.com">ray@escondidocoin.com</a> or (760) 644-1648</td>
</tr>
<tr>
<td>Feb 10</td>
<td>Bill: (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a></td>
</tr>
<tr>
<td>Feb 14</td>
<td>Bob W: <a href="mailto:gwarrickster@gmail.com">gwarrickster@gmail.com</a> or (760) 730-2349</td>
</tr>
<tr>
<td>Feb 17</td>
<td>Bill: (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a></td>
</tr>
<tr>
<td>Feb 21</td>
<td>Mike L: <a href="mailto:lewis@san.rr.com">lewis@san.rr.com</a> or (858) 455-0738</td>
</tr>
<tr>
<td>Feb 24</td>
<td>Irma K: <a href="mailto:irmacaizan@yahoo.com">irmacaizan@yahoo.com</a> or (619) 795-5821</td>
</tr>
<tr>
<td>Feb 28</td>
<td>Bill: (619) 206-5809 or <a href="mailto:wa4lrm@gmail.com">wa4lrm@gmail.com</a></td>
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MORE GREAT WALKS THIS MONTH

THURSDAY, FEBRUARY 1

6:30 am

SUNRISE SERIES: MISSION HILLS. We'll discover what's new in one of San Diego’s oldest neighborhoods on this moderate 1-hour walk on flat terrain. Meet Connie at Goldfinch St. and Fort Stockton Dr., which is 1 block north of West Washington St. Optional breakfast afterward. (619) 477-8628.

FRIDAY, FEBRUARY 2

10:00 am

HILLCREST CENTRAL WALK. Let's go for a 1.5 hour casual walk through the area south of University Ave. We will visit some of the historic homes, commercial buildings, and churches in the neighborhood. Meet in the courtyard of Village Hillcrest at 3955 Fifth Ave. (below Landmark Theater). Rain cancels. Roger L. (619) 299-0489.

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, FEBRUARY 4

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, FEBRUARY 5

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, FEBRUARY 8

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. John & Marilyn (619) 840-5544.

FRIDAY, FEBRUARY 9

4:00 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.

SATURDAY, FEBRUARY 10

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, FEBRUARY 11
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, FEBRUARY 12
6:30 am
**SUNRISE SERIES: COLLEGE GROVE.** Let’s take a walk through the military housing where the news of Pearl Harbor was first transmitted to the United States on this 1 hour moderate, fairly-flat walk, and then we’ll amble around Chollas Lake. Optional breakfast follows. Meet at College Grove Way and Dearflower Rd. (second intersection north of College Grove Dr.). Pat K. (619) 469-6223.

THURSDAY, FEBRUARY 15
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.

SUNDAY, FEBRUARY 18
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, FEBRUARY 19
6:30 am
**SUNRISE SERIES: OCEAN BEACH.** We will take a moderate 3-mile walk visiting the pier to see the surfers and fishermen and then continuing in the Sunset Cliffs neighborhood. To reach our meeting place, take I-8 to the west end, turn left onto Sunset Cliffs Blvd., then turn right onto Newport Blvd. for a block and a half. Meet across the street from the old Strand Theater. Bring money for an optional breakfast. Fusa (619) 223-6947.

THURSDAY, FEBRUARY 22
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. Frances (619) 479-3962.

FRIDAY, FEBRUARY 23
4:00 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.

SUNDAY, FEBRUARY 25
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, FEBRUARY 26
6:30 am
**SUNRISE SERIES: LIBERTY STATION/SPANISH LANDING.** Meet in the parking lot at Womble and Truxtun Rds. on Liberty Station. We will walk for 1 hour on flat/paved terrain, at a casual to moderate pace with faster walkers going at their own pace. We’ll head through Liberty Station and over to Spanish Landing to check out the sites. If you haven’t taken this walk before, it is delightful and, yes, the airplanes do depart San Diego’s Lindbergh Field at exactly 6:30 am! Bring money for optional breakfast afterward. Eddie (619) 313-7818.
WALKABOUT'S 2018 TRAVEL PLANS CHANGE!

It's been said that the "best laid plans...change" and so too will Walkabout's travel plans for 2018. Due to changes in personal circumstances, tour leader Dan Haslam's worldwide sabbatical plans have been altered. It appears that Walkabout will go back to offering week-long van trips for 2018, with summer "vacations" offered on Cape Cod, and the fall week-long van trips to national parks beginning around October. As details are developed and the Walkabout board approves new offerings for 2018, it's best that you simply contact the office (if you have already done so, you'll automatically receive travel updates) to add yourself to the interest list. Those on the list receive advance notice of our travels, with an opportunity to book once details become known. An e-blast will be sent to those who have email addresses on file at the Walkabout office and early details on any trips will be covered by the Walkablasts. Other trips may be offered by other leaders and day trips will be offered periodically during the year too.

If there are trips that you would enjoy going on in 2018, the office staff would enjoy hearing from you. Some of the trips that have been suggested for 2018 include a return to the San Juan Islands (Washington state), Colorado, Maine (Inn at Poland Springs), Fall Foliage in Vermont, (first week in Oct.), New Orleans & Louisiana, and the Great Lakes region. Some of the national parks tours and attractions being considered are Monticello & Charlottesville, VA, Great Smokey Mountains and Dollywood, Appalachian trail, and Texas Big Bend National Park. Also, the C&O Canal, Harper's Ferry NP and nearby WVA (and possibly DC).

Most all of the above trips are likely to be air-van trips, which start and finish in San Diego. It is possible to book from a different city, with any upcharge in airfare reflected in your trip price. Where a 12-passenger van is used, only 10 passengers will be aboard. Where a 15-passenger van is utilized, only 13 passengers will be booked. Twelve passenger vans generally offer more flexibility with luggage constraints; occasionally luggage is provided to passengers on trips so that size requirements are met. Some airlines are now charging for carryon luggage, but allow a personal item to come aboard free of charge. In such circumstances you will be given the free luggage dimensions and shown how to pack to meet these, or else you can pay for carry on or checked baggage fees. Trips prices generally include round trip airfare, all ground (van) costs, double occupancy accommodations costs; two meals per day (typically a continental breakfast and main meal at lunch time) and the services of your tour leader and co-leader. Trip insurance is recommended, but not included. Most people find our meal plan, plus a dinner time snack (such as a cocktail party, or pizza night or ice cream night--often included) to be plenty of food. The amount of walking depends on the trip, but typically we have an early bird walk before breakfast (3 miles), our general walking event during the day (4 miles), and an afternoon or evening walk (2-3 miles) to round out the day. Walks are optional, and you can do as much as you wish. Endurance and difficulty levels are explained as part of a daily briefing and a detailed itinerary is provided before you travel. Many trips include picnic meals, which allows the trip food budget to encompass three meals per day. No one has returned hungry from a Walkabout trip. If you have questions about our trip program, you can contact Dan Haslam at danielbhaslam111@yahoo.com.

WALKABOUT CLOSES OUT 40TH ANNIVERSARY WITH ALL-TRIP REUNION

On December 16, Walkabout International celebrated the last of its 40th anniversary activities with a potluck luncheon, gathering, and walk to fete our 40 years of walking and touring throughout the United States and world. About 30 people joined in with delicious foods and treats to toast our years on the road and our feet. Guests were asked to create name tags with as many trips as they could recall on their name tags. Walter and Margot Linback won hands down with a name tag that spanned some 20 feet of pictures and memorabilia from their travels with Walkabout. A highlight of the event was a special tribute speech prepared by an early founder of Walkabout, Bruce Herms, who attended the luncheon. He recalled Lorraine Marshall and remembered her as the "Mother of Walkabout" for the many years of service that she gave our organization. Lorraine passed away more than a year ago, but remains close to our hearts, having led numerous trips, walks, and guided Walkabout through some difficult financial times in the 1980s. Bruce recalled special trips that he and Lorraine took to San Francisco and Arizona, and some important moments in our history. He also spoke about some trip disasters including buses burning up, the Northridge earthquake, the Walkabout trip challenge to get home, and some financial disasters as well. Each guest at the luncheon was invited to share experiences about trips they had been on. Many talked of "unique" hotels (some disastrous), the challenge of traveling during the 9/11 crisis, or just plain fun times with walk leaders over the years. Dan Haslam shared some stories about the 115 trips he has led, and told stories on only those who were not in the room. He also discussed upcoming 2018 travels for Walkabout.

After the luncheon the group gathered for a picture on the front steps of our building at Liberty Station and headed out for one more walk, one more trip down memory lane.

In Memoriam
Martha Jean Harmon
Dec. 1926 - Jan. 2018
Traveler, Optimist, Card Shark
## FEBRUARY 2018 WALKS AT A GLANCE

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

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<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
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<td>10 am Hillcrest Central Walk</td>
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<td>7:15 am Breakfast Spcl: Shelter Island</td>
<td>6:30 am Sunrise: Lake Murray</td>
<td>6:30 pm Above The Bay</td>
<td>TBA Hike</td>
<td>6:30 am Sunrise: Seaport Village</td>
<td>4 pm Mission Hills Meander</td>
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<td>8:15 am Merry Go- Round</td>
<td>10 am Crown Point Area Beckons</td>
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<td>10 am Shelter Island</td>
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<td>7:15 am Late Birds</td>
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<tr>
<td>7:15 am Breakfast Spcl: Balboa Park</td>
<td>6:30 am Sunrise: College Grove</td>
<td>6:30 pm Above The Bay</td>
<td>TBA Hike</td>
<td>6:30 am Sunrise: South Shore</td>
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<td>8:15 am Merry Go- Round</td>
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<tr>
<td>7:15 am Breakfast Spcl: E. Mission Bay</td>
<td>6:30 am Sunrise: Ocean Beach</td>
<td>6:30 pm Above The Bay</td>
<td>TBA Hike</td>
<td>6:30 am Sunrise: Harbor Island</td>
<td>4 pm Mission Hills Meander</td>
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<tr>
<td>7:15 am Breakfast Spcl: Pacific Beach</td>
<td>6:30 am Sunrise: Liberty Station</td>
<td>6:30 pm Above The Bay</td>
<td>TBA Hike</td>
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UPCOMING WALKS, EVENTS & TRIPS

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

Overnight Trips
Baja California, Mexico  February 17 - 23

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.

Do you have any experience producing a newsletter? Did you help with production or publication at your last job? Would you like to help Walkabout? If you fit any of these, please contact ElaineWalkabout-Inc@gmail.com or elmaberg@att.net. We need your ideas and experience.

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. 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

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, February 8 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

President  (858) 571-7733
Robert Buehler  President@walkabout-int.org
1st Vice President  (858) 560-9003
Elaine Berger  ElaineWalkabout-Inc@gmail.com
2nd Vice President  (619) 318-4870
Dan Haslam  danhaslam@walkabout-int.org
3rd Vice President  (619) 222-3447
Stan Follis  Stanley@walkabout-int.org
Secretary  (619) 231-7463
Donna Farris  secretary@walkabout-int.org
Treasurer  (619) 231-7463
Diane Erk  treasurer@walkabout-int.org
Directors
Marilyn Buckley  (619) 231-7463
prwalkabout@yahoo.com
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

OFFICE STAFF
Elaine Berger, Robert Buehler, Donna Farris, Marilyn Buckley, Eileen Frame, Dan Haslam, Charlotte Sedgwick

NEWSLETTER STAFF
Dan Haslam, Kim Mills

MAILING CREW
Charlotte Sedgwick, Beverly Stebbins, Stan Follis
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.

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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)

____ 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:

NAME _____________________________________________________________

ADDRESS  ________________________________________________________________________________________________

CITY___________________________________________________________STATE ______ ZIP+4______ - ______

PRIMARY PHONE (   ) _____________________________ OTHER PHONE (   ) _____________________________

EMAIL ADDRESS ________________________________________________

INVITATION TO VISIT WALKABOUT-INT.ORG

We know that you love our monthly “San Diego Feets” newsletter. Do you also know that we have an outstanding web site with information that may not be included in the newsletter?

Many monthly walks have pictures associated with them on our web site. Trips are explained in detail on the web site with complete agendas and additional information that can’t be included in the newsletter.

Need Walkabout forms or contact info, want to renew your membership, maybe review Walkabout safety rules, and easily donate to Walkabout-int? All this and much more can be found on our web site.

Come take a look at http://walkabout-int.org - you may be pleasantly surprised at what you have been missing out on!