



Est. 1977 in San Diego

# San Diego Feets

Vol. 41, 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. 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            | miles per hour | minutes per mile |
|-----------------|----------------|------------------|
| <b>Yourself</b> |                |                  |
| Casual          | 2.5            | 25               |
| Moderate        | 3              | 20               |
| Moderate-plus   | 3.5            | 17               |

## August 2018

### Volunteering While Walking

Every year, Walkabout International partners with a local environmental organization, the San Diego River Park Foundation, on their May **San Diego River Days** event. This organization has an exciting opportunity to explore your community on foot and volunteer at the same time!

Walkabout volunteers have worked with the San Diego River Park Foundation to help collect data on the health of the San Diego River and the cleanliness of the River Park. Volunteers use a custom smartphone-based app to map where they see trash along the River. The collected data is not only used to help plan trash cleanup, but also shared with stakeholders, researchers, and policy makers.



There are two opportunities to get involved:

**Park Watch** – Volunteers regularly walk a paved segment of the San Diego River in Mission Valley or along the River Estuary. This can be done independently or in a group, on a flexible schedule. Distances covered are 2-5 miles.

**River Assessment Field Team** – Volunteers can join us on Monday or Tuesday mornings as we hike along the San Diego River. This is a scheduled group outing, where volunteers go with a leader into the vegetated areas along the River. This opportunity is best suited to volunteers comfortable with moderate hiking for up to 5 miles.

Training is provided. To learn more or get involved, please contact Ally Welborn, [ally@sandiegoriver.org](mailto:ally@sandiegoriver.org), (619) 297-7380, ext. 109.

### 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. Our guest leader will take the group on a flat walk for about two hours, with a pause for coffee or yogurt. Take I-5 to Grand Ave. and go west to Lamont Street, turn left on Lamont Street, then right on Crown Point Drive 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.

**Pace:** moderate to moderate-plus. **Kathy L.** (858) 484-0349.



## MONDAYS

10:00 am

**LA PLAYA OR HARBOR.** Join peripatetic leaders Mark, Rob, Jackie or Sally who alternate walking around either America's Cup Harbor, OR following the historic La Playa Trail along the shore past, yacht clubs and amazing homes. The walks on flat surfaces are approximately 3 miles for about 1.5 hours. Optional eats afterward. Meet on the right of the front door of the Bali Hai. Free parking. Served by #28 Bus. Heavy rain cancels. **Pace:** Casual+. **Sally R.** (619) 222-3800.

## 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 walk along the shores of Mission Bay. Take I-5 and go west on Clairemont Dr. to meet at the former Visitors Information Center. **Pace:** moderate to moderate-plus. **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 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. **Pace:** moderate to moderate-plus. **Kathy L. (858) 484-0349.**

10:00 am

**SHELTER ISLAND WALK & TALK.** Join Sandra, Sally and friends for a 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! **Pace:** casual+. **Sally R.** (619) 222-3800.

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 through neighborhoods, parks, and canyon trails all around UTC and UCSD areas. Rain cancels. **Pace:** moderate-plus. **Kathy T. (858) 539-6888** or **Barbara S. (858) 452-8832.**

## 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 walk encompasses the harbor, downtown and Bankers Hill. Depending on size of the group and mood, we may include some bridges. Allow three 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 in the lot near the carousel at Park Blvd. and Zoo Place. **Pace:** moderate-plus. **Rick P. (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.walkabout hikes.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.

## CONTACT INFORMATION

| DATE | LEADER   |
|------|--|
| 8/1  | <b>Don P:</b> dpiller@cox.net (760) 796-4007       |
| 8/4  | <b>Mike L:</b> lewis@san.rr.com or (858) 922-0738  |
| 8/8  | <b>Ray E:</b> Ray@escondidocoin.com (760)-644-1648 |
| 8/11 | <b>Bill B:</b> wa4lrm@gmail.com (619) 206-5809     |
| 8/15 | <b>Mike L:</b> lewis@san.rr.com or (858) 922-0738  |
| 8/18 | <b>Bill B:</b> wa4lrm@gmail.com (619) 206-5809     |
| 8/22 | <b>Eva M:</b> Eva evajudo@aol.com 619-283-1872     |
| 8/25 | <b>Irma K:</b> irmacaizan@yahoo.com (619) 795-5821 |
| 8/29 | <b>Bill B:</b> wa4lrm@gmail.com (619) 206-5809     |

**Thanks to everyone.**

Contact Don Piller if you're interested in taking an open date,



## EARLY MORNING WALKS

### THURSDAY, AUGUST 2

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 one-hour, fairly-flat walk, we'll amble around Chollas Lake. Optional breakfast follows. Meet at College Grove Way and Dearflower Rd. (Second intersection north of College Grove Dr.). **Pace:** moderate. **Pat K.** (619) 469-6223.

### SUNDAY, AUGUST 5

7:15 am

**BREAKFAST SPECIAL: SHELTER ISLAND.** Let's take a walk along the playa admiring the beautiful boats, birds, homes, and gardens before our optional breakfast. Meet at meterless spaces in the parking lot at Anchorage Ln. and Canon St. (one block south of Shelter Island Dr.) **Pace:** casual. **Pat's Pals** (619) 469-6223.

### MONDAY, AUGUST 6

6:30 am

**SUNRISE SERIES: MISSION BAY BACKWARDS.** Let's start on the path near Sea World Dr. to enjoy the playground and the sights we've missed on this 1-hour walk on flat, mostly paved terrain. Take Sea World Dr. exit west off I-5, turn right at the first light, pass the entrance to Fiesta Island, cross the bridge and park at the second small parking area on your left. Optional breakfast afterward. **Pace:** moderate. **Winnie M.** (858) 278-4003.

### THURSDAY, AUGUST 9

6:30 am

**SUNRISE SERIES: OLD TOWN.** We'll visit Old Town to see what's new. Meet at the corner of Pacific Hwy. and Rosecrans St. This one-hour walk is on flat terrain. Bring money for optional breakfast afterward. **Pace:** casual to moderate. **Frances B.** (619) 479-3962.

### SUNDAY, AUGUST 12

7:15 am

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



### MONDAY, AUGUST 13

6:30 am

**SUNRISE SERIES: LAKE MURRAY.** This one-hour walk is 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 SR2. **Walk at your own pace. Betty H.** (858) 248-3782.

### THURSDAY, AUGUST 16

6:30 am

**SUNRISE SERIES: PACIFIC BEACH BOARDWALK.** We'll enjoy the fresh air, early morning breeze and beautiful sunrise while enjoying good company. Meet at the Crystal Pier at the west end of Garnet Ave. Bring money for optional breakfast afterward. This one-hour walk is on flat terrain. **Pace:** moderate. **John B. & Marilyn B.** (619) 840-5544

### SUNDAY, AUGUST 19

7:15 am

**BREAKFAST SPECIAL: MISSION BEACH.**



Let's walk along the boardwalk to enjoy the ocean waves reflecting the rising sun. We also might go north or south as we explore the variety of homes from old beach cottages to modern multi-story residences -- including a boat house. Optional breakfast afterward. Meet at the merry-go-round on Mission Blvd. near Mission Bay Dr. **Walk at your own pace. Pat's Pals** (619) 469-6223.

### MONDAY, AUGUST 20

6:30 am

**SUNRISE SERIES: MARINA VILLAGE.** This is a very flat, one-hour walk, with beautiful views of moored sport boats. 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. **Pace:** moderate. **Fusa S.** (619) 350-1011.

## THURSDAY, AUGUST 23

6:30 am

**SUNRISE SERIES: HARBOR ISLAND.** We'll have a quiet walk for one-hour 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. **Pace:** moderate. **Winnie M.** (858) 278-4003.

## SUNDAY, AUGUST 26

7:15 am

### **BREAKFAST SPECIAL IN PACIFIC BEACH.**

Before the crowds arrive, walking along the ocean in Pacific Beach can be delightful. We'll admire the waves on a flat walk 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. **Walk at your own pace.** **Pat's Pals** (619) 469-6223.

## MONDAY, AUGUST 27

6:30 AM

**SUNRISE SERIES: BY THE RIVER AT LIBERTY STATION.** We'll meet in the parking area near the river at the south end of Womble St. for this one-hour walk on mostly paved, level paths. 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. **Pace:** moderate. **Edie A.** (619) 222-4396.

## THURSDAY, AUGUST 30

6:30 am

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



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.

## OTHER FEATURED WALKS

### FRIDAY, AUGUST 10

6:00 pm

**MISSION HILLS MEANDER.** Join us for great views and picturesque homes of this old neighborhood on a 1-hour 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. **Pace:** Casual. **Stan F.** (619) 222-3447.

### FRIDAY, AUGUST 17

6:00 pm

**SUNSET CLIFFS VIEWS.** Meet at Sunset Cliffs Blvd. and Point Loma Ave. (**not** West Point Loma Blvd.) in Ocean Beach. We'll walk along Sunset Cliffs Blvd. with spectacular views and fresh cool breezes from the Pacific Ocean. For public transit, take bus route 923 from downtown at Broadway & 5th OR route 35 from Old Town Transit Center and transfer to 923 in O.B. at Cable & Voltaire Street. We'll start the walk right after the bus arrives at Sunset Cliffs Blvd. and Point Loma Ave. Our walk will last about one-hour. **Pace:** Casual. **Stan F.** (619) 222-3447.



### TUESDAY, AUGUST 21

2:00 pm

#### **HIDDEN PATHS AND PARKS OF POINT LOMA**

We'll discover 6 or 7 hidden paths and 2 secret parks on the east side of Point Loma during our 1½ hr walk up and down hills and stairways and along some unpaved paths. You might want to bring walking sticks. Meet at the corner of Talbot andz Evergreen Streets behing Cabrillo Elementary School. Bus #28 stops at Rosecrans St and Shelter Island. **Pace:** casual to moderate. **Dr. Evelyn K.** (619) 461-6095.

### FRIDAY, AUGUST 24

6:00 pm

**MISSION HILLS MEANDER.** Join us for great views and picturesque homes of this old neighborhood on a 1-hour 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. **Pace:** Casual. **Stan F.** (619) 222-3447.

# AUGUST 2018 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>  |
|   |  |  | TBA Hike  | 6:30 am Sunrise:<br>College Grove<br><b>10 am</b> Shelter<br>Island<br><b>10 am</b> Mission<br>Beach<br><b>5:30</b> Tromp |                               | TBA Hike  |
| <b>5</b>  | <b>6</b>   | <b>7</b>   | <b>8</b>  | <b>9</b>  | <b>10</b>                     | <b>11</b> |
| 7:15 am<br>Breakfast Spcl:<br>Shelter Island<br><b>8:15 am</b> Merry<br>Go- Round | 6:30 am Sunrise:<br>Mission Bay<br><b>10 am</b> Crown<br>Point Area<br>Beckons<br><b>10 am</b> La Playa<br>Trail                       | <b>6:30 pm</b> Mission<br>Bay Sunsets  | TBA Hike  | 6:30 am Sunrise:<br>Old Town<br><b>10 am</b> Shelter<br>Island<br><b>10 am</b> Mission<br>Beach<br><b>5:30</b> Tromp      | 6 pm Mission<br>Hills Meander | TBA Hike  |
| <b>12</b>   | <b>13</b>  | <b>14</b>  | <b>15</b> | <b>16</b>   | <b>17</b>                     | <b>18</b> |
| 7:15 am<br>Breakfast Spcl:<br>Balboa Park<br><b>8:15 am</b> Merry<br>Go- Round    | 6:30 am Sunrise:<br>Lake Murray<br><b>10 am</b> Crown<br>Point Area<br>Beckons<br><b>10 am</b> America's<br>Cup Harbor                 | <b>6:30 pm</b> Mission<br>Bay Sunsets  | TBA Hike  | 6:30 am Sunrise:<br>Pacific Beach<br><b>10 am</b> Shelter<br>Island<br><b>10 am</b> Mission<br>Beach<br><b>5:30</b> Tromp | 5 pm Sunset<br>Cliffs Views   | TBA Hike  |
| <b>19</b>   | <b>20</b>  | <b>21</b>  | <b>22</b> | <b>23</b>   | <b>24</b>                     | <b>25</b> |
| 7:15 am<br>Breakfast Spcl:<br>Mission Beach<br><b>8:15 am</b> Merry<br>Go- Round  | 6:30 am Sunrise:<br>Marina Village<br><b>10 am</b> Crown<br>Point Area<br>Beckons<br><b>10 am</b> La Playa<br>Trail                    | <b>6:30 pm</b> Mission<br>Bay Sunsets<br><b>2:00 pm</b> Pt.<br>Loma Paths &<br>Parks | TBA Hike  | 6:30 am Sunrise:<br>Harbor Island<br><b>10 am</b> Shelter<br>Island<br><b>10 am</b> Mission<br>Beach<br><b>5:30</b> Tromp | 6 pm Mission<br>Hills Meander | TBA Hike  |
| <b>26</b>   | <b>27</b>  | <b>28</b>  | <b>29</b> | <b>30</b>   | <b>31</b>                     |           |
| 7:15 am<br>Breakfast Spcl:<br><b>8:15 am</b> Merry<br>Go- Round                   | 6:30 am Sunrise:<br>River at Liberty<br>Station<br><b>10 am</b> Crown<br>Point Area<br>Beckons<br><b>10 am</b> America's<br>Cup Harbor | <b>6:30 pm</b> Mission<br>Bay Sunsets  | TBA Hike  | 6:30 am Sunrise:<br><b>10 am</b> Shelter<br>Island<br><b>10 am</b> Mission<br>Beach<br><b>5:30</b> Tromp                  |                               |           |

## UPCOMING WALKS, EVENTS & TRIPS

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

### Events/Walks

|                                  |             |
|----------------------------------|-------------|
| Annual Meeting Potluck & Auction | October     |
| Thanksgiving Shelter Island Walk | November    |
| Christmas Brunch; Gift Exchange  | December 25 |

## BOARD SEEKS YOUR HELP VOLUNTEERS NEEDED!

We need office volunteers and board members. We are also recruiting new walk leaders. If Interested, please contact Norm Vigeant at 858-278-1253 or [ngfrenchy@hotmail.com](mailto:ngfrenchy@hotmail.com) and he will guide you through the process. We always looking for new ideas for walks so 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

## 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)



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## JOIN US ON MEETUP!

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

## WALKABOUT BOARD MEETING

Friday, August 10th at 10:00 a.m.,  
Serra Mesa-Kearny Mesa Branch  
Library, Sudberry Room, 9005 Aero  
Drive, San Diego, CA 92123



## BOARD MEMBERS

|  |  |
|--|--|
| <b>President</b><br>Elaine Berger                      | (858) 560-9003<br><a href="mailto:President@walkabout-int.org">President@walkabout-int.org</a> |
| <b>1<sup>st</sup> Vice President</b><br>Robert Buehler | (858) 571-7733<br><a href="mailto:vp1@walkabout-int.org">vp1@walkabout-int.org</a>             |
| <b>2nd Vice President</b><br>Dan Haslam                | (619) 318-4870<br><a href="mailto:danhaslam@walkabout-int.org">danhaslam@walkabout-int.org</a> |
| <b>3rd Vice President</b><br>Stan Follis               | (619) 222-3447<br><a href="mailto:Stanley@walkabout-int.org">Stanley@walkabout-int.org</a>     |
| <b>Secretary</b><br>Donna Farris                       | (619) 559-5650<br><a href="mailto:secretary@walkabout-int.org">secretary@walkabout-int.org</a> |
| <b>Treasurer</b><br>Diane Erk                          | (619) 231-7463<br><a href="mailto:treasurer@walkabout-int.org">treasurer@walkabout-int.org</a> |
| <b>Directors</b>                                       |  |
| Marilyn Buckley  | (619) 231-7463<br><a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a>             |
| Larry Forman   | (858) 755-1751<br><a href="mailto:larry@walkabout-int.org">larry@walkabout-int.org</a>         |
| Norman Vigeant   | (619) 231-7463<br><a href="mailto:ngfrenchy@hotmail.com">ngfrenchy@hotmail.com</a>             |
| Bruce Herms  | Emeritus   |

### OFFICE STAFF

Elaine Berger, Robert Buehler, Donna Farris, Marilyn Buckley, Eileen Frame, Dan Haslam, Charlotte Sedgwick, Janet Fenston and Pat Keller

### NEWSLETTER STAFF

Kathy Garcia, Dan Haslam

### MAILING CREW

Charlotte Sedgwick, Beverly Stebbins, Stan Follis



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

## 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

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

- PDF ALSO (available only if support greater than Basic Level)  
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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 \_\_\_\_\_  PDF ONLY



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Walks Trips Fun Fitness Fellowship Picnics



**Come Join Us**

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(619) 231-7463

[Walkabout-int.org](http://Walkabout-int.org)

[Info@walkabout-int.org](mailto:Info@walkabout-int.org)

Walkabout International joins **Liberty Station PLUS** Friday night movies. This advertisement has been provided to promote our group.