At its January meeting the Walkabout Board voted to honor its co-founder Larry Forman with the establishment of an annual Forman Forum to bring a noted speaker to San Diego to speak about issues related to walking. "We are delighted to announce this testament to Larry Forman, who in 1977 had the foresight to bring organized urban walking to San Diego," stated Elaine Berger, Walkabout's president. "This is a living tribute to a man who has for decades put a face on a great form of daily exercise and adventure."

Forman has been challenged in the past couple of years with brain cancer. In 2017, however, for Walkabout's 40th anniversary he organized a speaker series of prominent walking notables who spoke at Liberty Station's McMillan Center. The Forman Forum will continue Larry's concept and will be funded through individual donations, grants, and through Walkabout's resources. Larry has been a legendary walk leader, with high-spirited North county coastal walks, and numerous walking tours through Switzerland. Although his illness has slowed him down physically, it has not dampened his enthusiasm, and he has remained an active board member.

Plans for the first Forum are underway, with the hope that Walkabout could attract walking film creator Matt Green from NYC for a film screening and discussion (see related story, this issue). The forum will be held on at least an annual basis.

February 2019
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.

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.

SUNDAYS
8:15 am
MERRY GO-ROUND. Join us on one of the most scenic walks in San Diego. We start at the carousel in Balboa Park. 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 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 in the lot near the carousel at Park Blvd. and Zoo Place. Pace: moderate-plus. Rick P. (858) 565-7212.

OTHER FEATURED WALKS
SUNDAY, FEBRUARY 3
7:15 am
BREAKFAST SPECIAL: SHELTER ISLAND. Let’s take a walks at your own pace along this beautiful, mostly-flat area by the bay where there are many beautiful homes, boats, birds 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.) Pat’s Pals. (619) 469-6223.

MONDAY, FEBRUARY 4
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 the men at the America’s Cup Harbor deck: Kirk, Mark, Rob and Wayne.
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. Edie A. (619) 313-7818.

THURSDAY, FEBRUARY 7
6:30 am ☀️ SUNRISE SERIES: KENSINGTON. Gardens are in bloom in this charming area at this time of year as we take a moderate flat 1-hour walk to view gardens and homes followed by an optional breakfast. Meet at the library at Kensington St. and Adams Ave. Frances B. (619) 479-3962.

FRIDAY, FEBRUARY 8
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 Drive. Rain cancels. Jim M. (619) 971-1518.

SATURDAY, FEBRUARY 9
7:15 am 🍳 BREAKFAST SPECIAL: 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 6:45am from Old Town Transit Center, exit at Mission Blvd. Meet in front of Crystal Pier at the west end of Garnet Ave. Rain cancels. At your own pace. Anna T. (858)-270-1276.

SUNDAY, FEBRUARY 10
7:15 am 🍳 BREAKFAST SPECIAL: BALBOA PARK. The park is beautiful year round, with many paths to explore at your own pace. Eating and chatting afterward is optional but great fun. Meet at the carousel on Park Blvd. at Zoo Pl. Pat’s Pals. (619) 469-6223.

MONDAY, FEBRUARY 11
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 H. (858) 248-3782.

THURSDAY, FEBRUARY 14
6:30 am ☀️ SOUTH PARK. Let’s take a walk through this neighborhood of homes built about 100 years ago east of Balboa Park, some before the 1915 expo on a mostly flat moderate walk for 1 hour. Meet near intersection of Fern and Grape streets. Take 30th St. off the 94 (30th becomes Fern St.). Turn west one block on Grape St. to park. Optional breakfast follows in an historic café. Marlene G. (619) 692-3020 and (619) 204-0095.

SUNSET CLIFFS VIEWS. Meet at Sunset Cliffs Blvd. & Point Loma Ave. (not West Point Loma Blvd.) in Ocean Beach. We’ll enjoy 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. If you take the bus and it’s late, please call me and we’ll wait for you. Otherwise, we’ll start at the announced time. Our walk will last about one hour. Pace: Casual. Stan F. (619) 222-3447.

SATURDAY, FEBRUARY 16
7:15 am 🍳 BREAKFAST SPECIAL: MISSION BEACH. Let’s walk, at your own pace, along the boardwalk to enjoy the ocean waves reflecting the rising sun. We could go north or south as we admire the mixture of old beach cottages and new multi-story homes. Pat’s Pals. (619) 469-6223.

MONDAY, FEBRUARY 18 (PRESIDENT’S DAY)
6:30 am ☀️ SUNRISE SERIES: SAN DIEGO RIVER. Let’s take a flat moderate walk along the San Diego River as we go west as far as we please and then return at your own pace. We can listen for the birds, admire the river and check out if any new stores have been built. Meet at the IHOP restaurant next to Mark Twain in the shopping center at Fenton Pkwy. south of
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 email your walks to walks@walkabout-int.org. If you email more than one walk, please leave extra space between each walk. You can email your newsletter comments and suggestions to publisher@walkabout-int.org.

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 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 ABOUT BOARD MEETING
Friday, February 8th at 10:30 a.m.
Serra Mesa-Kearny Mesa Branch Library,
Sudberry Room
9005 Aero Drive, San Diego, CA 92123
Take a Leap of Faith (that the desert will be in full bloom) and join your team of optimistic trip leaders Marilyn B, Walter K, and Dan H. for a fun day exploring the beautiful mountain and desert environs.

BORREGO SPRINGS WILDFLOWER AND SCULPTURE DAY-TRIP
Thursday, February 28, 2019

Walkabout Naturalist Walter Konopka will guide the bus though the mountains, discussing local geology, etc. with a stop for restrooms and bread at the famed Dudley’s Bakery. As we get into the desert we will stop for views and photos, and for a short walk to see some hard to find wildflowers hidden in Surprise Canyon and discuss some of the remarkable adaptions of desert plants. We will go on for a stop at the Borrego Springs Visitor Center and Museum for a visit and a place where you can eat your box/picnic lunch. Walter will be available to talk about the pupfish and plants in the area. We will go on, discussing the amazing giant metal sculptures by Ricardo Breceda, scattered in clusters in a "Sky Gallery" throughout Borrego Springs. We will make stops to examine the detail and take photos at some of the most impressive of the sculptures, as well as at any areas with extensive blooms of wildflowers before heading back. We will stop in Julian on the way home and Dan H. will lead a walk around town. Send your check for $59.00 marked Borrego Desert Trip to Walkabout International, 2650 Truxtun Rd. Suite 110, San Diego, CA 92106. Picnic lunch, bottled water and light snacks will be provided. Bus will depart from the Walkabout office in Liberty Station. Please included a stamped/self addressed envelope to receive your itinerary.

Some of the intrepid walkers on our New Years day walk in Coronado.
Over the last 19 years Walkabout has offered a walking trip adventure to Washington, DC innumerable times. So much so that tour leader Dan Haslam didn't think he could fill another DC trip with just Walkabouters, so he offered it to his church, University Christian Church in Hillcrest.

The results were astounding and in early May more than two dozen people will descend on our nation’s capital for first time visits to the new Smithsonian African American Museum and many other DC sights, as well as a 3-day van trip to Charlottesville, VA to tour Jefferson’s Monticello, another presidential retreat and the famous Michie Tavern. "The trip sold out in just a few days," Haslam noted, "And unfortunately we had to turn some people away."

The travelers will use the DC Metro subway system while in the capital and stay in nearby Rosslyn, VA, just across the Potomac River. The group will hike the historic C&O canal envisioned by George Washington and saved by Supreme Court Justice William O Douglas. They will visit the national memorials, Washington Cathedral and sights that most tours miss. Haslam trained as a tour guide in DC and according to him "he knows where the bodies are buried," having lived and worked in the area for 15 years. Jim Miller will co-lead the tour, which is comprised of about half church members, half Walkabouters. All are expecting considerable walking as part of the walking adventure.
**WEDNESDAYS & SATURDAY HIKES**

Time: TBA

**WILDERNESS HIKE** details and trailhead directions will be e-mailed a day or two before each hike.

**IMPORTANT HIKE INFO:** 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 well prepared for trail conditions, be able to keep pace with the group and will be accepted at the leader's discretion.

**Car Pool 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.

Check [Wilderness Hikes](#) 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.

**HIKE CONTACT INFORMATION**

<table>
<thead>
<tr>
<th>DATE</th>
<th>LEADER</th>
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<tbody>
<tr>
<td>Saturday 2/2</td>
<td>Don P (760) 670-6862 or <a href="mailto:dpiller@cox.net">dpiller@cox.net</a></td>
</tr>
<tr>
<td>Wednesday 2/6</td>
<td>Sherry M (619) 887-0055 or <a href="mailto:sherry.rokarty@gmail.com">sherry.rokarty@gmail.com</a></td>
</tr>
<tr>
<td>Saturday 2/9</td>
<td>Bill B (619) 206-5809 or <a href="mailto:wa4lm@gmail.com">wa4lm@gmail.com</a></td>
</tr>
<tr>
<td>Wednesday 2/13</td>
<td>Ray E (760) 644-1648 or <a href="mailto:ray@escondidocoin.com">ray@escondidocoin.com</a></td>
</tr>
<tr>
<td>Saturday 2/16</td>
<td>Bill B (619) 206-5809 or <a href="mailto:wa4lm@gmail.com">wa4lm@gmail.com</a></td>
</tr>
<tr>
<td>Wednesday 2/20</td>
<td>Phil B (619) 589-8920 or <a href="mailto:philis_mail@cox.net">philis_mail@cox.net</a></td>
</tr>
<tr>
<td>Saturday 2/23</td>
<td>Irma K (619) 795-5821 or <a href="mailto:irmacaizan@gmail.com">irmacaizan@gmail.com</a></td>
</tr>
<tr>
<td>Wednesday 2/27</td>
<td>PJ (858) 566-8928 or <a href="mailto:pjeffery1@sbcglobal.net">pjeffery1@sbcglobal.net</a></td>
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</tbody>
</table>

**SAFETY FIRST!**

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.

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**BOARD MEMBERS**

<table>
<thead>
<tr>
<th>Position</th>
<th>Name</th>
<th>Contact Information</th>
</tr>
</thead>
<tbody>
<tr>
<td>President</td>
<td>Elaine Berger</td>
<td>(858) 560-9003 <a href="mailto:President@walkabout-int.org">President@walkabout-int.org</a></td>
</tr>
<tr>
<td>1st Vice President</td>
<td>Robert Buehler</td>
<td>(858) 571-7733 <a href="mailto:vp1@walkabout-int.org">vp1@walkabout-int.org</a></td>
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<tr>
<td>2nd Vice President</td>
<td>Dan Haslam</td>
<td>(619) 318-4870 <a href="mailto:danhaslam@walkabout-int.org">danhaslam@walkabout-int.org</a></td>
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<tr>
<td>3rd Vice President</td>
<td>Stan Follis</td>
<td>(619) 222-3447 <a href="mailto:Stanley@walkabout-int.org">Stanley@walkabout-int.org</a></td>
</tr>
<tr>
<td>Secretary</td>
<td>Donna Farris</td>
<td>(619) 559-5650 <a href="mailto:secretary@walkabout-int.org">secretary@walkabout-int.org</a></td>
</tr>
<tr>
<td>Treasurer</td>
<td>Diane Erk</td>
<td>(619) 231-7463 <a href="mailto:treasurer@walkabout-int.org">treasurer@walkabout-int.org</a></td>
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**DIRECTORS**

<table>
<thead>
<tr>
<th>Name</th>
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<tbody>
<tr>
<td>Marilyn Buckley</td>
<td>(619) 231-7463 <a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a></td>
</tr>
<tr>
<td>Larry Forman</td>
<td>(858) 755-1751 <a href="mailto:larry@walkabout-int.org">larry@walkabout-int.org</a></td>
</tr>
<tr>
<td>Norman Vigeant</td>
<td>(619) 231-7463 <a href="mailto:ngfrenchy@hotmail.com">ngfrenchy@hotmail.com</a></td>
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<tr>
<td>Bruce Herms</td>
<td>Emeritus</td>
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**OFFICE STAFF**

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

**NEWSLETTER STAFF**

Kathy Johnson, Dan Haslam

**MAILING CREW**

Charlotte Sedgwick, Beverly Stebbins, Stan Follis, Don Piller

**JOIN US ON MEETUP!**

www.meetup.com/Walkabout-International

Please remember that Walkabout International is a non-smoking experience. There is no smoking at the meeting place or during the walk.
# FEBRUARY 2019 WALKS AT A GLANCE

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

<table>
<thead>
<tr>
<th>SUNDAY</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<tr>
<td>7:15 am Breakfast Special: Shelter Island</td>
<td>6:30 am Sunrise: Liberty Station</td>
<td>6:30 pm Mission Bay Sunsets</td>
<td>TBA Hike</td>
<td>6:30 am Sunrise: Mission Hills</td>
<td>4:00 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>
<td>10 am America's Cup Harbor</td>
<td>TBA Hike</td>
<td>10 am Shelter Island</td>
<td>10 am Mission Beach</td>
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<td>10 am America's Cup Harbor</td>
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<td>7:15 am Breakfast Special: Balboa Park</td>
<td>6:30 am Sunrise: Lake Murray</td>
<td>6:30 pm Mission Bay Sunsets</td>
<td>TBA Hike</td>
<td>6:30 am Sunrise: Mission Hills</td>
<td>4:06 pm Sunset Cliff Views</td>
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<tr>
<td>7:15 am Breakfast Special: Mission Beach</td>
<td>6:30 am Sunrise: San Diego River</td>
<td>10:00 am Balboa Park Free Third Tuesday</td>
<td>TBA Hike</td>
<td>6:30 am Sunrise: Uptown/University Heights</td>
<td>4:00 pm Mission Hills Meander</td>
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<td>7:15 am Breakfast Special: Pacific Beach</td>
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<td>TBA Hike</td>
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<td>8:15 am Merry Go-Round</td>
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<td>6:30 am Sunrise: Borrego Springs Day-Trip</td>
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ABOUT WALKABOUT, SAN DIEGO’S PREMIER SOCIAL NETWORK AFOOT

Established in 1977, Walkabout promotes healthy regular exercise, social camaraderie and discovering new places. We are a volunteer, San Diego-based, non-profit organization who offers 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.

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 INTERNATIONAL 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 INTERNATIONAL, please contribute. All levels of support include a one-year subscription to our monthly newsletter. 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!

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

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NAME _______________________________________________________________ DATE __________________________

ADDRESS

CITY __________________________________________________________ STATE ____ ZIP+4__________-

PRIMARY PHONE (             ) _________________________ OTHER PHONE (            )

EMAIL ADDRESS
To close out 2018, about twenty walking enthusiasts attended the traveling world premiere on 12/31 of a documentary film about urban walking. "The World Before Your Feet," a full length 95 minute documentary, was released in NYC a month before and was shown at the tiny Digital Cinema in North Park for just a few days. Walkabout was notified about the film and a possible movie viewing. Lunch out and walk in North Park was quickly arranged to take advantage of the film's release in San Diego. It did not disappoint and was reminiscent of Downtown Sam's eclectic walks through alleys and little known urban paths.

The film is set in NYC and chronicles the walking adventures of Matt Green, a 37-year-old engineer who walked away from his career in order to walk every block and park in NYC. At the time of the film Green was still walking to cover the estimated 8,000 miles it would take to accomplish the task. He walks about 10-15 miles per day over 8 hours and stays in homes of people he meets, with an occasional cat or dog sitting gig. He estimates he spends about $15 per day in living costs. As of the film date he had gone through two girlfriends, a serious bicycle accident, and numerous adventures on the streets of NYC.

Matt's story is told through the generosity of executive producer and film star Jesse Eisenberg. It is costly to produce a film of this quality, and by Jan 6, 2019 the film had grossed about $143,000. Walkabout will be in discussions with the distributor to arrange a future showing as well as to bring Matt Green to San Diego to share more of his adventures (see related story about Forman Forum).