To all Walkabouters, Congratulations and Happy New Year. If you are reading this article, it means you survived 2020. I personally think we all deserve a medal to honor our perseverance and fortitude to make it to 2021. 2020 was clearly a year none of us will ever be able to forget.

Now, what will 2021 hold for Walkabout? We will continue to sponsor and lead walks on a weekly basis. This March will mark our 44th year in operation! With COVID-19 still so much an issue, I have no idea how we will be able to celebrate. If you have ideas, please let members of the Board know.

With the option of vaccines on the horizon, it is possible that by next fall we will be able to resume normal gatherings, walks, picnics, etc. It is going to take time for all folks who want to be vaccinated to receive the shots, so please continue to use those masks, safe-distance from non-family members, wash your hands, and only do necessary activities.

I doubt that we will be able to resume any trips before next fall or even early 2022. Much as I would love to resume travel, it simply is not worth the risks at this time.

The good news is that more of us are becoming Zoom fans. It allows us to interact in a safe and fun way. If you have not joined us for our Monday 2 pm meeting, please do so. See who needs a haircut, who has a cat that also likes Zoom, check out Stan’s new look. I always leave the meeting with a smile on my face.

In closing, I wish all of you a great 2021.

THE WALKS LISTED ARE NOW AUTHORIZED DEPENDING ON STATE AND LOCAL GUIDELINES. WE ALL KNOW THAT THE GUIDELINES CHANGE FREQUENTLY. IT IS ADVISABLE TO CALL THE WALK LEADER TO CONFIRM THE WALK IS ON FOR THAT DAY.

San Diego Feets
Vol. 44, No. 1

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 by appointment. Internet: walkabout-int.org, email: info@walkabout-int.org.

January 2021

“SEZ ME”
Elaine Berger, President

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MONTHLY WALK ROUND-UP

SUNDAY, JANUARY 3
8:15 am

MERRY-GO-ROUND WALK. Meet at 8:15 AM every Sunday for the Merry-Go-Round walk at the Carousel in front of the San Diego Zoo (intersection of Zoo Pl. and Park Blvd.). Please arrive earlier for sign-in, as the walk does leave at 8:15 AM. About 3 hours (6 to 9 miles). Generally, there is a lot of parking in the parking lot adjacent to (north of) the Carousel. There are two routes and versions, one moderate plus (longer routes vary) walk and one moderate (shorter) walk. Break stop is usually near Seaport Village, so bring change for coffee and snack. Meet with Ward Martin 858-735-75577, (warddroid@gmail.com). Co-leaders: Ward Martin (moderate +), Tom Samaras (moderate).

MONDAY, JANUARY 4
6:30 am

SUNRISE SERIES: SAN DIEGO RIVER. I will try to get to the right place this time. Hopefully, our feathered friends will be on hand for this 1-hour walk on flat paved terrain at your own pace along Mission Bay, so you can test your legs or bring binoculars and slow down to enjoy nature. Take the I-5 to the Tecolote-Sea World Drive exit and proceed west past several lights. After the light at Friars Rd., watch for the next light, where you’ll see the South Shores Boat Ramp sign on your right, but you will turn left onto the old road that parallels Sea World Dr. Bring money for an optional breakfast afterward. Edie A. (619) 222-4396.

10:00 am

AMERICA’S CUP HARBOR. Join leader Rob as we walk around America’s Cup Harbor on sidewalks to admire what’s new in the marina from bayside restaurants to a new brewery, gelato/coffee shop, deluxe condos and new docks, with lots of construction and MORE. The casual+ pace walks on flat paved surfaces and are approximately 2.5 miles each for about 1 hour and 15 minutes. Fun, friendly group. Optional eats afterward. Meet to the right of the front door of the Bali Hai. Ample free parking. Served by #28 Bus and walk 3 blocks. Heavy rain cancels. Sally R. (619) 222-3800. Repeats every other week.

2:00 pm

ZOOM TELECONFERENCE. See p. 4 for details.

TUESDAY, JANUARY 5
10:00 am

LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK. Meet up with Rob K. at the USS Recruit aka the USS NeverSail (Naval recruit training vessel) for basically an hour walk along the river to the end and back. Casual+ pace on sidewalk or dirt path, your choice. Pass by gardens including the Hugh Story Rose Garden, tributes to sunken submarines and more. Rob counted 101 squirrels on a recent return leg of the walk. Enter Liberty Station from Harbor Drive. Ample free parking by the NeverSail. Optional lunch or coffee after. Repeats weekly. Rob K. at (619) 972-2819 or Sally R. at (619) 222-3800.

THURSDAY, JANUARY 7
6:30 am

SUNRISE SERIES: EASTERN BALBOA PARK. Meet at the merry-go-round off Park Blvd. We will stay on cement paths as we explore this side of the park. There is always something blooming and new things to see. Plan for an optional breakfast afterward. Frances (619) 479-3962.

10:00 am

SHELTER ISLAND WALK & TALK. Join Rob, Elaine, or Janet for a beautiful walk from the Bali Hai to the Japanese 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. Pace: casual+. Sally R. (619) 222-3800.

SUNDAY, JANUARY 10
8:15 am

MERRY GO-ROUND. See Sunday, January 3 for details.

MONDAY, JANUARY 11
6:30 am

SUNRISE SERIES: MISSION BAY. Let’s enjoy the season by the bay on this moderate, 1 hour, flat walk where we can watch for a beautiful sunrise and check out the different birds. Meet at the former Visitors Information Center. From the I-5, take the Clairemont Dr. exit and go west. Optional breakfast follows. John and Marilyn (619) 840-5544.

10:00 am

HISTORIC LA PLAYA TRAIL. Join leader Rob as we follow a leg of the historic La Playa Trail along shoreline past yacht clubs, amazing homes and award winning gardens. Meet at the trail marker by the bay at the intersection of Talbot Street and Anchorage Lane, 2800

Observation

“She got her looks from her father. He was a plastic surgeon.”
—American comedian Groucho Marx
Talbot Street, an area which was the site of a Chinese junk shipbuilding village until the Chinese Exclusion Act. We will follow the ancient Kumeyaay path that became the oldest commercial trail in the Western United States, used by fur traders, whalers and fishermen to transport cargo from Ballast Point to Old Town and beyond. The **casual pace** is on a flat dirt trail for approx. 2.4 miles RT and 75 minutes. Street parking; observe signage. Optional eats after; **heavy rain cancels**; served by bus #28. Sally R. (619) 222-3800. Repeats every other week.

2:00 pm  ZOOM TELECONFERENCE. See p. 4 for details.

TUESDAY, JANUARY 12  
10:00 am  W LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK. See Tuesday, January 5 for details.

10:30 am  ZOOM WALKABOUT BOARD MEETING. See page 8 for information.

2:00 pm  EAST KENSINGTON EXCURSION. We'll explore the east end of Kensington and see a stone mansion plus houses where two presidents of Mexico lived. Meet at the corner of Adams Avenue and Talmadge Dr. (1 block east of Van Dyke Ave.) for a **casual-to-moderate**, flat, 1.5 hr. walk. Bus #11 stops at Adams Ave. and Bioria Dr. **Rain cancels.** Evelyn K. 619-461-6095.

THURSDAY, JANUARY 14  
6:30 am  ☀ SUNRISE SERIES: MISSION HILLS. Come join us in beautiful Mission Hills. We’ll enjoy the yards and views from one of San Diego’s oldest neighborhoods, home to Mission Hills Historical District. We’ll see if we can spot the architectural styles located there: Bungalows, Craftsman, Prairie School, Mission Revival, Spanish Revival, and Colonial Revival This is a **moderate** 1-hour walk on mostly flat terrain, but there are also options for some outstanding hills (views towards the San Diego Airport and also Mission Valley). Discover what is new and old, what is being remodeled and renovated and just enjoy being in one of San Diego’s oldest neighborhoods. Meet Connie at Goldfinch St. and Fort Stockton Dr., which is 1 block north of West Washington St. Optional breakfast afterward. Don’t forget your mask. Connie V. (619) 477-8628.

2:00 pm  ☀ ZOOM TELECONFERENCE. See p. 4 for details.

TUESDAY, JANUARY 19  
10:00 am  W LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK. See Tuesday, January 5 for details.

THURSDAY, JANUARY 21  
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. Bring money for optional breakfast afterward. Betty 858-248-3782.
SUNDAY, JANUARY 24
8:15 am  MERRY GO-ROUND. See Sun., Jan. 3 for details.

MONDAY, JANUARY 25
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 moderate 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. Edie A. (619) 222-4396.

10:00 am  HISTORIC LA PLAYA TRAIL. See Mon., Jan. 11 for details.

2:00 pm  ZOOM TELECONFERENCE. See p. 4 for details.

TUESDAY, JANUARY 26
10:00 am  LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK. See Tuesday, January 5 for details.

THURSDAY, JANUARY 28
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 John and Marilyn at the south end of Pacific Hwy. and park by the Seaport Village merry-go-round. Bring money for an optional breakfast afterward. John and Marilyn (619) 840-5544.

10:00 am  SHELTER ISLAND WALK & TALK. See Thu., Dec. 3 for details, the group will go for Coffee or ?? after.

SUNDAY, JANUARY 31
8:15 am  MERRY GO-ROUND. See Sunday, January 3 for details.

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JOIN US FOR OUR WEEKLY ZOOM TELECONFERENCE

With the COVID-19 restrictions, we are having a casual Zoom teleconference each Monday at 2:00 pm and all are invited. We share our coping experiences and renew friendships with other Walkabouters. Active subscribers with email addresses are receiving email notices of each meeting. You are welcome to share that invitation with others. If you do not receive an invitation, you can go to our website https://walkabout-int.org/ Monday noon and find a link to the Zoom Walkabout meeting. If you are unfamiliar with the Zoom experience, please go to https://zoom.us/ and take advantage of the information you will find there. I look forward to seeing you at this valuable experience. Stan F (619) 222-3447.

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WALKABOUT-INT PHOTO SUBMISSION FORM
SHARE YOUR PHOTOS AND THOUGHTS WITH US

Your Walkabout board, in its ongoing effort to obtain new members and getting current members more involved, has added a new page to the Walkabout website. Please let us all try to make the Newsletter, Website and our Facebook page more attractive and interesting to everyone.

To submit photos, go to https://walkabout-int.org/about-us/forms/photo-submission/ and follow the simple directions. Any member can upload up to 4 photos along with a caption for each using this drag & drop interface. We do need your full name and phone number before we will publish any pictures. Photo submission dates are the same as our Walk publication dates.
**January 2021 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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The walks listed are now authorized depending on state and local guidelines. We all know that the guidelines change frequently. It is advisable to call the walk leader to confirm the walk is on for that day.
WILDERNESS HIKES
We have started to email out our hikes again. We are doing this as an ad hoc basis only as leaders send in hikes that they would like to lead. We will not start publishing our old “calendar” type of notification in the newsletter until a lot more leaders feel comfortable leading hikes. Walkabout has implemented some new “leader requirements,” see page 8 of the newsletter, in an attempt to make sure hikes are as safe as possible. However, it is your responsibility to make the final decision of who and when to join. Stay safe, keep social distancing, wear a mask and hope to see you soon. For more information Don P (760) 670-6862 or dpiller@cox.net

BOARD SEEKS YOUR HELP VOLUNTEERS NEEDED!

1. Office Volunteers
Here is your opportunity to help keep our great organization going. Office hours are 10am-2pm Monday, Wednesday and Friday. Activities include answering the phone, checking the mail, general maintenance of the office and helping with projects as needed. No prior office experience is required as we will train you on all aspects of the job and a board member is usually only a phone call away if something comes up for which you have no answer. Currently we have been able to maintain office hours because board members are giving their time to serve.

2. Board of Directors Members
What does it take to be a member of the Board of Directors?
First and foremost a desire to do all that is necessary to keep this great organization moving forward. We request you attend one two hour meeting on the 2nd Friday of each month. These meetings are where we determine what events, activities, trips etc. that Walkabout will do. In addition to board meetings, most members have additional activities. For example, Donna is the secretary and takes the minutes of our board meetings, Diane is the treasurer and makes sure our bills are paid, Stan keeps our membership rolls in order so people receive their monthly newsletter, Marilyn plans activities and day trips and Dan plans multi-day trips.

We currently need someone who would like to help us develop new walks. We would also like to have someone who is social media savvy and would like to spread our story using this forum.

If this sounds like something you would like to do, please attend a board meeting so we can meet you and hear your Ideas. If you can't attend the board meeting, please email your ideas to Elaine Berger President@walkabout-int.org.

To keep up-to-date on everything Walkabout, check our website: http://www.walkabout-int.org
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 day trips, 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 $___________

Circle RENEW or NEW Subscriber/Supporter...*Where* did you hear about us?_______________________________

Please note that the date on the newsletter label is NOT the expiration date.

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

All applications including the buy-one, get-one-free must contain a correct address, including zip code, and at least one phone number.

NAME _______________________________________________________________ DATE ___________________________

ADDRESS _____________________________________________________________________________________________

CITY __________________________________________________________ STATE ____ ZIP+4___________- __________

PRIMARY PHONE (             ) _________________________ OTHER PHONE (            ) ___________________________

EMAIL ADDRESS ______________________________________________________________________________________

NEWSLETTER AND EMAIL OPTIONS

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

___ MAIL ONLY (physical newsletter will be mailed to your address)

___ BOTH

___ Subscribe to the email list for Wilderness Hikes

BUY-ONE GET-ONE-FREE

Subscriptions at and above the Tenderfoot ($25) level include our buy-one, get-one-free (PDF only) deal whether you are a new or renewing subscriber. This allows you to give a one-year Newsletter subscription, PDF version only, to anyone who has never been a WALKABOUT subscriber.

NAME _______________________________________________________________ DATE ___________________________

ADDRESS _____________________________________________________________________________________________

CITY __________________________________________________________ STATE ____ ZIP+4___________- __________

PRIMARY PHONE (             ) _________________________ OTHER PHONE (            ) ___________________________

EMAIL ADDRESS ______________________________________________________________________________________
WALKABOUT BOARD MEETING
Tuesday, January 12th at 10:30 a.m.
Zoom meeting invitations will be sent via WalkaBlast before the meeting. If you have any items you would like to present you must contact a board member so the item can be added to the agenda.

All Subscribers Are Welcome

RULES FOR WALK LEADERS
Due to the COVID-19 situation, we are requiring our walk leaders to follow these rules.

• Sign in your participants yourself rather than sharing a pen and sign-in sheet.
• Require all walkers to wear face coverings at all times.
• Remind each walker to maintain a safe distance (6 ft) from their fellow walkers. Remember that walking at your own pace often automatically spaces out walkers.
• If the group is larger than 5 to 8 people you will need to assign a second leader to lead part of the group.
• Be aware of the current rules that apply to your walking area depending on which government agency has responsibility for that area.
• Require all participants to carry picture ID and have emergency contact information with them.
• Please carry hand sanitizer with you. Good idea to bring extra face masks if you can.
• Walk leaders have the option of adding additional requirements for their walks.