



Est. 1977 in San Diego



Pace Yourself	miles per hour	minutes per mile
Very Casual*	2.0	30
Casual	2.5	25
Moderate	3.0	20

\* Used in lieu of “Walk at your own pace”  
 + Used to indicate a possible slightly brisker pace

**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](http://walkabout-int.org), email: [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.

**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.**

# March 2021

## “SEZ ME”

Elaine Berger, President

Already March and we continue to deal with the coronavirus pandemic and all the changes it has produced in our lives. While we are seeing marked decreases in the number of positive cases, the case numbers are still significantly higher than they were when Governor Newsom locked down California in March 2020! The good news is many of you have been able to get a vaccination, so there is hope that life will begin to return to a “new” normal and we will once again be able to resume many of our Walkabout activities. However, continue to wear those masks, avoid crowds, distance and wash hands.

And of course March marks the anniversary of our organization—44years and still going. Yeah! As we went through one of the cabinets in our office, we discovered that we still have many patches honoring those who walk 100 miles

on their various walks. To honor old traditions, Walkabout will resume offering patches for those who achieve 100 miles in their walks. As of April, we ask those who are interested to track their miles as they complete walks. One easy way to do this is to record the mileage for a walk on the Walks at a Glance page in our newsletter. At the end of the month total up your mileage. When you achieve 100 miles, notify the office and we will arrange for you to pick up a patch for \$5. Display it proudly on your hat, jacket, etc. The orange/ green colors are the colors of the Irish flag and honor the fact that Walkabout was founded on or about St. Patrick’s day. Many of you may already have these patches and we salute you. Many newer members may also want to display their pride in our organization, and display the patches. Even if you don’t keep track of your miles, please keep walking.

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## MONTHLY WALK ROUND-UP

### MONDAY, MARCH 1

6:30 am

 **SUNRISE SERIES: MISSION HILLS.** Join the early birds for a peaceful walk through one of San Diego's oldest and most well-preserved neighborhoods. It is filled with a wide variety of architectural styles which we will identify as we also enjoy the lovely landscapes. Several homes with historical significance, such as the Bishop's residence, Orizaba Villa, and the Miller House will be viewed. Meet at the 1920 Fort Stockton Drive commercial building near Allen Road and Hickory Street. Terrain is somewhat hilly in areas. An optional breakfast will follow. Bring money and a face mask. **Marlene G.** (619) 692-3020.

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.

#### Observation

"Things turn out for the best for those who make the best of the way things turn out."

—*Bob in New Hampshire*

2:00 pm

 **ZOOM TELECONFERENCE.** See p. 4 for details.

### THURSDAY, MARCH 4

6:30 am

 **SUNRISE SERIES: SAN DIEGO RIVER.** 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. **John and Marilyn** (619) 840-5544.

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, MARCH 7

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](mailto:warddroid@gmail.com)).

Co-leaders: **Ward Martin** (moderate +), **Tom Samaras** (moderate).

### MONDAY, MARCH 8

6:30 am

 **SUNRISE SERIES: TECOLOTE CANYON.** Let's walk in beautiful Tecolote Canyon on a flat comfortable dirt road as we see what the season has to offer on this casual + 1-hour walk. Take I-5 to Tecolote Rd. exit, go east on Tecolote Rd. all the way into the canyon to the parking lot and visitor center at the end of the road. Bring money for an optional breakfast afterward. **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 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.

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

**TUESDAY, MARCH 9**  
 10:30 am  
**ZOOM WALKABOUT BOARD MEETING.** See page 4 for information.

**THURSDAY, MARCH 11**  
 6:30 am  
 **SUNRISE SERIES: SOUTH BAY.** Meet Frances in the parking lot on the corner of National City Blvd. and 2nd St. as we visit Heritage Square, where the "Railroad Homes" and Kimball House are located, and the National City Library, which has a custom designed William Hubbell stained glass window. We'll cut through Kimball Park, visiting the ARTS center on this *casual to moderate* 1 hour walk on flat terrain. From the north, take the I-5 south to Main St., make a left turn onto National City Blvd., go under the I-5 freeway and bear right at the arrow. Parking lot is about two blocks on your right. Bring money for optional breakfast afterward. Frances (619) 479-3962.

10:00 am  
 **SHELTER ISLAND WALK & TALK.** See Thursday, March 4 for details.

**SUNDAY, MARCH 14**  
 8:15 am  
 **MERRY GO-ROUND.** See Sunday, Mar. 7 for details.

**MONDAY, MARCH 15**  
 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 afterwards. Don't forget your mask. Betty (858) 248-3782.

10:00 am  
**AMERICA'S CUP HARBOR.** See Mon., March 1 for details.

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

**TUESDAY, MARCH 16**  
 2:00 pm  
**SOUTH PARK STROLL.** Come see the beautifully restored historic homes of South Park, and discover a hidden stairway. Meet Evelyn K. at the corner of Ivy and Dale streets for a *casual +* 1.5 hour flat walk. Bus #2 stops at 30th and Juniper streets. *Rain cancels.* Evelyn K. (619) 461-6095.

**KEY TO WALK SYMBOLS**

 **WEEKLY REPEATING WALKS**

 **SUNRISE SERIES**

**THURSDAY, MARCH 18**  
 6:30 am  
 **SUNRISE SERIES: CHULA VISTA BAYFRONT PARK (J STREET MARINA).** Join us for a one hour walk on flat terrain at the Chula Vista Bayfront Park (980 Marina Way). Check out Chula Vista's bay front which has a public boat-launching ramp, expansive views of San Diego Bay from South of the Coronado bridge, and views of nearby Mexico. Discover the sculpture "Konoids" by Kenneth Capps, which adorns the shoreline of the park as well as other public art. From I-5 Take the J Street Exit and head west toward Chula Vista Harbor/Marina Parkway. Turn left at first opportunity (toward the boat ramp) and park in parking lot on the left. Bring money for an optional breakfast afterward. Don't forget your mask. Connie V. (619) 477-8628.

10:00 am  
 **SHELTER ISLAND WALK & TALK.** See Thursday, March 4 for details.

**SATURDAY, MARCH 20**  
 9:30 am  
**WINERY WANDER.** Come and join us for a walk starting out at that neighborhood gem, the historic Bernardo Winery in Rancho Bernardo. The first half of the walk will be on trails of the City of Poway's extensive trail system, with one or two steep ups and downs. Our return trip on this *moderate-paced*, approximately 5-mile walk will mostly be on some charming private neighborhood sidewalks. Meet on the street in front of Bernardo Winery at 13330 Paseo Del Verano Norte. Please bring a face covering. *Rain cancels.* Email, text or call: Lenore E. (619) 890-0714 ([ledidin@san.rr.com](mailto:ledidin@san.rr.com)).

**SUNDAY, MARCH 21**  
 8:15 am  
 **MERRY GO-ROUND.** See Sun., Mar. 7 for details.

**MONDAY, MARCH 22**  
 6:30 am  
 **SUNRISE SERIES: LIBERTY STATION/OLD SAN DIEGO RIVER REMNANT WALK.** Meet Connie at the USS Recruit aka the USS NeverSail (Naval recruit training vessel) for an hour walk along the river in beautiful Liberty Station to the end and back. *Very Casual+* pace on sidewalk or dirt path. There is also the option on this walk for a faster pace. Pass by gardens including the Hugh Story Rose Garden, tributes to sunken submarines and more. Enter Liberty Station from Harbor Drive. There is ample free parking by the NeverSail. Bring money for an optional breakfast afterward. Don't forget your mask. Connie V. (619) 477-8628.

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10:00 am

HISTORIC LA PLAYA TRAIL. See Mon., Mar. 8 for details.

2:00 pm

 ZOOM TELECONFERENCE. See p. 4 for details.

#### THURSDAY, MARCH 25

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 History 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 *Casual* 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. Bring money for an optional breakfast afterward. Don't forget your mask. Connie V. (619) 477-8628.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, March 4 for details.

## IN MEMORIAM

Johann "Hans"

Altona (12/26/1931–

1/5/2021), was 89

when he passed

away after a long

illness. He was

married to his wife

Diane for 62 years,

and they raised three

children. The Altonas

were pioneers with Walkabout from its early

days. Hans was born on the island of Java,

Indonesia, with a Dutch, Polish and Indonesian

ancestry. Professionally, Hans was a land survey

draftsman for the City and County of San Diego,

but his real love was travel. The Altonas led many

international trips with Walkabouts, and closer

to home Hans loved leading walks up the steepest

hills of Old Town. If a walker made it to the end of

the grueling walk, Hans would spring for a pizza

lunch. Diane recalled that Hans had a passion

"for going up mountains. He lived vertically!"



#### SUNDAY, MARCH 28

8:15 am

 **MERRY GO-ROUND.** See Sunday, March 7 for details.

#### MONDAY, MARCH 29

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. **John and Marilyn** (619) 840-5544.

10:00 am

**AMERICA'S CUP HARBOR.** See Mon., Mar. 1 for details.

2:00 pm

 ZOOM TELECONFERENCE. See p. 4 for details.

### WALKABOUT BOARD MEETING

**Tuesday, March 9th 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*

### 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 Walkabouts. 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.

# MARCH 2021 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>	<b>5</b>	<b>6</b>
	6:30 am <i>Sunrise:</i> Mission Hills  10:00 am America's Cup Harbor  2:00 pm Zoom Teleconference			6:30 am <i>Sunrise:</i> San Diego River  10:00 am Shelter Island		
<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
8:15 am Merry- Go-Round	6:30 am <i>Sunrise:</i> Tecelote Canyon  10:00 am Historic La Playa Trail  2:00 pm Zoom Teleconference	10:30 am Zoom Walkabout Board Mtg.		6:30 am <i>Sunrise:</i> South Bay  10:00 am Shelter Island		
<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
8:15 am Merry- Go-Round	6:30 am <i>Sunrise:</i> Lake Murray  10:00 am America's Cup Harbor  2:00 pm Zoom Teleconference	2:00 pm South Park Stroll		6:30 am <i>Sunrise:</i> Chula Vista Bayfront Park  10:00 am Shelter Island		9:30 am Winery Wander
<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
8:15 am Merry- Go-Round	6:30 am <i>Sunrise:</i> Liberty Station/Old SD River  10:00 am Historic La Playa Trail  2:00 pm Zoom Teleconference			6:30 am <i>Sunrise:</i> Mission Hills  10:00 am Shelter Island		
<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>			
8:15 am Merry- Go-Round	6:30 am <i>Sunrise:</i> Eastern Balboa Park  10:00 am America's Cup Harbor  2:00 pm Zoom Teleconference				<p><b>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.</b></p>	

# 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](mailto: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](mailto:President@walkabout-int.org).

To keep up-to-date on everything Walkabout, check our website: <http://www.walkabout-int.org>

# BOARD OF DIRECTORS

President Elaine Berger	(858) 560-9003 <a href="mailto:President@walkabout-int.org">President@walkabout-int.org</a>
1st Vice President Robert Buehler	(619) 470-0778 <a href="mailto:vp1@walkabout-int.org">vp1@walkabout-int.org</a>
2nd Vice President Marilyn Buckley	(619) 231-7463 <a href="mailto:prwalkabout@yahoo.com">prwalkabout@yahoo.com</a>
3rd Vice President Stan Follis	(619) 222-3447 <a href="mailto:Stanley@walkabout-int.org">Stanley@walkabout-int.org</a>
Secretary Donna Farris	(619) 559-5650 <a href="mailto:secretary@walkabout-int.org">secretary@walkabout-int.org</a>
Treasurer Diane Erk	(619) 231-7463 <a href="mailto:treasurer@walkabout-int.org">treasurer@walkabout-int.org</a>
Connie Vickers	(619) 477-8628 <a href="mailto:connie@walkabout-int.org">connie@walkabout-int.org</a>
Janet Fenston	(619) 890-4622 <a href="mailto:Janet@walkabout-int.org">Janet@walkabout-int.org</a>
Director Emeritus Dan Haslam	619) 318-4870 <a href="mailto:danhaslam@walkabout-int.org">danhaslam@walkabout-int.org</a>

## OFFICE STAFF

Elaine Berger, Marilyn Buckley, Janet Fenston, Stanley Follis, Sharon Nelson and Charlotte Sedgwick.

## NEWSLETTER STAFF

Kathy Johnson [kathyj@walkabout-int.org](mailto:kathyj@walkabout-int.org)

## MAILING CREW

Charlotte Sedgwick, Beverly Stebbins, Stan Follis, Don Piller

## NEWSLETTER DEADLINE NOTICE

All walks must be submitted by the 13th 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 13th. You must email your walks to [kathyj@walkabout-int.org](mailto:kathyj@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 [kathyj@walkabout-int.org](mailto:kathyj@walkabout-int.org). To submit photos, go to <https://walkabout-int.org/about-us/forms/photo-submission/>



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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

Established in 1977, Walkabout promotes healthy regular exercise, social camaraderie and discovering new places. We are a 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 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 \$ \_\_\_\_\_

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

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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 \_\_\_\_\_



March 2021

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

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Dan Haslam discovered a new hotel and bistro at Hollywood Beach, Florida. "It's right next to the ocean—that other ocean."

## 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.