



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, email: 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.

April 2021

“SEZ ME”

Elaine Berger, President



Wow, what a difference a year makes! This time in April 2020 we were beginning to face the reality of what a total lockdown of our state meant to our daily lives. Did you go frantically seeking TP, hand sanitizer or face masks? Today we have replaced our TP searches for vaccination site searches! There is now real hope we will be able to have some events—baseball at Petco Park with our exciting Padres team, the flower fields at Carlsbad will be open with the addition of pick your own fresh blueberries, and our zoos and amusement parks will be open for limited activities. And most importantly, we will be able to resume in person education for our children. We will also be able to resume limited in person activities with friends, neighbors and family groups. Spring is the time of birth for new plants, baby animals and birds, and this year optimism that life will resume some sort of normal. While we still need to practice our usual safety precautions, get out and enjoy spring.

At our March 9 Board of Directors meeting,

we maintained the same members as 2020. I will remain as president, Robert Buehler will be 1st VP, Marilyn Buckley will be 2nd VP and Stan Follis will be 3rd VP. Donna Farris will be Secretary and Diane Erk will be Treasurer. As president I cannot tell you how much I value the support of all my fellow board members. This has been a very difficult year. No president ever wants to shut down all Walkabout activities, but I wanted to make sure we did what was best for our subscribers.

As we move forward, I hope we can persuade more of you to become walk leaders. There are so many great places to walk in San Diego. Many of you live in neighborhoods I have never visited. Take us on a walk around your neighborhood. As walk leader you decide when, where and how often you want to lead a walk. Please consider stepping up and giving us some new walks that might attract new walkers. We especially need walks for Wednesday and Friday.

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MONTHLY WALK ROUND-UP

THURSDAY, APRIL 1

6:30 am

 **SUNRISE SERIES: CORONADO.** Let's take a flat, *casual+* paced walk through beautiful Coronado with stops to admire the shops, homes, gardens, Hotel Del Coronado and of course the beach. Meet at the west side of 10th St. and Orange Ave. with 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 the 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, APRIL 4

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, APRIL 5

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 *very casual+* 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

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.

2:00 pm

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

THURSDAY, APRIL 8

6:30 am

 **SUNRISE SERIES: CORONADO GARDENS WALK.** Join us for a one hour walk through Coronado where we will enjoy all the gardens we can find at a *very casual+* pace. Unfortunately, the 2021 Coronado Flower Show was cancelled, but let's hope the gardens are still decked out in their finest. We'll do our best to find some beautiful ones. There may even be a chance to visit the latest at the Hotel Del Coronado which has been undergoing renovations. Meet at the west side of 10th St. and Orange Ave. Bring money for an optional breakfast afterward. Don't forget your mask. Connie (619) 477-8628.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, April 1 for details.

SUNDAY, APRIL 11

8:15 am

 **MERRY GO-ROUND.** See Sunday, April 4 for details.

MONDAY, APRIL 12

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

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.

KEY TO WALK SYMBOLS

 WEEKLY REPEATING WALKS

 SUNRISE SERIES

blooms. Then we will get a peek into the back of LEGOLAND theme park on a paved trail back to the golf course. The optional second half of our hike starts on the scenic golf course trail. A tunnel under the street will lead us to Veteran's

Memorial Park where we'll hike up to high vistas with breathtaking views of Agua Hedionda Lagoon and the Pacific Ocean. Meet in front of The Crossings at Carlsbad, 5800 Crossings Dr., Carlsbad. Take Highway 5 North and exit at Palomar Airport Road. Go east (turn right) on Palomar Airport Road. In about a half mile turn left on The Crossings Dr. Look for The Crossings on your right near the end of the road. Please bring a face covering. Email, text or call: Lenore E. (619) 890-0714 (ledidin@san.rr.com).

2:00 pm

 ZOOM TELECONFERENCE. See p. 4 for details.

TUESDAY, APRIL 13

10:30 am

ZOOM WALKABOUT BOARD MEETING. See page 4 for information.

2:00 pm

SECRETS OF UNIVERSITY HEIGHTS. Come explore some less-travelled streets along the rim of Buchanan Canyon in University Heights. We will walk past lovely drought-tolerant gardens, 100 year old houses, and cobblestone walls. Meet at the corner of Madison Avenue and Maryland Street for a flat, 1.5 hour, *casual+ walk.* *Rain cancels.* Bus #11 stops at Park Blvd. and Madison Avenue. Evelyn K. (619) 461-6095.

THURSDAY, APRIL 15

6:30 am

 **SUNRISE SERIES: NORTH PARK/NORMAL HEIGHTS.** We'll meet at the corner of Kansas St. and El Cajon Blvd to explore these eclectic neighborhoods. Park behind the restaurant at 2900 El Cajon Blvd. for this *casual+* 1-hour walk on flat terrain. Bring money for an optional breakfast afterward. From the south, take I-805 to the El Cajon Blvd. exit and turn left. From the north, turn right onto El Cajon Blvd. until you come to Kansas St. (about 1/2 mile). Frances (619) 479-3962.

10:00 am

 SHELTER ISLAND WALK & TALK. See Thursday, April 1 for details.

SATURDAY, APRIL 17

9:30 am

FLOWER FIELDS AND CARLSBAD TRAILS. Let's celebrate spring on this approximately 6.5-mile, *moderate paced* hike starting at The Crossings at Carlsbad golf course. The first half of our outing will bring us to the famous Flower Fields of Carlsbad at the peak season for viewing the colorful ranunculus

SUNDAY, APRIL 18

8:15 am

 MERRY GO-ROUND. See Sunday, Apr. 4 for details.

MONDAY, APRIL 19

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. Optional breakfast afterward. Don't forget your mask. Connie V. (619) 477-8628.

10:00 am

HISTORIC LA PLAYA TRAIL. See Mon., April 5 for details.

2:00 pm

 ZOOM TELECONFERENCE. See p. 4 for details.

THURSDAY, APRIL 22

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

 SHELTER ISLAND WALK & TALK. See Thursday, April 1 for details.

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SUNDAY, APRIL 25

8:15 am

 **MERRY GO-ROUND.** See Sun., April 4 for details.

MONDAY, APRIL 26

6:30 am

 **SUNRISE SERIES: PACIFIC BEACH**

BOARDWALK. Let's take a *casual+* 1-hour walk on flat terrain and enjoy the fresh air, early morning breeze and beautiful sunrise where we can look forward to good company, chatting and an optional breakfast afterward. Meet at the Crystal Pier at the west end of Garnet Ave. Bring money for optional breakfast. **John and Marilyn** (619) 840-5544.

10:00 am

AMERICA'S CUP HARBOR. See Mon., April 12 for details.

2:00 pm

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

THURSDAY, APRIL 29

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

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, April 1 for details.



WHAT IN THE WORLD?

A Virtual Walking Tour in AZ & Northwestern New Mexico, beginning March 20, 2021!

Tired of sitting at home, waiting for the green light of traveling with Walkabout International on a walking tour trip? Wait no more, a virtual walking tour is coming your way, beginning Saturday, March 20, 2021.

Join veteran walking tour leader Dan Haslam as he flies West from Florida to embark on a weeklong road tour expedition to Arizona and northwest New Mexico. He will visit such sites as Prescott, AZ, Williams, Grand Canyon, the Navajo National Monument, Aztec Ruins National Monument, Taos, Santa Fe, Albuquerque, and El Morro National Monument. He'll write about his adventures and walks each day and take pictures along the way. You can "virtually" be with him on a daily basis, along the route. It's almost like being on a Walkabout van trip — just no hopping in and out of the van, no checking in and out of hotels, no road food—just sit back and read about the adventure. Soon enough, we'll all be on the road again together.

How to keep up? Log on to [Walkabout International's Facebook page](#) each day and check into the progress of Dan's trip. Simply Google "Walkabout International Facebook" and read the daily blog. You can also email Dan with comments and suggestions at dbh3rd@gmail.com.

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.

APRIL 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
				1	2	3
<p>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.</p>				<p>6:30 am <i>Sunrise:</i> Coronado</p> <p>10:00 am Shelter Island</p>		
4	5	6	7	8	9	10
<p>8:15 am Merry-Go-Round</p>	<p>6:30 am <i>Sunrise:</i> Seaport Village/ Embarcadero</p> <p>10:00 am Historic La Playa Trail</p> <p>2:00 pm Zoom Teleconference</p>			<p>6:30 am <i>Sunrise:</i> Coronado Gardens</p> <p>10:00 am Shelter Island</p>		
11	12	13	14	15	16	17
<p>8:15 am Merry-Go-Round</p>	<p>6:30 am <i>Sunrise:</i> Liberty Station/Old San Diego River Remnant</p> <p>10:00 am America's Cup Harbor</p> <p>2:00 pm Zoom Teleconference</p>	<p>10:30 am Zoom Walkabout Board Mtg.</p> <p>2:00 pm Secrets of University Heights</p>		<p>6:30 am <i>Sunrise:</i> North Park/ Normal Heights</p> <p>10:00 am Shelter Island</p>		<p>9:30 am Flower Fields and Carlsbad Trails</p>
18	19	20	21	22	23	24
<p>8:15 am Merry-Go-Round</p>	<p>6:30 am <i>Sunrise:</i> Mission Hills</p> <p>10:00 am Historic La Playa Trail</p> <p>2:00 pm Zoom Teleconference</p>	<p>Dan Haslam's virtual walking tour of Arizona and Northwestern New Mexico starts (see page 4)</p>		<p>6:30 am <i>Sunrise:</i> Lake Murray</p> <p>10:00 am Shelter Island</p>		
25	26	27	28	29	30	
<p>8:15 am Merry-Go-Round</p>	<p>6:30 am <i>Sunrise:</i> Pacific Beach Boardwalk</p> <p>10:00 am America's Cup Harbor</p> <p>2:00 pm Zoom Teleconference</p>			<p>6:30 am <i>Sunrise:</i> Chula Vista Bayfront Park</p> <p>10:00 am Shelter Island</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

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>

BOARD OF DIRECTORS

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

OFFICE STAFF

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

NEWSLETTER STAFF

Kathy Johnson 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. 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. 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 \$ _____

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 _____ - _____

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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 _____



April 2021

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

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WALKABOUT BOARD MEETING **Tuesday, April 13th 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.