



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



San Diego 4th of July Fireworks

Vol. 44, No. 7

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 AUTHORIZED BY WALKABOUT. NEW CDC GUIDELINES INDICATE THAT OUTDOOR WALKS NO LONGER REQUIRE FACE MASKS. WE DO ASK THAT WALKERS CARRY A MASK TO USE IN CROWDED SITUATIONS.

July 2021

"SEZ ME"

Elaine Berger, President

"To mask or not to mask, that is the question."

It is quite ironic that for some 16 months we got yelled at for not wearing a mask. Now we risk being yelled at if we choose to wear a mask, even if we are vaccinated. Of course, there are still situations where masks are required—public transportation, medical service locations and certain large indoor public gatherings. My response is to carry a mask and wear it if requested. We are so close to having this whole COVID-19 pandemic under control that occasionally wearing a mask is a small price to pay. It is, however, so very nice to see smiling faces.

July is filled with so many things we can now do. How great is it that we can have picnics and the Big Bay Boom fireworks show for the 4th of July. Many local festivals will resume, theaters and concerts will resume live productions, and of course we can't forget how great it is to have our baseball Padres giving us such exciting entertainment. Walkabout has discussed possible activities and day trips later this summer and early fall and we have discussed with Dan Haslam

about longer trips. In the mean time, we will continue our wonderful local walks thanks to our great walk leaders.

Benefits of Being Chronologically Endowed by Richard Lederer in the May 15, 2021 *Union Tribune*

"Studies show that one's body temperature declines from decade to decade and that the drop becomes particularly pronounced in the elderly. Therefore, old folks are the coolest people on Earth".

And I would add that Walkabouters are the coolest people of all!

If you haven't checked out the Walkabout Facebook page ([Facebook.com/WalkaboutInternational](https://www.facebook.com/WalkaboutInternational)) please do so. Donna Farris is doing a wonderful job of adding pictures and articles of interest. And please, give the site a like. Also remember to check out our website, www.walkabout-int.org. Don Piller has done a great job with the site. Both of these sites allow us to get our message out to a wider audience in the community. Finally, please join us for our Monday Zoom meeting for a chance to interact with friends we have not seen in person for a while.

Stay safe, stay cool and enjoy the summer.

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MONTHLY WALK ROUND-UP

THURSDAY, JULY 1

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. **Must have a mask with you.** Connie V. (619) 477-8628.

Observation

Seen on a restaurant sign in Texas

"When this virus is over, I still want some of Y'all to stay away from me."

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+**. **Must have a mask with you.** Sally R. (619) 222-3800.

SUNDAY, JULY 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. **Must have a mask with you.** Meet with Ward Martin 858-735-7557, (warddroid@gmail.com). Co-leaders: Ward Martin (moderate +), Tom Samaras (moderate).

MONDAY, JULY 5

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. **Must have a mask with you.** Connie V. (619) 477-8628.

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. Must have a mask with you.** Sally R. (619) 222-3800. Repeats every other week.

2:00 pm

 **ZOOM TELECONFERENCE.** See p. 8 for details.

WEDNESDAY, JULY 7

9:00 am

LAKE MURRAY. Come join us for a peaceful **casual** paced 1 hour walk on a mostly flat path by the water. There is a variety of wildlife to be seen as well. Drive through the main entrance to Lake Murray at the end of Kiowa Dr. off Lake Murray Blvd. Meet at the covered picnic table by the water just off the main parking lot. Optional breakfast after. **Must have a mask with you.** Janet F. (619) 890-4622.

THURSDAY, JULY 8

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+** 1 hour walk on flat terrain. From the north, take the I-5 south to Main St., make a left turn onto National City

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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. **Must have a mask with you.** Frances (619) 479-3962.

KEY TO WALK SYMBOLS

-  WEEKLY REPEATING WALKS
-  SUNRISE SERIES

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. **Must have a mask with you.** Sally R. (619) 222-3800. Repeats every other week.

10:00 am

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

SATURDAY, JULY 10

9:30 am

CREST CANYON CAPER. Come along on this approximately 5-mile, **moderate paced** loop with plenty of hills in the scenic coastal community of Del Mar. First, we'll hike down into Crest Canyon to the edge of San Dieguito Lagoon. (**Note:** on this downhill climb there are wooden stairs with no handrails and some steep steps down.) Then we'll get a closer look at the lagoon and its inhabitants at the Grand Avenue Overlook and along the River Path Del Mar. Our return trip will take us up and down the serpentine residential streets of Old Del Mar. Meet in front of Vons at 2606 Del Mar Heights Road in the Beachside Del Mar shopping center. It's just west of Highway 5 at the corner of Del Mar Heights Road and Mango Dr. **Must have a mask with you.** Email, text or call: Lenore E. (619) 890-0714 (ledidin@san.rr.com).



Shelter Island Walk & Talk Group: First row, Left to Right Beverly D., Mark L., Sally R., Second Row: Elaine B., Robert B., ?, Sue H., Rob K., Ingrid. Photo taken at the end of the island near the Japanese Friendship Bell. In background is the Scripps Research Vessel Sally Ride, named after the first American woman astronaut who died of cancer in 2012 at age 61.

2:00 pm

 **ZOOM TELECONFERENCE.** See p. 8 for details.

TUESDAY, JULY 13

10:30 am

ZOOM WALKABOUT BOARD MEETING. See page 4 for information.

THURSDAY, JULY 15

6:30 am

 **SUNRISE SERIES: SOUTH SHORE.** Meet at the South Shores Boat Launch just east of Sea World on Mission Bay. Hopefully we'll see some rabbits and the great sea birds there. Take I-5 to Sea World Dr. and go west to the South Shores Boat Launch Ramp area. Watch for the sign, it is not very prominent. We'll meet at the restrooms at the boat launch. Optional breakfast follows this **casual+**, flat 1-hour walk. **Must have a mask with you.** Edie (619) 313-7818.

SUNDAY, JULY 11

8:15 am

 **MERRY GO-ROUND.** See Sun. July 4 for details.

MONDAY, JULY 12

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. **Must have a mask with you.** Edie (619) 313-7818.

10:00 am

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

SUNDAY, JULY 18

8:15 am

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

MONDAY, JULY 19

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

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,

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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. **Must have a mask with you.** John and Marilyn (619) 840-5544.

10:00 am

America's Cup Harbor. See Mon., July 5 for details.

TUESDAY, JULY 20

2:00 pm

Bird Rock Path. Discover the church that once was a railroad station as we meander along an unpaved nature path in the Bird Rock area. We will also explore some of the residential streets with lovely homes and gardens. Meet at the corner of Camino de la Costa and La Jolla Blvd., one block north of Bird Rock Ave. for a 1-1½-hour, **casual-to-moderate**, mostly flat walk. Bus #30 stops at La Jolla Blvd, and Camino de la Costa. **Must have a mask with you.** Evelyn K. (619)-461-6095.

 **ZOOM TELECONFERENCE.** See p. 8 for details.

WEDNESDAY, JULY 21

9:00 am

LAKE MURRAY. Come join us for a peaceful **casual** paced 1 hour walk on a mostly flat path by the water. There is a variety of wildlife to be seen as well. Drive through the main entrance to Lake Murray at the end of Kiowa Dr. off Lake Murray Blvd. Meet at the covered picnic table by the water just off the main parking lot. Optional breakfast after. **Must have a mask with you.** Janet F. (619) 890-4622.

THURSDAY, JULY 22

6:30 am

 **SUNRISE SERIES: SEAPORT VILLAGE.** We will start our 1 hour **casual+** walk at the Seaport Village Merry-Go-Round at the south end of Pacific Highway. We will see what is new in the village and continue along the waterfront. Bring money for an optional breakfast. **Must have a mask with you.** John and Marilyn (619) 840-5544.

10:00 am

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

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 • **SDFeets** newsletter is a great way to acquaint people with Walkabout. If you have guests on your walks, please offer them a printed copy of the newsletter.
 •.....



Merry-Go-Round walkers at 6th & Laurel/El Prado with Jacarandas in bloom. Sunday, 30 May, 2021.

SUNDAY, JUNE 25

8:15 am

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

MONDAY, JULY 26

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. **Must have a mask with you.** John and Marilyn (619) 840-5544.

10:00 am

HISTORIC LA PLAYA TRAIL. See Mon., July 12 for details.

2:00 pm

 **ZOOM TELECONFERENCE.** See p. 8 for details.

THURSDAY, JULY 29

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. **Must have a mask with you.** Connie V. (619) 477-8628

10:00 am

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

WALKABOUT BOARD MEETING

Tuesday, July 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

JULY 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 AUTHORIZED BY WALKABOUT. NEW CDC GUIDELINES INDICATE THAT OUTDOOR WALKS NO LONGER REQUIRE FACE MASKS. WE DO ASK THAT WALKERS CARRY A MASK TO USE IN CROWDED SITUATIONS.</p> | | | | 6:30 am <i>Sunrise:</i> Mission Hills 10:00 am Shelter Island | | |
| 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 8:15 am Merry-Go-Round | 6:30 am <i>Sunrise:</i> Liberty Station/Old SD River Remnant 10:00 am America's Cup Harbor 2:00 pm Zoom Teleconference | | 9:00 am Lake Murray | 6:30 am <i>Sunrise:</i> South Bay 10:00 am Shelter Island | | 9:30 am Crest Canyon Caper |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 8:15 am Merry-Go-Round | 6:30 am <i>Sunrise:</i> Pacific Beach Boardwalk 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 Shore 10:00 am Shelter Island | | |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 8:15 am Merry-Go-Round | 6:30 am <i>Sunrise:</i> PB Boardwalk 10:00 am America's Cup Harbor 2:00 pm Zoom Teleconference | 2:00 pm Bird Rock Path | 9:00 am Lake Murray | 6:30 am <i>Sunrise:</i> Seaport Village 10:00 am Shelter Island | | |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 |
| 8:15 am Merry-Go-Round | 6:30 am <i>Sunrise:</i> Chula Vista Bayfront Park 10:00 am Historic La Playa Trail 2:00 pm Zoom Teleconference | | | 6:30 am <i>Sunrise:</i> Lake Murray 10:00 am Shelter Island | | |

WILDERNESS HIKES

Your Wilderness Hikes group is still here just not quite as active as we have been in the past. I know that many of you have split into 'mini' groups of close friends for getting your exercise during this Pandemic period.

Once fall is upon us, we are planning on going back to how we manage and post all our hikes. We're even thinking about kicking this off with a good old Laguna Ramble and Potluck sometime in September or October. A small group of us have been going to the Laguna's the last couple of weeks enjoying a beautiful spring. Should you like to receive these notifications please email dpiller@cox.net and we will add you in.

Walkabout has implemented some "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, 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 Tuesday 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: <https://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.



July 2021

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San Diego, CA 92106-6007
(619) 231-7463
<https://www.walkabout-int.org>

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NEW WALKS?

Sally R. and Rob K. are thinking of putting together a couple new walks. Please let Sally know if you're interested in any, or all, of these options.

sallywalkabout@cox.net, (619) 222-3800.

1. Listening to the Symphony rehearse down at the new Shell outdoor symphony venue behind the convention center, possible picnic lunch and walk.
2. Walk on Shelter Island on a Wednesday at 1:45pm followed by happy hour at the Bali Hai at 3pm.
3. Sitting across from Humphreys and listen to the concerts.

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.

RULES FOR WALK LEADERS

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

- We ask that each walker sign themselves in on the sign in sheet (legible signature please). If necessary, each walker can use their own pen or walk leader can wipe the common pen with an antiseptic wipe before passing it to each walker.
- CDC guidelines no longer require face masks by walkers in outdoor settings. We suggest all walkers carry a mask, but they do not need to wear it at all times.
- Safe distancing is still suggested for groups of people who are non-family. There are still many individuals who are not fully vaccinated and capable of spreading the virus.
- If the group is larger than 5-8 people you might want to consider assigning a second leader to lead part of the group.
- Require all participants to carry picture ID and have emergency contact information with them.
- Please carry hand sanitizer with you.
- Walk leaders have the option of adding additional requirements for their walks.