



# San Diego Feets

Vol. 35

No.5

**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: 10:00 am to 2:00 pm, Monday through Friday. Internet: [www.walkabout-int.org](http://www.walkabout-int.org), e-mail: [info@walkabout-int.org](mailto:info@walkabout-int.org).

## May 2012

### TUESDAY, MAY 1

10:00 am

**TWEEDS (TUESDAY WALKING ETHNIC EATING BUNCH).** What better way to celebrate May Day than by admiring the gardens of Coronado? Last month's flower-show winners will be proudly displaying their blue ribbons, and we can admire the results as we take a **moderate** walk over flat terrain for about 90 minutes. We'll meet at the library on Orange Ave. between 6th St. and 7th St. We will leave at 10:05 after a quick look inside the library when it opens. Optional lunch follows (taco Tuesday?) Rain cancels. **Pat K.** (619) 469-6223.

6:30 pm

**MISSION BAY SUNSETS.** Walk leaves promptly at 6:30. Rain (not mist) cancels. Enjoy the cooler evening air and beautiful views of Mission Bay! Join us for a flat but fairly fast-paced **moderate to moderate-plus**, 1-hour-plus walk along the shores of Mission Bay. Take the I-5 and go west on Clairemont Dr. to meet at the former Visitors Information Center (see Thomas Guide 1248-D7). **Teri E.** (619) 584-8984 or **Jill F.** (858) 292-4231.

### WEDNESDAY, MAY 2

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today's hike will be an e-mail hike with details sent out a day or two before. **IMPORTANT HIKE INFO:** Park on the street in front of the Methodist Church, 2111 Camino del Rio South (west of Texas St.). Be prepared to drive yourself if there are no other carpoolers. Bring lunch, 2-3 quarts of water, sun and rain protection, and lug-soled shoes. "First timers" must call the leader. Also call in case of bad weather conditions. All participants must be in top condition, well prepared for trail conditions and will be accepted at the leader's discretion. Hikers must be able to keep pace with the group. Check the hikes at <http://www.walkabout-hikes.org> as weather or unusual conditions may cause the hike to be moved or canceled. If you have any questions, please contact **Don** at [dpiller@cox.net](mailto:dpiller@cox.net) or (760) 796-4007.

10:00 am

**CORONADO - BAY AND OCEAN.** **Robert and Friends** will do a **casual**, flat walk to view the bay and the new civic buildings of Coronado, then cross over to the ocean side and walk past the towering condominiums south of the Hotel Del. We'll meet in front of the Boat House Restaurant on Strand Way (take Orange Ave. south past the Hotel Del and the Boat House Restaurant to the first traffic light, turn left, then left again onto Strand Way). For public transportation, take, or transfer to, the #901 bus ("Iris Trolley") from the 12th & Imperial Transit Center and get off just past the Hotel Del. Optional eats afterward. Rain cancels. **Robert B.** (858) 571-7733.

6:15 pm

**WEDNESDAY NITE WORKOUT.** Meet at Costa Verde Shopping Center, west of Westfield Shoppingtown UTC, between La Jolla Village Dr. and Nobel Dr., in front of Bookstar. We will walk about 1½ hours at a **moderate-plus to brisk** pace, heading in a different direction each week, exploring canyon trails and hills. Come explore this area and have some fun! **Debbie B.** (858) 229-1065 or **Barbara N.** (619) 226-3024.

### THURSDAY, MAY 3

6:00 am

**SUNRISE SERIES: SEAPORT VILLAGE/ EMBARCADERO.** We'll start at Seaport Village and walk along the bay toward the Convention Center to explore Marina Parks North and South on this **moderately**-paced flat 1-hour walk. Both parks have spectacular views of San Diego Bay, boats and ships, the Coronado Bridge, Coronado, the marina and downtown. Meet **Connie** at the south end of Pacific Hwy and park by the Seaport Village Merry-Go-Round. Bring a flashlight for safety and money for the optional breakfast afterwards. (619) 477-8628.



Unless otherwise specified, Walks start at the time shown. Walk leaders should arrive 15 minutes before the time listed in the newsletter.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.**

**Sandra, Sally and Friends** will do a **casual** walk from the Bali Hai Restaurant to the Friendship Bell and back on flat sidewalks (about 2.2 miles round trip & about 60-70 minutes). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to seashore wildlife. You may stop at one of the many benches and rejoin us on the return leg. Meet at the east end of the island, about 100 paces to the right of the entrance to the Bali Hai by the lamppost and hand rails, where we will stretch a few minutes and leave promptly at 10:03 am. If you're late, drive down the island and join us along the way. Optional: re-walk the island to the pier for additional mileage. Bring a pedometer if you have one. For public transportation, take the #28 bus and walk approximately 3 blocks to the Bali Hai. Ample free parking. Rain cancels. Join us - just for the health of it!! Walk repeats every Thursday. **Sally R.** (619) 272-8851.

10:00 am

**MISSION BEACH NORTH & SOUTH.** Walk the beach or the bay and stop for coffee at the end of this **moderate**-paced walk. Meet at the Belmont Park ticket booth off Mission Blvd. To use public transport, take the trolley to Old Town. Take the #8 bus at 9:40 to Mission Blvd. arriving at 9:54. Walk across the street. Rain cancels. **Kathy L.** (858) 484-0349.

10:15 am

**MORNING STROLL IN BALBOA PARK.** Meet at the Senior Lounge across from the Museum of Photographic Arts to walk at a **casual** pace through beautiful Balboa Park for about 45 minutes. Terrain is flat and mostly paved. Stay after for optional coffee and cookies. Use the #7 bus if you don't want to drive. Rain cancels. **Mary T.** (619) 291-1349.

**FRIDAY, MAY 4**

6:00 pm

**MISSION HILLS MEANDER.** Come see the great views and picturesque homes and gardens of this homey old neighborhood on a 1-hour, **moderate**-paced walk on flat terrain. Meet at Espresso Mio, 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west on Ft. Stockton Dr. Rain cancels. Wear white or light colors for safety's sake. **Pat P.** (619) 291-6162.

**SATURDAY, MAY 5**

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See May 2 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Kathy** at [kpiller@cox.net](mailto:kpiller@cox.net) or (760) 796-4007.

6:15 pm

**SATURDAY NIGHT LIVE.** Carol, Donna or Teri will guide you along the harbor or through downtown while enjoying the bright lights and fresh breezes. Meet at the statue on the Harbor Dr. side of the County Administration Center building between Ash and Grape Sts. The pace is **moderate to moderate-plus** for about 1½ hours. Rain cancels. We encourage anyone to lead a slower version of this walk any Saturday. Walk leaves promptly at 6:15. **Carol W.** (619) 303-7942, **Donna F.** (619) 443-6131, **Teri E.** (619) 584-8984.

**SUNDAY, MAY 6**

7:15 am

**BREAKFAST SPECIAL ON SHELTER ISLAND.** Ships and seagulls will delight us as we walk as far around Shelter Island as we wish **at our own speed.** Time out to pet cute dogs. The walk is mostly flat, but we might go along the shore and some might go up the hill for the views. Optional breakfast follows to eat and chat. Meet at Shelter Island Dr. and Anchorage Ln. This area is served by the 6:45 #28 bus to Shelter Island Dr. and Anchorage Ln. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** Start from the carousel in Balboa Park and join us on one of the most scenic walks in San Diego. Our **brisk** pace encompasses the harbor, downtown, Bankers Hill and bridges depending on size of group and mood. Allow 3 hours, which includes a coffee break. To use public transportation, take the trolley to 3<sup>rd</sup> Ave. and C St. At 3<sup>rd</sup> Ave. and Broadway take the #7 bus at 7:42 or 7:48. Arrive at Zoo Pl. at 8:00 or 8:06. Meet **Rick** at the carousel at Park Blvd. and Zoo Pl. (858) 565-7212.

9:15 am **NC**

**RAMBLING THROUGH THE RANCH.** That's Rancho Santa Fe, of course. As we prance along some pulchritudinous pathways, we'll try to blend in as best we can. Enjoy horsing around some tantalizing trails in the "lake district" of this remarkable realm on a 3-hour, **moderate-plus** paced prance over mixed up and down terrain. Look for **Larry** in front of the Rancho Santa Fe Library at 17040 Avenida De Acacias near the corner of La Granada (route S-9) (Thomas Guide 1148-D3). BYO water, but rainwater cancels. [Larry@walkabout-int.org](mailto:Larry@walkabout-int.org) or (858) 755-1751.



**Pace Yourself**

Half Speed	—	1-2 miles per hour
Casual	—	2-3 miles per hour
Moderate	—	3 miles per hour
Moderate/Plus	—	3 1/2 miles per hour
Brisk	—	4 miles per hour
Very Brisk	—	over 4 miles per hour

## MONDAY, MAY 7

6:00 am

**SUNRISE SERIES: BALBOA PARK.** Come enjoy the flowers of Balboa Park on this flat walk **at your own speed** through the beautiful gardens (we might even make it to the rose garden). Meet at 5th Ave. and Spruce St., where we will have an optional breakfast afterwards. **Pat K.** (619) 469-6223.

10:00 am

**CROWN POINT AREA BECKONS.** Start out your week with a beautiful scenic view of Mission Bay and homes nearby. **Kathy L.** leads a **moderate**-paced walking group and pauses for coffee at a Pacific Beach coffee shop. Rain cancels. Take I-5 to Grand Ave. and go west to Lamont St. Turn left on Lamont St. then right on Crown Point Dr. Meet at the west end of the parking lot near the restrooms. To use public transportation, take the trolley to Old Town. Take the #9 bus at 9:10, get off at La Cima at 9:30. Walk 3 blocks east to the parking lot. Rain cancels. (858) 484-0349.

## TUESDAY, MAY 8

10:00 am

**TWEEDS VISITS "SECRET" MARINA.** Not too many know that seemingly-blue collar National City boasts a beautiful marina complete with sculptures only 5 minutes south of downtown San Diego. We'll discover a "hidden" bridge over the Sweetwater River decorated with local "art," visit the bayside park and maybe even spot a huge cargo ship unloading brand new cars on this flat, **moderate** 90-minute walk followed by an optional lunch. Take the I-5 to the Mile of Cars Way/Bay Marina Dr. exit, turn right (west) to the first stop sign, turn left into the hotel parking lot and park behind the hotel. **Fran W.** (619) 271-7107.

6:30 pm

**MISSION BAY SUNSETS.** See May 1.

## WEDNESDAY, MAY 9

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike with details sent out a day or two before. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See May 2 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Candy** at (619) 435-2894 or [ccbeckwith146@yahoo.com](mailto:ccbeckwith146@yahoo.com).

10:00 am

No Robert and Friends walk today – see you next week.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See May 2.

## Huntington Library and Botanical Gardens

Saturday, May 12, 2012

You are invited to join **Rita** and **Norm** to visit that very special place in Pasadena, the Huntington Library and Botanical Gardens. Its fabulous art collection includes "The Blue Boy" by Gainsborough and "Pinkie" by Thomas Lawrence. Stroll through the beautiful 12 theme gardens on your own, which include the newly-renovated Japanese Gardens, desert landscape in full bloom and the beautiful Rose Gardens. There are two temporary exhibits at this time: near the Chinese Gardens, you will find "The Quest for a Railroad across America," covering 1840 to 1880 in the Boone Gallery. The other temporary display honors the famed Al Martinez, the "Bard of L.A.," featuring the life and times of the Pulitzer Prize-winning journalist who has covered 5 decades of Los Angeles and national news, and is best known for his column in the Los Angeles Times.

Lunch is on your own at the Huntington's excellent café, where you will have a choice of hot or cold food including salads, fruit and deserts to enjoy in an outdoor garden setting (the Huntington has asked us not to bring any food onto the premises). You will have 5 hours to enjoy the grounds including lunch. There will be a San Diego pickup location and a North County pickup location (off Hwy 15). Please indicate on your check the desired pickup spot and your telephone number. There will be one rest stop each way.

Please mail your \$62.00 check and a self-addressed, stamped, business-sized envelope to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007. Refunds will only be possible if a minimum of 35 people have signed up (the refund date will be May 1). Your seating on the bus is determined by the order your check is received, from front to back. There is walking involved at the Huntington and how much is up to you; however, it is well worth it. The price includes a Coach America 49-passenger bus with restroom, entrance to the Huntington, yummy snacks and your guides, Rita and Norm. If you have any questions please call Rita (619) 266-2555.

Departure time will be 7:30 am from San Diego and 8:15 am for North County. We will stop for 30 minutes for breakfast and a rest stop. We will leave for home at 4:00 pm. Traffic may be heavy; however, we expect to be home by 7:00 pm.

**NEWSLETTER STAFF:** Diane Altona, Verna Bain, Bob Buehler, Dick Hiatt, Stan Follis, Lorraine Marshall, Marilyn Ralph, Fran Whiteman.

**MAILING CREW:** Pat Peterson (Captain), Alice Berwert, Barbara Miller, Sharon Nelson, Donna O'Donnell, Joanne Paul, Fusa Shimizu, Judy Vandruff.

## THURSDAY, MAY 10

6:00 am

**SUNRISE SERIES: LA MESA.** Let's help celebrate this charming community's 100<sup>th</sup> birthday on this **moderate**, mostly flat walk for 1 hour around lovely homes, gardens and stores. Meet at the old train station at La Mesa Blvd. and Spring St. (buses 1, 7 and 855 - Orange trolley line stops across the street). Optional breakfast follows. **Pat K.** (619) 469-6223.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See May 3.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See May 3.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See May 3.

## FRIDAY, MAY 11

6:00 pm

**MISSION HILLS MEANDER.** See May 4.

## SATURDAY, MAY 12

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See May 2 listing for IMPORTANT INFORMATION. Contact **Bill** at (619) 264-1299 if you have any questions.

7:15 am

**LATE BIRDS.** For those of us who can't get up for the Sunrise Series, **Anna T.** will lead a walk **at your own pace** around Pacific Beach. After the walk, we will have an optional breakfast. Take the #30 bus at 6:45 from Old Town, exit at Mission Blvd. Meet in front of the Crystal Pier at the west end of Garnet Ave. Rain cancels. (619) 231-7463.

6:15 pm

**SATURDAY NIGHT LIVE.** See May 5.

## SUNDAY, MAY 13

7:15 am

**BREAKFAST SPECIAL IN BALBOA PARK.** The park is beautiful any time of the year with many paths to explore on this flat walk **at your own pace**. Eating and chatting afterwards is optional but great fun (Greek?). Meet at the carousel on Park Blvd. at Zoo Pl. **Pat's Pals** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** See May 6.

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Remember to wear comfortable, supportive shoes with good soles for your soles' sake.

## MONDAY, MAY 14

6:00 am

**SUNRISE SERIES: OCEAN BEACH.** We'll enjoy a very flat 1-hour walk at **moderate** speed as we view the beautiful ocean, but the cliffs are eroding so we'll need to be very careful. Take Hwy. 8 west until it ends, turn left on Sunset Cliffs Blvd. about 7 blocks to Point Loma Ave. (not West Point Loma Blvd.) to the church on the corner where we'll meet. If dark, please bring a flashlight, plus money for optional breakfast after. **Fusa** (619) 223-6947.

10:00 am

**CROWN POINT AREA BECKONS.** See May 7.

## TUESDAY, MAY 15

10:00 am **NC**

**TWEEBS** goes in search of wildflowers as we venture to Torrey Pines. Where else can you find such a beautiful assortment of flowers with breathtaking views of the ocean? The walk is mostly flat and at a **moderate** pace for about 90 minutes. Optional lunch follows with a view of the golf course. Park in the area for Torrey Pines Golf Course and meet at the Lodge entrance. From N. Torrey Pines Rd., turn off at Torrey Pines Park Rd./Callan Rd. and go under the roadway into the parking lot. Rain cancels. **Pat K.** (619) 469-6223.

10:00 am

**FREE HEALTH FAIR.** See box on page 4.

3:00 pm

**CELEBRATE LA MESA'S CENTENNIAL** with a walk along some of the older winding streets. We'll see the historic 1890s Porter House plus other handsome homes from the early 1900s. Meet at the northwest corner of Memorial Dr. and University Ave. by MacArthur Park for a **moderate** but hilly 1.5-hour jaunt. You can take the # 1, 7, 851 or 855 bus, or the Orange Line Trolley. Rain cancels. **Evelyn K.** (619) 461-6095.

6:30 pm

**MISSION BAY SUNSETS.** See May 1.

## WEDNESDAY, MAY 16

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike with details sent out a day or two before. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See May 2 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Candy** at (619) 435-2894 or [ccbeckwith146@yahoo.com](mailto:ccbeckwith146@yahoo.com).



### Office Staff

Donna Farris, Marilyn Buckley, Pat Peterson, Marilyn Ralph, Anna Terkelsen.

# May 2012 Walks at a Glance

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1</b> 10 am Tweebs- Coronado 6:30 pm Mission Bay Sunsets	<b>2</b> TBA-Hike-Don 10 am Robert- Coronado 6:15 pm Workout	<b>3</b> 6:00 am Sunrise Series – Embarcadero 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	<b>4</b> 6:00 pm Mission Hills	<b>5</b> TBA-Hike-Kathy 6:15 pm Sat Night Live
<b>6</b> 7:15 Breakfast Special – Shelter Island 8:15 am Merry Go Round 9:15 am Rancho Santa Fe - Larry	<b>7</b> 6:00 am Sunrise Series-Balboa Park 10 am Crown Point	<b>8</b> 10 am Tweebs - National City Marina 6:30 pm Mission Bay Sunsets	<b>9</b> TBA-Hike-Candy 10 am Robert-No walk 6:15 pm Workout	<b>10</b> 6:00 am Sunrise Series – La Mesa 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	<b>11</b> 6:00 pm Mission Hills	<b>12</b> TBA-Hike-Bill 7:15 Late Birds – Pacific Beach 6:15 pm Sat Night Live
<b>13</b> 7:15 Breakfast Special – Balboa Park 8:15 am Merry Go Round	<b>14</b> 6:00 am Sunrise Series – Ocean Beach 10 am Crown Point	<b>15</b> 10 am Tweebs – Torrey Pines 3:00 pm La Mesa – Evelyn 6:30 pm Mission Bay Sunsets	<b>16</b> TBA-Hike-Candy 10 am Robert – Point Loma 6:15 pm Workout	<b>17</b> 6:00 am Sunrise Series – SD River 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	<b>18</b> 10 am – Shelter Island – Beverly/Rob 6:00 pm Mission Hills	<b>19</b> TBA-Hike-Bill 6:15 pm Sat Night Live
<b>20</b> 7:15 Breakfast Special – East Mission Bay 8:15 am Merry Go Round	<b>21</b> 6:00 am Sunrise Series – Lake Murray 10 am Crown Point	<b>22</b> 10 am Tweebs - UTC 6:30 pm Mission Bay Sunsets	<b>23</b> TBA-Hike-Candy 10 am Robert-No walk 6:15 pm Workout	<b>24</b> 6:00 am Sunrise Series – Mission Hills 10 am Mission Beach 10 am Shelter Island 10:15 am Balboa Park	<b>25</b> 6:00 pm Mission Hills	<b>26</b> TBA-Hike-Candy 7:15 Late Birds – Shelter Island 6:15 pm Sat Night Live
<b>27</b> 7:15 Breakfast Special – Pacific Beach 8:15 am Merry Go Round	<b>28</b> 6:00 am Sunrise Series - Clairemont 10 am Crown Point 1:00 pm Mausoleum Antiques - Virginia	<b>29</b> 10 am Tweebs – Balboa Park 6:30 pm Mission Bay Sunsets	<b>30</b> TBA-Hike-Stan 10 am Robert-No walk 6:15 pm Workout	<b>31</b> 6:00 am Sunrise Series – Mission Bay 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park		

**The City of San Diego Libraries are sponsoring a FREE Health Fair**

**Saturday 5/19/12 10am to 2pm  
Taylor Library, 4275 Cass Street, Pacific Beach**

Walkabout is participating with a booth. We will be leading a walk in the neighborhood. COME JOIN US!  
Help promote Walkabout in our community.

**Balboa Island**

Walkabout would like to go to Balboa Island including boat ride (Newport Beach). We need to have a count of people interested and willing to pay \$64.00 for a walk and boat ride on June 23, 2012 before we hire a bus. Please call Walkabout at 619-231-7463 and commit yourself, otherwise we shall cancel the trip. Rita & Marilyn B would really like to see you aboard.

**UPCOMING EVENTS 2012**

**MAY**

- 9 Mystery Trip Overnight ..... Dan & Rita
- 11 Board Member Retreat
- 12 Huntington Library Day Trip..... Walter & Rita
- London/Paris Trip May/June..... Dan

**JUNE**

- Twilight in the Park ..... Julie
- Balboa Island Day Trip ..... Rita & Marilyn B
- Annual Walk Leaders' Appreciation Luncheon

**JULY**

- Laguna Beach Pageant of the Masters..... Rita & Bev

**AUGUST**

- Nixon Library ..... Rita & Bev

**SEPTEMBER**

- 4 Rhode Island/Cape Cod Trip ..... Dan
- Palm Springs Day Trip..... Rita & Bev
- Catalina Overnight..... Rita & Bev

**OCTOBER**

- Annual Picnic/Meeting/Auction
- Julian Lodge Overnight ..... Rita & Walter

**NOVEMBER**

- Thanksgiving Dinner

**DECEMBER**

- California Missions ..... Dan

Additional trips will be available in 2012. Walkabout supporters who are interested in learning more about these trips should contact the office and have their names (with email addresses/ phone number) placed on the interest list for each trip.

**NEWSLETTER DEADLINE NOTICE**

All walks must be in the office by the 3rd 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 3rd.) You can e-mail your walks to [walks@walkabout-int.org](mailto:walks@walkabout-int.org), or mail them to Walkabout, 2650 Truxtun Rd. Suite 110, San Diego, CA 92106-6007. If you mail them, please use the walk information form available in our office, on our website at [www.walkabout-int.org](http://www.walkabout-int.org), or send a SEPARATE 8 x 11 sheet for each walk. If you e-mail more than one walk, please leave extra space between each walk.

**2011-2012 Board Members**

- President  
Stan Follis .....(619) 222-3447  
[president@walkabout-int.org](mailto:president@walkabout-int.org)
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- 2nd Vice President  
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- Recording Secretary  
Donna Farris ..... [secretary@walkabout-int.org](mailto:secretary@walkabout-int.org)
- Treasurer  
Rita Balliot .....(619) 266-2555  
[treasurer@walkabout-int.org](mailto:treasurer@walkabout-int.org)

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- Walter Konopka .....(619) 281-4958  
[wkonopka@sbcglobal.net](mailto:wkonopka@sbcglobal.net)
- Bruce Herms..... Emeritus

**NEW WALKABOUT POLICIES**

The following policies have been adopted by the Board:

1. All walk leaders and trip leaders must be Newsletter subscribers.
2. Only Walkabout subscribers may go on Walkabout overnight trips. Non-subscribers will be charged an extra \$20 for a one year subscription.
3. Walkabout subscribers and non-subscribers may go on one-day trips.

10:00 am

**POINT LOMA HARBOR VIEW.** Join **Robert and Friends** for a mostly level, 1-hour stroll at **casual speed** along Point Loma's crest. Optional eating afterwards. The following directions avoid driving up particularly steep hills: Take Rosecrans St. south through Point Loma. Turn right on Talbot St., left on Gage Dr., left on Jennings St., right on Bangor St., left on Golden Park Ave. and around the bend to our meeting place at Harbor View. Rain cancels. **Robert B.** (858) 571-7733.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See May 2.

## THURSDAY, MAY 17

6:00 am

**SUNRISE SERIES: RIVER WALK.** Meet **Frances** at the corner of Pacific Highway and Rosecrans Ave. in the south parking lot of the restaurant there for a flat 1-hour **casual to moderate** pace along the river. Bring money for an optional breakfast after. Rain or shine! (619) 479-3962.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See May 3.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See May 3.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See May 3.

## FRIDAY, MAY 18

10:00 am

**SHELTER ISLAND: HISTORY OF SAN DIEGO BAY.** Join **Beverly D.** for a **casual** flat walk along Shelter Island. Guest narrator **Rob** will reprise his history of the bay from its formation to the present, with insights as to why the bay looks as it does today, and key events and figures associated with the history of the bay. Take Rosecrans Ave. to Shelter Island Dr., turn left to the end and left again to the Bali Hai Restaurant. Rain cancels. Optional lunch afterward. (858) 274-0687.

6:00 pm

**MISSION HILLS MEANDER.** See May 4.

## SATURDAY, MAY 19

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike with details sent out a day or two before. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See May 2 listing for IMPORTANT INFORMATION. Contact **Bill** at (619) 264-1299 if you have any questions.

6:15 pm

**SATURDAY NIGHT LIVE.** See May 5.

## SUNDAY, MAY 20

7:15 am

**BREAKFAST SPECIAL ALONG EAST MISSION BAY.** Let's take a flat walk **at your own speed** to see the birds, boats and views. Optional breakfast and chatting follow. Meet at the former Visitors Information Center. From I-5 take the Clairemont Dr. exit and go west. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** See May 6.

## MONDAY, MAY 21

6:00 am

**SUNRISE SERIES: LAKE MURRAY.** We'll meet at the Baltimore Dr. entrance to Lake Murray off Lake Murray Blvd. (Thomas Guide 1250-G7) to walk **at your own pace** for 1 hour on a mostly flat path (one short hill). Now that it's light, we'll see beautiful flowers and maybe some 4-legged creatures. Optional breakfast follows. **Gloria** (619) 482-7677.

10:00 am

**CROWN POINT AREA BECKONS.** See May 7.

## TUESDAY, MAY 22

10:00 am

**TWEEDS** explores the Golden Triangle. We'll walk at a **moderate** pace for about 90 minutes and explore what's happening in UTC, including the beautiful Renaissance complex and wonderful library. Meet **Beverly D.** at the Bookstar, 8650 Genesee Ave. (north of Nobel Dr.) Optional lunch afterwards. Rain cancels. (858) 274-0687.

6:30 pm

**MISSION BAY SUNSETS.** See May 1.

## WEDNESDAY, MAY 23

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike with details sent out a day or two before. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabout hikes.org](http://www.walkabout hikes.org) for updates. See May 2 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Candy** at (619) 435-2894 or [ccbeckwith146@yahoo.com](mailto:ccbeckwith146@yahoo.com).

10:00 am

No Robert and Friends walk today.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See May 2.

## THURSDAY, MAY 24

6:00 am

**SUNRISE SERIES: MISSION HILLS.** Join us for another chance to check out this lovely area in springtime. Meet at Ft. Stockton Dr. and Goldfinch St. for a flat 1-hour walk at **your own speed**. Bring money for an optional breakfast after. **Jane** (619) 299-1060.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See May 3.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See May 3.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See May 3.

## FRIDAY, MAY 25

6:00 pm

**MISSION HILLS MEANDER.** See May 4.

## SATURDAY, MAY 26

Time: TBA

**SATURDAY WILDERNESS HIKE.** Today will be an e-mail hike. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabouthikes.org](http://www.walkabouthikes.org) for updates. See May 2 listing for IMPORTANT INFORMATION. **Candy** at (619) 435-2894 or [ccbeckwith146@yahoo.com](mailto:ccbeckwith146@yahoo.com).

7:15 am

**LATE BIRDS.** For those of us who can't get up for the Sunrise Series, **Dick and the Divas** will lead a 1-hour walk at **your own pace** around Shelter Island. After the walk, we'll have an optional breakfast. Meet in the parking lot at Anchorage Ln. and Cañon St. Rain cancels. (858) 558-1442.

6:15 pm

**SATURDAY NIGHT LIVE.** See May 5.

## SUNDAY, MAY 27

7:15 am

**BREAKFAST SPECIAL IN PACIFIC BEACH.** Before the crowds arrive, walking in Pacific Beach can be delightful. We'll walk along the ocean admiring the waves on a flat walk at **your own speed** and then return by the same route. Meet at the west end of Garnet Ave. by the Crystal Pier. From Old Town Transit Center, take the #8 bus at 6:30. Rain cancels or postpones. Optional breakfast follows, perhaps on a deck overlooking the ocean. **Pat's Pals** (619) 469-6223.

8:15 am

**MERRY GO-ROUND.** See May 6.

## MONDAY, MAY 28

6:00 am

**SUNRISE SERIES: MEMORIAL DAY IN CLAIREMONT.** Help us celebrate Memorial Day by joining us for a two-paced walk examining upgrades in several education facilities in the area (money that was "granted" several years back had to be used or it would be taken back). We'll also look for a few of the upgraded homes in the area. Pace will be **casual** to **moderate** with a roving "caboose" to be sure we all get back to the same place 1 hour later. We'll then celebrate an optional breakfast, where we share news of family, friends and events. Meet **Verna** at Rappahannock Ave. and Clairemont Dr. From the I-5, exit at Clairemont Dr. and follow it all the way up the hill to Rappahannock Ave. by the park. From the 805, take the Balboa Ave. exit west to Clairemont Dr., turn left to Rappahannock Ave. (619) 276-3055.

10:00 am

**CROWN POINT AREA BECKONS.** See May 7.

1:00 pm

**MEMORIAL DAY ANTIQUES.** Join **Virginia** for a rare look at the antique furniture inside 2 mausoleums on this **casual** 2-hour, fairly-flat walk. Meet at Imperial Ave. between 39<sup>th</sup> St. and 40<sup>th</sup> St. Rain cancels. (619) 231-7463.

## TUESDAY, MAY 29

10:00 am

**TWEEDS** is off to explore Balboa Park with **Linda P.** to enjoy flowers galore on a mostly flat, **moderate** pace for about 90 minutes. Come join us to enjoy our beautiful jewel. Meet at the west side of the Organ Pavilion. Optional lunch follows. Rain cancels. (858) 453-1463.

6:30 pm

**MISSION BAY SUNSETS.** See May 1.

## WEDNESDAY, MAY 30

Time: TBA

**WEDNESDAY WILDERNESS HIKE.** Today will be an e-mail hike with details sent out a day or two before. There is a chance there will be no hike due to certain weather conditions. You can check the hikes at [www.walkabouthikes.org](http://www.walkabouthikes.org) for updates. See May 2 listing for IMPORTANT INFORMATION. If you have any questions, please contact **Stan** before 6:00 pm at (619) 448-1668 or [shunt92071@yahoo.com](mailto:shunt92071@yahoo.com).

10:00 am

No Robert and Friends walk today.

6:15 pm

**WEDNESDAY NIGHT WORKOUT.** See May 2.



In case of emergency please carry ID and medical information on walks.



## \$UPPORTERS\$

By donating your time to WALKABOUT — coming on walks, bringing friends, helping out at the Headquarters or at events — you sustain and spread the WALKABOUT Spirit! You are the heart and “soles” of a unique, all-volunteer, nonprofit organization — that feels more like an extended family — as it raises walking far above a pedestrian pursuit.

We have no “members” or “dues”, as such. However, we do have expenses, such as rent, utilities, insurance, office equipment and printing costs. WALKABOUT depends in part on your generous spirit to fund our yearly operating costs as we annually conduct over 1000 free walks in and around the San Diego area.

An important way to support WALKABOUT is through your thoughtful, tax deductible donations. WALKABOUT values you and your participation. If you appreciate the good value you receive from WALKABOUT, please consider one of the following levels of support below for individuals or families. Each category includes the monthly newsletter by mail for 12-months.

Please contact me/us to discuss WALKABOUT's Charitable Gifts, Trusts and Memorials Program.

All levels below include subscriptions to the monthly newsletter for one year:

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Also e-mail me a PDF copy of the Newsletter

Please contact me/us to discuss ways I/we can donate some time to WALKABOUT

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Please notify office promptly of change of address or phone.  
Call 619-231-SHOE (7463)

### THURSDAY, MAY 31

### North County Walkers

6:00 am

**SUNRISE SERIES: SPRING BY THE BAY.** Let's take a flat **moderate** 1-hour walk along Mission Bay to check out different birds and sights, such as a beautiful sunrise. Meet at the former Visitors Information Center. From the I-5, take the Clairemont Dr. exit and go west. Optional breakfast follows.  
**Winnie** (858) 278-4003.

10:00 am

**SHELTER ISLAND WALK & TALK BUNCH.** See May 3.

10:00 am

**MISSION BEACH NORTH & SOUTH.** See May 3.

10:15 am

**MORNING STROLL IN BALBOA PARK.** See May 3.

An e-mail group affiliated with WALKABOUT that meets weekly for walks and hikes in San Diego's North County. The emphasis is on fitness-paced walks 6+ miles long which take an average of 2 hours. Traffic is avoided as much as possible. If there are hills, they will be mentioned in the e-mail you receive mid-week before the hike or either Saturday or Sunday. During hot summers, walks are on the coast only. You will be notified of North County fitness-paced hikes by e-mail only so send an e-mail to Jim Taylor at jtaylor1000@mail.com to get on the NC Walkers e-mail list. Be sure and set your Mail Options to filter any message with NC Walkers in the subject line to your inbox. This will ensure that NC Walkers e-mail is not sorted as spam.



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### 35th Anniversary Walk in El Cajon led by Donna and Jerry Farris to the Wieghorst Western Museum.



### 35th Anniversary Final Convergence Walk Ending at William Heath Davis Museum, 4th & Island,

