



San Diego Feets

Vol. 38, No. 10

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, e-mail: info@walkabout-int.org

October 2015

ANNUAL MEETING / AUCTION / PICNIC

SATURDAY, OCTOBER 24, Noon to 4 pm

Mark your calendars now for Walkabout International's annual potluck picnic and auction at East Mission Bay Park (same location as last year).

Call the office (619) 231-7463 ASAP to sign up on the potluck interest list with your name and food contribution. Main dishes preferred.

We need each person to bring three things:

1. Contributions for the auction
2. Food to share for the potluck (usually 40+ attendees)
3. Your checkbook or cash to pay for someone else's treasure at the auction

The park is located on East Mission Bay Drive just west of the I-5 near the former visitors center at Clairemont Drive, Exit #22. We will be in the Playa II covered shelter (gazebo), south of the visitors center, north of the Hilton Hotel; look for our bright blue banners & signs. Plenty of free parking nearby. Walkabout will provide beverages, ice, cutlery, napkins, cups, and plates. You're welcome to bring your friends and neighbors; all are welcome (just be sure to bring plenty of food to share).

We will start off with a casual to moderate walk along the bay before lunch. There will be a short annual meeting about Walkabout's operations presented by our President, Bob Buehler before the auction. As usual, our cheerful auctioneer Dan Haslam will entertain us with his fast talking as he tries his best to move all those treasures to new homes. Auction favorites include plants, homemade baked goods, gift certificates (restaurants, hairdresser, movie tickets), books, gifts that you want to "re-gift", things that can be consumed (rather than stored on a shelf), gift baskets of fancy food, wine. Things to avoid bringing to the auction: artwork, clothing, electronics (unless working), anything not in good condition.

Come on down for an entertaining afternoon, good food, great company and chances to win free door prizes, plus a chance to win a free day trip to the Broad Museum!

WEEKLY REPEATING WALKS

These walks repeat every week this month at the same location, day, and time.

MONDAYS

10:00 am

CROWN POINT AREA BECKONS. Start out your week with beautiful scenic views of Mission Bay and nearby homes as a guest leader takes the group on a **moderate to moderate-plus** flat walk for about 2 hours with a pause for coffee or yogurt. Take I-5 to Grand Ave. and go west to Lamont St., turn left on Lamont St., then right on Crown Point Dr. to meet at the west end of the parking lot by the park's southern end restrooms. To use public transit, take the trolley to Old Town and board the #9 bus at 9:10, get off at La Cima Dr. and walk 3 blocks east to the parking lot. Rain cancels. **Kathy L.** (858) 484-0349.

TUESDAYS

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** 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. **Teri E.** (858) 560-0446 or **Jill F.** (858) 292-4231.

Unless otherwise specified, walks start at the time indicated. Walk leaders should arrive 15 minutes prior to the start time.

WEDNESDAYS

3:00 pm ***Note New Location & Time***

WEDNESDAY WORKOUT. Join us at Pioneer Park in Mission Hills next to Grant School at Washington Pl. and Randolph St. for a 1½ hour **moderate-plus** walk. We head in a different direction each week to explore Old Town, Hillcrest, Bankers Hill, or Mission Hills. Rain cancels. Come and have some fun! **Barbara N.** (619) 226-3024.

THURSDAYS

10:00 am

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

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 2.5 miles round trip; 60-70 minutes including pit stop). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to wildlife. You may stop at one of the many benches and rejoin us on the return leg. Meet at east end of the island to the right of the Bali Hai by the lamp post and hand rails, where we will stretch for a few minutes. 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 where there is ample free parking. Optional eats afterward. Rain cancels. Join us - just for the health of it! **Sally R.** (619) 222-3800.

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. For public transit, use the #7 bus. Rain cancels. **Mary T.** (619) 291-1349.

FRIDAYS

5:00 pm ***Note New Time***

MISSION HILLS MEANDER. Come see the great views and picturesque homes and gardens of this old neighborhood on a 1-hour **casual** walk for about 2.5 miles on flat terrain. Meet at the coffee shop at 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west on Ft. Stockton Dr. Rain cancels. **Stan F.** (619) 222-3447.

SUNDAYS

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 **moderate-plus** walk 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 transit, take the trolley to 3rd Ave. and C St. At 3rd 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** in the parking lot near the carousel at Park Blvd. and Zoo Pl. (858) 565-7212.

HIKE WEDNESDAYS & SATURDAYS

Time: TBA

WILDERNESS HIKE. Details e-mailed 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. 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 <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 the relevant hike leader as noted below.

Date	Contact Information
Oct 3	Don: dpiller@cox.net or (760) 796-4007
Oct 7	Mike L. (858) 455-0738
Oct 10	Bill: (619) 206-5809 or wa4lrm@gmail.com
Oct 14	Don: dpiller@cox.net or (760) 796-4007; Fall Potluck;
Oct 17	Bill: (619) 206-5809 or wa4lrm@gmail.com
Oct 21	Ron: (619) 390-3033 or lucasronald@hotmail.com
Oct 24	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Oct 28	Eva: (619) 283-1872 or evajudo@aol.com
Oct 31	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com



Pace Yourself	miles	minutes
	per hour	per mile
Casual	2.5	25
Moderate	3	20
Moderate-plus	3.5	17

Flashlights should be kept handy on evening or early morning walks. They help you not only to see, but to be seen. In case of emergency please carry ID and medical information.



MORE GREAT WALKS THIS MONTH

THURSDAY, OCTOBER 1

6:30 am

SUNRISE SERIES: EASTERN BALBOA PARK.

Meet **Connie** at the merry go-round off Park Blvd. near the Zoo. We'll see roses and cacti galore, and much more on this **moderate** 1 hour walk. We'll stay on cement paths, cross a bridge and hope for a rose garden in full bloom. Plan for an optional breakfast afterward. Shall we try Greek? (619) 477-8628.

FRIDAY, OCTOBER 2

10:00 am

OKTOBERFEST COMES TO LA MESA. Let's meet to find out what changes are planned for this year's La Mesa Oktoberfest. We will take a **casual** walk around the city and through the center to see the great costume store and all the other charming shops in the Village of La Mesa. Optional lunch follows at one of the many German choices, sandwich shops, or a nearby Mexican restaurant. Meet at the Senior Center of La Mesa at La Mesa Blvd. and Memorial Dr. Parking lot across the street by the ballpark. Rain cancels. **Pat K.** (619) 469-6223.

SUNDAY, OCTOBER 4

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 intersection is served by the 6:45 #28 bus. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

MONDAY, OCTOBER 5

6:30 am

SUNRISE SERIES: PACIFIC BEACH. We'll meet at Crystal Pier in Pacific Beach where you can **choose your own pace.** Leader will "caboose" for the slower-paced and a co-leader will lead the faster walkers on flat and paved terrain for 1 hour. Pace will depend on your energy this early. Watch for waves, sun on the water, runners and people watchers. Bring \$\$ for optional breakfast afterward. **Verna** (619) 276-3055.

THURSDAY, OCTOBER 8

6:30 am

SUNRISE SERIES: OLD TOWN. We'll visit Old Town to check out what's new. Meet at the corner of Pacific Hwy. and Rosecrans St. for this flat, **casual to moderate** 1-hour walk. Bring money for optional breakfast afterward. **Frances** (619) 479-3962.

SATURDAY, OCTOBER 10

7:15 am

LATE BIRDS. For those of us who can't get up in time for the Sunrise Series, **Anna T.** will lead a flat 1-hour walk **at your own pace** around Pacific Beach, followed by an optional breakfast. Take the #30 bus at 6:45 from Old Town, exit at Mission Blvd. Meet in front of Crystal Pier at the west end of Garnet Ave. Rain cancels. (619) 231-7463.

SUNDAY, OCTOBER 11

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 afterward (Greek?) is optional but great fun. Meet at the carousel on Park Blvd. at Zoo Pl. **Pat's Pals** (619) 469-6223.

MONDAY, OCTOBER 12

6:30 am

SUNRISE SERIES CORONADO. Let's take a flat, **moderate** walk through beautiful Coronado with stops to admire the shops, homes, gardens, Hotel Del Coronado and the beach. Meet at the west side of 10th and Orange Ave. Optional breakfast afterward. **Pat K.** (619) 459-6223.

TUESDAY, OCTOBER 13

9:45 am

BALBOA PARK GARDENS AND MUSEUMS. Meet **Stella** at one of the tables in front of the Art Museum for a one-hour **casual** walk through the Sculpture, Alcazar, Rose and Desert gardens. Afterward, you're invited to stay on for a visit to the History Center and the Museum of Photographic Arts (both free today for San Diego residents). Parking should be available behind the Organ Pavilion, but allow a little extra time for an alternative if the lot is full. (619) 232-3756.

THURSDAY, OCTOBER 15

6:30 am

SUNRISE SERIES: MISSION BAY. Let's enjoy the season by the bay on this **moderate**, 1 hour flat walk where we can watch for a beautiful sunrise and check out the different birds. Meet at the former Visitors Information Center. From the I-5, take the Clairemont Dr. exit and go west. Optional breakfast follows. **Winnie** (858) 278-4003.

SATURDAY, OCTOBER 17

6:00 pm

SATURDAY NIGHT LIVE SURVIVES. Meet **Derek and Stella** outside the Balboa Theater at 4th Ave. and E St. to help them revive this old favorite! It will be a one-hour **casual** walk with the usual optional stop for fish tacos. Free 3-hour validated parking available at Horton Plaza (619) 298-4891 or 232-3756.

SUNDAY, OCTOBER 18

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 on Mission Bay Dr. by the restrooms just south of Clairemont Dr. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

MONDAY, OCTOBER 19

6:30 am

SUNRISE SERIES: SUNSET CLIFFS. We'll take a 1 hour, flat walk **at your own pace.** Take I-8 West toward the beach. Turn left onto Sunset Cliffs Blvd, then slight right to stay on Sunset Cliffs Blvd for 1.7 miles to Point Loma Avenue, turn left and park on the street. Meeting place is Sunset Cliffs Blvd. and Point Loma Ave. Bring money for optional breakfast afterward. **Fusa** (619) 223-6947.

TUESDAY, OCTOBER 20

11:00 am

BACK TO DOWNTOWN! Dan is back from the Cape and ready to check out downtown for recent developments. Let's meet at the historic Balboa Theater (4th & E St.) at the edge of Horton Plaza and canvass downtown at a **casual** pace for 90 minutes to see what's new and different. You can find your way back to the starting point or join our group for an optional lunch. Complimentary 3-hour parking (with validation) available at Horton Plaza, or take public transportation. Rain cancels. **Dan-in-Downtown** (619) 249-9813.

3:00 pm

COURTS OF MISSION BEACH. We will wind back and forth along the charming walkways called "courts" between Mission Boulevard and Bayside Walk. We'll see some new large houses on tiny lots and a few of the older funky cottages with character, plus get a beautiful view of Mission Bay. Meet in the Belmont Park parking lot on Mission Blvd. for a flat, **casual to moderate** 1.5 hour plus walk. Bus # 8 stops at Mission Bay Dr. and Mission Blvd. Rains cancels. **Evelyn K.** (619) 461-6095.

WEDNESDAY, OCTOBER 21

10:00 am

EL PRADO AND SPANISH VILLAGE - BALBOA PARK. Join **Robert and Friends** for a 1-hour, flat, paved safari at **casual speed** around the northern section of Balboa Park. We are in no hurry, so you will be able to relax and observe the wonders of the park. Optional restaurant stop afterward. Meet at the Balboa Park Fountain on the Prado near Park Blvd. Free parking on paved lots at Park Blvd. and Village Pl. To use public transit, take the #7 bus north or south on Park Blvd., exit at Village Place at approximately 9:15. Rain cancels. **Robert B.** (858) 414-6181.

THURSDAY, OCTOBER 22

6:30 am

SUNRISE SERIES: SEAPORT VILLAGE. Meet at the Merry-Go-Round in Seaport Village. We may take a detour through the Marina Parks North and South. Walk will be **casual to moderate or at your own pace** on flat terrain. Bring money for optional breakfast afterward. **John and Marilyn** (619) 840-5544.

FRIDAY, OCTOBER 23

10:00 am

ONE-WAY SOUTH PARK TO DOWNTOWN. We'll meet at 30th & Grape St. in South Park (parking on street) for a **casual**, one-way 1.5 mile walk from South Park into downtown. This walk is ideal for those with transit passes who can jump on #2 bus at the end of the walk and head back to our starting point or bring bus money to return. We'll visit a dog park and some stately homes in South Park, as well as a wonderful downhill saunter through Golden Hill. Rain cancels. One-Way **Dan** (619) 249-9813.

SUNDAY, OCTOBER 25

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 Crystal Pier. From Old Town Transit Center, take the #8 bus at 6:30. Rain cancels or postpones. Optional breakfast follows, perhaps overlooking the ocean. **Pat's Pals** (619) 469-6223.

9:15 am

TRICKY TRAIPSING THROUGH DEL MAR. Howl with delight over discovering the tricky corners and eerie crevices and crevasses of Del Mar on a 3-hour **moderate-plus** prance along mixed-up and -down terrain in anticipation of Halloween. Be treated to secret trails and mysterious pathways with spook-tacular ocean vistas as we wander through little-known corners of Del Mar. Look for **Larry** at the northwest corner of Del Mar Heights Rd. and Durango Dr., 6 blocks west of I-5's Del Mar Heights exit. (858) 755-1751 (evenings/weekends).

MONDAY, OCTOBER 26

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 on the left as you approach the lake. Optional breakfast follows. **Betty** (858) 248-3782.

TUESDAY, OCTOBER 27

10:00 am

ONE-WAY WASHINGTON STREET TROLLEY STOP TO DOWNTOWN. We'll meet at the Trolley stop on Washington St. between Kettner Blvd. and PCH. There is parking on side streets but you might have to look a bit. We'll walk 1.5 miles from here to downtown at a **casual** pace with stops to peruse Little Italy and Middletown. It's ideal for those with transit passes, or bring money to ride back to the starting point via bus or trolley. Rain cancels. **Dan**-in-Downtown (619) 249-9813.

THURSDAY, OCTOBER 29

6:30 am

SUNRISE SERIES: MISSION BAY BACKWARDS. Let's start on the path near Sea World Dr. to enjoy the playground and the sights we've missed on this **moderate** 1-hour walk on flat, mostly paved terrain. Take Sea World Dr. exit west off I-5, turn right at the first light, pass the entrance to Fiesta Island, cross the bridge and park at the second small parking area on your left. Optional breakfast afterward. **Winnie** (858) 278-4003.

SATURDAY, OCTOBER 31

6:30 pm

HALLOWEEN SPOOKTACULAR. Join us on our 4th annual walk to see 20+ decorated homes along Maryland St. where the neighbors pitch in for a one-night extravaganza: fire-breathing dragons, Frankenstein, numerous gravestones, and other tomfoolery. Costumes are optional, flashlights are suggested for this **casual** walk. We'll leave from Trolley Barn Park at Adams Ave. and Florida St. (bus #11). **Sharon N.** (619) 298-4340.



FEATURED TRIPS



BROAD MUSEUM

SATURDAY, NOVEMBER 7

Enjoy Walkabout's first visit to the new Broad Museum in Los Angeles across from Disney Concert Hall with Rita and Marilyn B. Note that more than one-half of the 49 passenger bus has already been filled from the interest list. This is your chance to see magnificent European paintings and contemporary art work made possible by Eli and Edythe Broad's huge donation to this totally unique museum, which includes a fabulous restaurant inside. Your trip includes the air conditioned bus and professional driver, a bathroom aboard, entrance fee to the museum, quality snacks and water. The cost to you is much lower than with any other travel group.

Please mail your check for \$60.00 to Walkabout Int'l, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007, and include your pickup location: San Diego Walkabout Office or La Costa Park & Ride off I-5 at Carlsbad. Please include a self-addressed stamped envelope for your itinerary and your phone number in case there are any changes. Because we already have a large number of people going, it looks like we'll have a waiting list, in which case you could receive a refund if you request it.

We will depart from the San Diego Walkabout Office at 7:15 am and arrive at the North County pickup location by 7:45 am, leave North County by 8:00 am and head non-stop to the Museum. We expect to reach the Broad at 10:00 am and you will be on your own until our 4:00 pm departure, which will give you 6 hours to have lunch (on your own) and walk around the huge complex that includes Disney Concert Hall, Ahmanson Theatre and the Mark Taper Forum. We plan to be back in San Diego by 7:00 pm. If you have any questions, please call Rita at home, (619) 266-2555. The day of the event you can reach her on her cell, (619) 890-0375. Marilyn B. and Rita promise this Museum is not like any other museum you have ever seen before.



BACK TO TUCSON

5 nights, 6 days, November 18 - 23

We're taking a van from San Diego and crossing the desert for the 6-hour drive. Some of the trip highlights include a visit to the 18th Century Mission del Bac aka "Dove of the Desert," the University of Arizona, 4th Avenue entertainment venue, renowned Desert Museum, Sabino Canyon tram in the Coronado Natl. Forest, Saguaro National Monument, the Ted deGrazia art gallery & studio, Bisbee, Tombstone, Tubac and so much more. Our downtown hotel location provides a perfect setting for informative early bird walks, and our van tour gives us travel flexibility throughout the trip. You can do as much walking on this trip as you like or are able.

Trip includes roundtrip van transportation (air travel is available for about \$150 more), double occupancy hotel accommodations (single supplement available at \$175), at least two meals a day (breakfast each day and usually lunch), attractions admissions (above), and the services of your tour leader and co-leader. Trip insurance is recommended but not provided. Reservations are first-come, first-served, with a maximum of 13 guests on this tour. Refunds are available only if your seat is resold.

To reserve send \$300 deposit to Walkabout International, 2650 Truxtun Road, Suite 110, San Diego, CA 92106. Mark "Tucson" on your payment, and for further info or if you want plane reservations contact trip leader Dan at danielbhaslam111@yahoo.com. It's been 21 years since a major Tucson trip -- let's do it up, cowboy/girl!

Sunrise Series, formerly Early Birds, helped Lorraine Marshall celebrate her 90th birthday in August. Sixteen present and past members gathered for breakfast after Pat K's walk. Lorraine started walking with Walkabout in the early 1980s, leading walks with the early birds, walks in Golden Hill, as well as day and multi-day trips.



Lorraine Marshall and Edie Andrews-Akita



Walkabouts from Hyannis Federated Church posed during a July visit to the tip of Cape Cod.



REMINDER TO LEADERS AND WALKERS

Walkabout's intention is for all to have a positive, safe experience while enjoying a walk. Our walks provide an opportunity for exercise and social connections where you can talk to different people as you walk along, or just have the company of other walkers if you prefer not to talk. Let's take a moment to review some of the guidelines/responsibilities for Walk Leaders and Walkers.

Walk Leaders Guidelines

It is expected that the Walk Leader will adhere to all guidelines. Prior to beginning the walk, state the pace, distance, duration of the walk, and offer safety reminders. When appropriate for your walk, designate someone to be the caboose. The caboose stays at the end of the group, walking at the designated pace. The caboose is not meant to slow pace to match those who cannot maintain the designated pace, but to direct them back to the starting point or to a meeting place and to notify the walk leader of the dropouts. Cross at intersections and regroup on the other side if everyone isn't able to cross at the same time. Walk Leaders should periodically regroup as appropriate and take a count of Walkers which should match the count at the beginning of the walk.

Walker Guidelines

As a walker it is important to be aware of the pace, distance, duration, and the terrain before the walk starts. If it's not stated, ask the walk leader. If you think you cannot keep up with the pace, there are options. You can choose to not come on the walk and plan to go on a shorter, slower walk. You can form a plan for a reduced walk on a route you know before the walk begins. Inform the Walk Leader of your plan and if and where you intend to meet the group.

Some of us are slowing down and don't move as fast as we once did. It is expected that the Walker will keep up with the pace set for the walk. The group will not adjust the pace to meet the needs of those who are unable to keep pace. If you are uncertain as to your pace capability, you have some options. You can go on a walk that is set at a pace slower than what you think you can do. See "Pace Yourself" in the newsletter for a listing of the various speed ranges. You can practice walking on your own for one hour to determine your pace. If there isn't a walk that suits your needs, contact the office to find out how to create a walk that you can lead for yourself.



OCTOBER 2015 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
				6:30 am Sunrise: East Balboa Park 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	10 am Oktoberfest La Mesa 5 pm Mission Hills Meander	TBA Hike
4	5	6	7	8	9	10
7:15 am Breakfast Spcl: Shelter Island 8:15 am Merry Go-Round	6:30 am Sunrise: Pacific Beach 10 am Crown Point Area Beckons	6:30 pm Mission Bay Sunsets	TBA Hike 3 pm Wednesday Workout	6:30 am Sunrise: Old Town 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	5 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds
11	12	13	14	15	16	17
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go-Round	6:30 am Sunrise: Coronado 10 am Crown Point Area Beckons	9:45 Balboa Park Gardens/Museums 6:30 pm Mission Bay Sunsets	TBA Hike 3 pm Wednesday Workout	6:30 am Sunrise: Mission Bay 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	5 pm Mission Hills Meander	TBA Hike 6 pm Saturday Night Live Survives
18	19	20	21	22	23	24
7:15 am Breakfast Spcl: E. Mission Bay 8:15 am Merry Go Round	6:30 am Sunrise: Sunset Cliffs 10 am Crown Point Area Beckons	11 am Back to Downtown 3 pm Courts of Mission Beach 6:30 pm Mission Bay Sunsets	TBA Hike 10 am El Prado & Spanish Village 3 pm Wednesday Workout	6:30 am Sunrise: Seaport Village 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	10 am One-way South Park to Downtown 5 pm Mission Hills Meander	TBA Hike 12 pm Annual Potluck
25	26	27	28	29	30	31
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go-Round 9:15 Tricky Traipsing through Del Mar	6:30 am Sunrise: Lake Murray 10 am Crown Point Area Beckons	10 am One-way Wash. St. Trolley to Downtown 6:30 pm Mission Bay Sunsets	TBA Hike 3 pm Wednesday Workout	6:30 am Sunrise: Mission Bay 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	5 pm Mission Hills Meander	TBA Hike 6:30 pm Halloween Spooktacular

UPCOMING WALKS, EVENTS & TRIPS

Please call our office (619) 231-7463 for details about any of the following.

Day Trips

Broad Museum	November 7
Riverside Victorian Tour	December 12

Overnight Trips

Beautiful Boise	October 8 -15
Tucson & Southeast Arizona	November 18 - 23

Events/Walks

Annual Meeting Potluck & Auction	October 24
Thanksgiving Walk Shelter Island	November 26
Thanksgiving Restaurant Dinner	November 26
Christmas Brunch & Gift Exchange	December 25
Annual New Year's Walk	January 1, 2016
Annual Walk Leader's Luncheon	January
Chinese New Year Walk/Dinner	February
Walkabout's 39 th Anniversary	March

VOLUNTEER!

Please call the office if you would like to help organize any of the walks or events listed above.



WALK LEADERS NEEDED

We are recruiting walk leaders for the suggested walks/events below. If interested, please call the office (619) 231-7463. Receive help with write-up, etc. And, please send in YOUR ideas!!

- Balboa Park w/ranger tour
- Free Tuesdays at museums in Balboa Park
- I Love A Clean San Diego beach cleanup

BOARD SEEKS YOUR HELP

We need office volunteers and new board members.

If you are interested in any of our volunteer opportunities, please call the office (619) 231-7463.

NEWSLETTER DEADLINE NOTICE

All walks must be submitted by the **10th** 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 10th. You must e-mail your walks to walks@walkabout-int.org. If you e-mail more than one walk, please leave extra space between each walk.



Please remember that Walkabout International is a non-smoking experience. There is no smoking at the meeting place or during the walk.

WALKABOUT BOARD MEETING

Friday, October 16 at 11:30 am

The monthly meeting will be held at Serra Mesa-Kearny Mesa Branch Library, Sudberry Room, 9005 Aero Drive, San Diego, CA 92123



BOARD MEMBERS

President	(858) 571-7733
Robert Buehler	President@walkabout-int.org
1st Vice President	(619) 249-9813
Dan Haslam	danhaslam@walkabout-int.org
2nd Vice President	Vacant
3rd Vice President	(619) 222-3447
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ABOUT WALKABOUT, SAN DIEGO'S PREMIER SOCIAL NETWORK AFOOT

Walkabout is an all 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 national and international travel, all with a walking component. Established in 1977, Walkabout promotes healthy regular exercise, social camaraderie and discovering new places.

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You are the heart and "soles" of an all-volunteer, nonprofit organization that raises walking far above a pedestrian pursuit. WALKABOUT 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, please contribute. All levels of support include a one-year subscription to our monthly newsletter.

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