



San Diego Feets

Vol. 38, No. 11

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

NOVEMBER 2015

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 ****Note New Location****

ABOVE THE BAY. Join us for some exercise and fabulous views of the lights around Mission Bay. Meet by Carl's Jr. at Clairemont Dr. and Burgener Blvd. for a hilly, 1-hour plus, **moderate to moderate-plus** walk (see Thomas Guide 1248-F6). Rain, but not mist, cancels. Flashlight recommended. Please call **Teri E.** (858) 560-0446 or **Jill F.** (858) 292-4231 to make sure walk is "on" for the week.

WEDNESDAYS

3:00 pm

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 ****No Walk Thanksgiving Day****

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 ****No Walk Thanksgiving Day****

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.



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

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

WEEKLY REPEATING WALKS (CONT.)

FRIDAYS

4:00 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.walkabouthikes.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:

Date	Contact Information
Nov 4	Ron: (619) 390-3033 or lucasronald@hotmail.com
Nov 7	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Nov 11	Candy: (619) 435-2894 or ccbeckwith146@yahoo.com
Nov 14	Bill: (619) 206-5809 or wa4lrm@gmail.com
Nov 18	Mike L. (858) 455-0738
Nov 21	Bill: (619) 206-5809 or wa4lrm@gmail.com
Nov 25	Stan H: (619) 448-1668 before 6:00 pm or shunt92071@yahoo.com
Nov 26	Thanksgiving potluck. Don will lead the hike.
Nov 28	Don: dpiller@cox.net or (760) 796-4007

MORE GREAT WALKS THIS MONTH

SUNDAY, NOVEMBER 1

7:15 am

BREAKFAST SPECIAL ON SHELTER ISLAND. Ships and seagulls will delight us around Shelter Island as we walk **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, NOVEMBER 2

6:30 am

SUNRISE SERIES: MARINA VILLAGE. This is a very flat 1 hour walk at a **moderate** pace with beautiful views where many sport fishing boats are moored. Take the I-8 to the west end, left onto Sunset Cliffs Blvd., right at the light (W. Point Loma Blvd.), then right at Bacon St. (stop sign) to the parking lot by the restrooms at Robb Field. Bring money for optional breakfast afterward. **Fusa** (619) 223-6947.

THURSDAY, NOVEMBER 5

6:30 am

SUNRISE SERIES: MISSION HILLS. We'll discover what's new in one of San Diego's oldest neighborhoods on this **moderate** 1-hour walk on flat terrain. Meet **Connie** at Goldfinch St. and Fort Stockton Dr., which is 1 block north of West Washington St. Optional breakfast afterward. (619) 477-8628.

SUNDAY, NOVEMBER 8

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.

9:15 AM

CARMEL VALLEY/MOUNTAIN MEANDER. Frolic over secluded trails and serene pathways in the less explored southern reaches of Carmel Valley. Savor a **moderate-plus** 3-hour cavort over mixed-up and down terrain. Look for **Larry** at the southeast corner of Carmel Mountain Rd. and East Ocean Air Dr. by the traffic signal at the corner of the Torrey Hills Center. Free parking in the shopping center near the bank. Directions: from I-5, take the Local Bypass (south of CA-56) and exit at Carmel Mountain Rd. Go East on Carmel Mountain Rd. for two streets and then turn right to stay on Carmel Mountain Rd. for about another mile to the shopping center. BYO water; rainwater cancels. (858) 755-1751 (eves/weekends).

MONDAY, NOVEMBER 9

6:30 am

SUNRISE SERIES: SAN DIEGO RIVER. Let's take a flat **moderate** walk along the San Diego River as we go west as far as we please and then return **at your own pace**. We can listen for the birds, admire the river and check out if any new stores have been built. Meet at the IHOP restaurant next to Mark Twain in the shopping center at Fenton Pkwy. south of Friar's Rd. Trolley stop is nearby. **Pat K.** (619) 469-6223.

WEDNESDAY, NOVEMBER 11

9:30 am

COLINA DEL SOL PARK. Meet at the northwest corner of University Ave. and 54th St. Parking is available in the shopping center or bus #7 and #10 have stops nearby. We'll take a very **casual** walk to explore the area. Rain cancels (if so, walk will be held next day at same time and place). **Virginia** (619) 231-4331.

9:30 am

TRAIN TO OCEANSIDE FOR BEACH WALK. Join **Dan**, the Explorer, on a "Coaster Cruise" adventure departing from Old Town Transit Center (OTTC) on the Coaster train at 9:54 from the middle of track 3 where you will purchase a senior round trip Coaster ticket for only \$5.50 to Oceanside and back. This is a **casual to moderate** beach walk of 3.9 miles from Oceanside Pier to Oceanside Harbor for lunch on your own dime. This is a low tide walk along Oceanside's lovely beaches to the bustling activity and attractions at the harbor itself. Walk to the far end of the pier afterward for an ice cream soda before your return on the 2:32 or 3:34 pm Coaster. Send an email to ddobbs48@gmail.com for a reply with complete details. Heavy rain cancels. (858)722-3002.

10:00 am

POINT LOMA HARBOR VIEW. Join us for a mostly level, 1-hour stroll at **casual speed** along Point Loma's crest. Optional eating afterward. 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 Dr. Rain cancels. **Robert B.** (858) 414-6181.

THURSDAY, NOVEMBER 12

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 **moderate**, flat 1-hour walk. **Winnie** (858) 278-4003.

SATURDAY, NOVEMBER 14

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, NOVEMBER 15

7:15 am

BREAKFAST SPECIAL ALONG EAST MISSION BAY. Let's 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. If the road/parking lot is closed for an event, we will meet in the restaurant parking lot at Pacific Hwy. and Rosecrans St. to walk along the river or Old Town. Rain cancels or postpones. **Pat's Pals** (619) 469-6223.

MONDAY, NOVEMBER 16

6:30 am

SUNRISE SERIES: EASTERN BALBOA PARK. Meet 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? **John & Marilyn** (619) 840-5544.

10:15 am

BAYSIDE TRAIL TO CABRILLO MONUMENT. Join **Dan**, the Explorer, on this scenic adventure in Point Loma. This partly coastal **casual to moderate** walk of 3.9 miles includes a little known sandy bayside trail and then travels along the elevated streets of La Playa in Point Loma. After a break for lunch on your own dime, take the optional ride on Bus 84 to explore the area around the Cabrillo Monument. Take Bus 28 from Old Town Transit Center (OTTC) at 9:45 am to its last stop on Anchorage Way on Shelter Island or drive onto Shelter Island and then turn right in two blocks onto Anchorage Way to find street parking after this street turns left to run past the San Diego Yacht Club. Meet at end of street where it meets the sandy bay. Email ddobbs48@gmail.com for a reply with complete details. Rain cancels. (858)722-3002.

THURSDAY, NOVEMBER 19

6:30 am

SUNRISE SERIES: BY THE RIVER AT LIBERTY STATION. Join **Edie** for a **moderate**, 1-hour walk on mostly paved, level paths. We'll meet in the parking area near the river at the south end of Womble St. Optional breakfast follows. (619) 222-4396.

SATURDAY, NOVEMBER 21

10:00 am

POINT LOMA NAZARENE UNIVERSITY TO OCEAN BEACH PIER. This **casual to moderate** walk of 4.4 miles begins at the university and travels through the lovely campus to the massive cliffs above the Pacific Ocean before heading north along Sunset Cliffs Blvd. to the end at Ocean Beach Pier for an optional lunch. Meet at Old Town Transit Center (OTTC) on the parking side of the station at platform "M" where we will take Bus 28 at 10:15 for a 19 minute ride to Shelter Island. Afterward, we will take Bus 35 from Ocean Beach back to OTTC. There are many spectacular vistas that you may wish to record and share, so be sure to bring a camera along, preferably one with a long lens. Email ddobbs48@gmail.com for a reply with complete details. Heavy rain cancels. **Dan**, the Explorer (858)722-3002.

SUNDAY, NOVEMBER 22

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.

MONDAY, NOVEMBER 23

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.

TUESDAY, NOVEMBER 24

2:00 pm

A GREAT BEACH WALK OF LA JOLLA. Join **Dan**, the Explorer, for a beach walk from Windansea Beach to La Jolla Cove with a super low tide of -1.1. This **casual to moderate** 3.2 mile beach and sidewalk adventure will include Marine Beach, La Jolla Cove, Goldfish Point and the La Jolla Cave Store. Optional dinner afterward on your dime at a reasonably priced restaurant on Prospect St. From Old Town Transit Center (OTTC) take the 1:15 or 1:30 pm northbound Bus 30 to Palomar Ave. or drive a car and park on side streets near Palomar Ave. Meet at Windansea Beach at the foot of Palomar Ave. Will return from La Jolla on Bus 30 southbound to either Palomar Ave. or OTTC. Email ddobbs48@gmail.com for a reply with complete details. Heavy rain cancels. (858)722-3002.

3:00 pm

MARSTON POINT. Work up an appetite for Thanksgiving dinner with the last of six Tuesday afternoon Balboa Park walks. We will meet at the statue of Kate Sessions at Laurel St. (El Prado) and Balboa Dr. (1 block east of 6th Ave.) for a 1.5 hour **casual to moderate** mostly flat walk. From the statue, we will walk south to see the old Fire Alarm Building, Pine Grove picnic area, and the spectacular view of the city from Marston Point. Rain cancels. **Evelyn K.** (619) 461-6095.

WEDNESDAY, NOVEMBER 25

10:00 am

CORONADO BEACHING. Join us for approximately 1-hour on a beautiful, architecturally diverse **casual** stroll past dream homes. Refuel at a Coronado eatery afterward. Meet at the corner of Ocean Blvd. and Marina Ave. To use public transit, take #901 bus ("Iris Trolley") from the 12th & Imperial Transit Center at 9:02. Exit at Orange Ave. and Park Pl.; walk south to Ocean Blvd. then west .7 mile to Marina Ave. Rain cancels. **Robert B.** (858) 414-6181.

FRIDAY, NOVEMBER 27

2:00 pm

ANOTHER GREAT BEACH WALK OF LA JOLLA. Join **Dan**, the Explorer, on this **casual to moderate** 3-hour walk, with optional dinner afterward on your own dime. We'll start from The Cave Store above La Jolla Cove and travel along the "secret path" at Coast Walk Lane to a tiny pathway beside a famous restaurant to gain access to La Jolla Shores and then to Scripps Pier after 3.3 miles. There is limited 2-hour parking in most of our starting area. The best parking and public transportation alternatives require detailed explanation so email ddobbs48@gmail.com for a reply with complete details. Heavy rain cancels. (858)722-3002.

SUNDAY, NOVEMBER 29

7:15 am

BREAKFAST SPECIAL ALONG ADAMS AVE. Interesting homes and views along the edge of Mission Valley will greet us on this flat, **moderate** walk. Optional breakfast follows. Rain cancels or postpones. Meet at 30th St. and Adams Ave. **Pat's Pals** (619) 469-6223.

MONDAY, NOVEMBER 30

6:30 am

SUNRISE SERIES: LITTLE ITALY. We'll walk for 1 hour at a **moderate** pace on flat paved terrain. Take Harbor Dr. south a couple blocks past Broadway, turn right and park at the Kissing Statue near the Midway Museum. Bring money for optional breakfast afterward. **Frances** (619) 479-3962.

NOVEMBER 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	4	5	6	7
7:15 am Breakfast Spcl: Shelter Island 8:15 am Merry Go- Round	6:30 am Sunrise: Marina Village 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 3 pm Wednesday Workout	6:30 am Sunrise: Mission Hills 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	4 pm Mission Hills Meander	TBA Hike
8	9	10	11	12	13	14
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go-Round 9:15 am Carmel Valley/Mountain Meander	6:30 am Sunrise: San Diego River 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 9:30 am Colina Del Sol Park 9:30 am Train to Oceanside Beach Walk 10 am Pt. Loma 3 pm Wednesday Workout	6:30 am Sunrise: South Shore 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	4 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds
15	16	17	18	19	20	21
7:15 am Breakfast Spcl: E. Mission Bay 8:15 am Merry Go- Round 10:15 am Bayside Trail to Cabrillo Monument	6:30 am Sunrise: Balboa Park 10 am Crown Point Area Beckons 10:15 am Bayside Trail to Cabrillo Monument	6:30 pm Above the Bay	TBA Hike 3 pm Wednesday Workout	6:30 am Sunrise: By the River at Liberty Station 10 am Shelter Island 10 am Mission Beach 10:15 am Balboa Park	4 pm Mission Hills Meander	TBA Hike 10 am Pt. Loma Nazarene U. to OB Pier
22	23	24	25	HOLIDAY 26	27	28
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go Round	6:30 am Sunrise: Pacific Beach 10 am Crown Point Area Beckons	2 pm A Great Beach Walk of La Jolla 3 pm Marston Pt. 6:30 pm Above the Bay	TBA Hike 10 am Coronado Beaching 3 pm Wednesday Workout	10 am Shelter Island	2 pm Another Great Beach Walk of La Jolla 4 pm Mission Hills Meander	TBA Hike
29	30					
7:15 am Breakfast Spcl: Adams Ave. 8:15 am Merry Go- Round	6:30 am Sunrise: Little Italy 10 am Crown Point Area Beckons					

UPCOMING WALKS, EVENTS & TRIPS

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

Trips/Events/Walks

Broad Museum	November 7
Tucson & Southeast Arizona	November 18 - 23
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.



You can e-mail your newsletter comments and suggestions to publisher@walkabout-int.org

WALKABOUT BOARD MEETING

Friday, November 6 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

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Bruce Herms	Emeritus
Dick Hiatt	Emeritus

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International



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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.

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.

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 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.

Basic Level \$20 Tenderfoot \$25 Footprint \$100 Arch Supporter \$500
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Circle RENEW or NEW Subscriber/Supporter...How did you hear about us? _____

Please mail completed form (we do not share information): 2650 Truxtun Rd., Suite 110, San Diego, CA 92106-6007

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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!

Walkabout is offering a buy-one, get-one-free subscription deal when you contribute at the \$25 level or above. Simply provide information for someone who has never had their own subscription and might like to subscribe:

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OTHER FEATURES

Notable Walking Events (not sponsored by Walkabout)

Walk & Talk La Mesa

Meets 2nd and 3rd Tuesday from 9 – 10:30 am

For more information call (619) 667-1333 or (619) 667-1300 or email: recreation@ci.la-mesa.ca.us

Walking Wednesdays

Discover La Mesa's current and future urban trails!

For more information contact Misty Thompson at (619) 667-1319 or email: SRTS@ci.la-mesa.ca.us



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LABEL CODE REMINDER

Please check the expiration date on your label to renew
beforehand. We don't want you to miss an issue!

THANKSGIVING WITH YOUR WALKABOUT FRIENDS **Thursday, November 26**

If you'd like to enjoy Thanksgiving Dinner with your Walkabout friends, phone the office at (619) 231-7463 to sign up on the interest list with your name, phone number, email, and number of people who may attend. We'll be in touch once we have located a venue.