



San Diego Feets

Vol. 40, 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 am to 2 pm, Monday, Wednesday, Friday Internet: www.walkabout-int.org, e-mail: 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.

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

November 2017

40th Anniversary Year!

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

7:00 am

SAN DIEGO RIVER PARK TRAIL. In partnership with the SD River Park Foundation 'Park Watch' Program, join us in Mission Valley for a **moderate** walk by the river along the north/south paved trails from Fashion Valley Road to Camino Del Este or Qualcomm Way for 4-5 miles round-trip. During the walk we will be reporting any encampments, trash, debris, graffiti or lights out to City and SDRPF. Meet at north entrance of the pedestrian bridge (across from Fashion Valley trolley stop). Rain Cancels. **John N.** (619) 772-8855.

6:30 pm

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. 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. Rarely, we cancel due to holidays or commitments during this busy season.

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. Join Sandra, Sally and Friends for 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 sea lions. Meet new friends 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. 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. Join us - just for the health of it! **Sally R.** (619) 222-3800.

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. Meet **Rick** in lot near 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.

Date	Contact Information
Nov 1	TBA
Nov 4	Irma: irmacaizan@yahoo.com or (619) 851-4612
Nov 8	Mike L: lewis@san.rr.com or (858) 455-0738
Nov 11	Bill: (619) 206-5809 or wa4lrm@gmail.com
Nov 15	Bob R: (760) 728-8232 or care4bob@sbcglobal.net
Nov 18	Bill: (619) 206-5809 or wa4lrm@gmail.com
Nov 23	Thanksgiving Day Potluck Don: dpiller@cox.net or (760) 796-4007
Nov 25	Don: dpiller@cox.net or (760) 796-4007
Nov 29	Eva: (619) 283-1872 or evajudo@aol.com



MORE GREAT WALKS THIS MONTH

THURSDAY, NOVEMBER 2

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., 1 block north of West Washington St. Optional breakfast afterward. (619) 477-8628.

FRIDAY, NOVEMBER 3

10:00 am

HILLCREST MONTECITO POINT. Let's take a **casual** walk through the hospital district and neighborhood north of Washington St. We will go through the campus of Scripps Mercy and UCSD medical centers and the blocks in between for about a 2-mile loop. Meet below the Landmark Theater in Village Hillcrest at 3955 Fifth Ave. Rain cancels. **Roger L.** (619) 299-0489.

SUNDAY, NOVEMBER 5

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, NOVEMBER 6

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.

THURSDAY, NOVEMBER 9

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. **Edie** (619) 313-7818.

FRIDAY, NOVEMBER 10

4:00 pm

MISSION HILLS MEANDER. Join us for great views and picturesque homes of this old neighborhood on a 1-hour **casual** walk for about 2.5 miles on flat terrain. We will enjoy the late afternoon views. Meet at 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west about a mile on Ft. Stockton Dr. Rain cancels. **Stan F.** (619) 222-3447.

SATURDAY, NOVEMBER 11

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.

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.

SUNDAY, NOVEMBER 12

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**. Meet at the carousel on Park Blvd. at Zoo Pl. **Pat's Pals** (619) 469-6223.

MONDAY, NOVEMBER 13

6:30 am

SUNRISE SERIES: LA MESA. Let's explore what's new in town and find out what happened to the golf course? We will also view a former friend's historic home. **Moderate** pace with one optional hill. Meet at parking lot on Allison Ave. next to bus 7 stop, just west of the Orange Trolley line and Spring St. **Pat K.** (619) 469-6223.

TUESDAY, NOVEMBER 14

2:00 pm

CITY STROLL. Wander the quiet loops and cul-de-sacs just north of the zoo on this 1-1/2 hour **casual to moderate**, flat walk. We will see the model house designed for the 1935 California Pacific International Exposition. Meet at the corner of Robinson Ave. and Richmond St. (south of University Ave.) Rain cancels. **Evelyn K.** (619) 461-6095.

THURSDAY, NOVEMBER 16

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.

SUNDAY, NOVEMBER 19

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, NOVEMBER 20

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 first small parking area on your left (2nd entrance). Optional breakfast afterward. **Winnie** (858) 278-4003.

FRIDAY, NOVEMBER 24

4:00 pm

MISSION HILLS MEANDER. Join us for great views and picturesque homes of this old neighborhood on a 1-hour **casual** walk for about 2.5 miles on flat terrain. We will enjoy the late afternoon views. Meet at 1920 Ft. Stockton Dr. From Washington St., go north on Goldfinch St. and west about a mile on Ft. Stockton Dr. Rain cancels. **Stan F.** (619) 222-3447.

SATURDAY, NOVEMBER 25

6:00 pm

LIGHTS SPARKLE THROUGHOUT BALBOA PARK. A one-hour **casual** walk will take us past various activities and through quiet garden areas. Afterward, we may stay on for refreshments at Panama 66 or Lady Caroline's Pub adjacent to Old Globe theater. Meet **Stella and Derek** at one of the tables close to the main entrance of Spanish Village. (619) 232-3756.

SUNDAY, NOVEMBER 26

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 27

6:30 am

SUNRISE SERIES: SEAPORT VILLAGE/ EMBARCADERO. We'll start at Seaport Village and walk along the bay toward the Convention Center, exploring Marina Park, on this **moderate** 1-hour flat walk. Join us for spectacular views of the bay, Coronado Bridge, Coronado, and downtown San Diego. If we have time, we'll also visit the 'The Kiss' located next to the USS Midway Museum. Meet at the south end of Pacific Hwy. and park by the Seaport Village merry-go-round. Bring money for an optional breakfast afterward. **John & Marilyn** (619) 840-5544.

THURSDAY, NOVEMBER 30

6:30 am

SUNRISE SERIES: SHELTER ISLAND. Let's take a **casual to moderate** walk along this beautiful mostly-flat area by the bay where there are many beautiful homes. There will be a choice of going up a hill for those who feel they would like to climb to where the view is scenic. From I-5, drive west on Rosecrans St. to Shelter Island Dr., turn left and go about two blocks to Anchorage Dr. to the large parking lot (park where there are no meters). **Fusa** (619) 223-6947.

FEATURED TRIPS & EVENTS

RIVERSIDE COUNTY / MISSION INN

Saturday, December 9

Join Beverly Bruff and Mark Levy for a moderate activity level day trip to Riverside County to three very different destinations. Our first stop will be at the Farmers Market in Temecula. You will have time to wander around the market. There will be local fruits and vegetables, eggs, flowers, plants, crafts and much more. Then we'll head for downtown Riverside to Tio Taco's, a hole in the wall taco shop. It is the backyard that brings us here. It is filled with unique, eclectic art/sculptures from recycled, repurposed material. Truly unbelievable, there is a snake made from a vacuum cleaner hose located in a tree.

Then we will walk to our final destination, Mission Inn, a national historical landmark. This 4-story, 238 room inn opened in 1903 as a roadside motel, occupies a city block in the heart of downtown Riverside. Numerous presidents and Hollywood stars have frequented the inn. At dusk, we will enjoy millions of holiday sparkling lights that transform the inn into an enchanting fairy tale setting.

Mail your check for \$65 which includes a bus, docent-led tour of Mission Inn, snacks and leaders expense. What a bargain! Please include your phone number or email in the memo line. There will be no refunds unless there is someone from the waiting list to take your place. This will truly be an experience you will long remember. Questions? Bev Bruff (858) 268-8088.

WALKABOUT TO CELEBRATE TRIP REUNION PARTY FOR 40th ANNIVERSARY

Save the date of **Saturday, December 16**, to celebrate with us as we fete all those who have travelled with us! We'll meet in our Green Room for a potluck party and prizes to the most-travelled, most-requested roommate, biggest faux pas, etc. You can check out which trips you've travelled on in our December newsletter which will include a list of more than 100 trips we have offered in our 40-year history. This is our close-out anniversary bash, so even if you've never travelled with us, come to the party anyway! Details in the next newsletter!

ANNUAL CHRISTMAS BRUNCH & GIFT EXCHANGE MONDAY DECEMBER 25

Broken Yolk Café, 1851 Garnet Ave., Pacific Beach

Walkabout's annual Christmas Brunch attracts around 40 people and is an excellent way to celebrate the holidays with your Walkabout friends. You can make this the center of your day, or simply start Christmas off with us and move onto other parties. You are warmly welcome!

Enjoy a bountiful brunch of scrambled eggs, bacon, hash browns, pancakes, muffins, orange juice, coffee, and tea. Cost \$16.00 per person (includes tax and tip). Send your check to Walkabout, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106. Be sure to note 'Christmas Brunch' on the check. Questions? (619) 231-7463.

Walk 8 am: meet the walk leader in front of the Broken Yolk Café for a casual/moderate walk around the neighborhood. **Brunch 9 am:** serve yourself buffet style. **Gift Exchange 9:45 am:** bring a gift marked as (Male), (Female), or (Generic) with a value of under \$10

WALKABOUT'S CAPE COD OPERATION TAKES WINTER HIATUS

Walkabout International Cape Cod (WICC) has taken its seasonal break as of mid-October after a busy spring, summer and fall season.

Our Cape Cod affiliate is a one-person operation, headed by Dan Haslam, who resides on the Cape from April through October each year. This year, as in the past, WICC partnered with other organizations for its walks. The Barnstable Land Trust, which is a land conservation organization, provided most of the walking opportunities, which included narrated, historical walks through several Cape Cod villages including Centerville, Osterville, Hyannis, Barnstable and Marstons Mills. Haslam led walks in the villages and also in two conservation areas, including a former cranberry bog and a farm and lake that have been preserved by the Land Trust. For the nature walks, Haslam teamed up with the Mass Audubon Society, which provided a naturalist to interpret the flora and fauna on each tour, while Haslam provided the historical perspective. Dan was named by the Barnstable Land Trust as its official historian this year, replacing Dr. James Gould, 93, who has retired.

In addition to the BLT walks, a van day trip to the 'cottages' of Newport, RI was conducted in September. Six people from Hyannis Federated Church (another walk partner) traveled to this elegant seaside community for a tour of the Breakers, the Vanderbilt mansion, and a driving tour of other homes in the area. The group also enjoyed a lunch at the Newport Creamery, famous for ice cream, and a visit to a topiary garden also owned by the historical foundation in Newport. The group also walked to the harbor and other historic areas including churches in Newport. Profits from the trip were shared between Walkabout International and Hyannis Federated Church.

In October, WICC led a walking tour of the streets of Hyannis, the largest village on the Cape, as the town existed in 1917. This walk was conducted in partnership with Hyannis Federated Church, which coincidentally celebrates its 100th anniversary in 2017. Haslam gave a PowerPoint presentation from old photos of Hyannis' Main Street as it existed in 1917, and then walk-toured groups to the buildings as they are today. This lecture was also given at the Hyannis Public Library, with a separate walk of western Main Street and the same photo presentation.

WICC also remained in touch with Hostelling International in Hyannis, although no official walks were conducted with the hostel. This relationship will remain ongoing and future walks on demand will be offered.

NOVEMBER 2017 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
			TBA Hike	6:30 am Sunrise: Mission Hills 10 am Shelter Island 10 am Mission Beach	10 am Hillcrest Montecito Point	TBA Hike
5	6	7	8	9	10	11
7:15 am Breakfast Spcl: Shelter Island 8:15 am Merry Go- Round	6:30 am Sunrise: Lake Murray 10 am Crown Point Area Beckons	7 am San Diego River Park Trail 6:30 pm Above The Bay	TBA Hike	6:30 am Sunrise: South Shore 10 am Shelter Island 10 am Mission Beach	4 pm Mission Hills Meander	TBA Hike 7:15 am Late Birds
12	13	14	15	16	17	18
7:15 am Breakfast Spcl: Balboa Park 8:15 am Merry Go- Round	6:30 am Sunrise: La Mesa 10 am Crown Point Area Beckons	7 am San Diego River Park Trail 2 pm City Stroll 6:30 pm Above The Bay	TBA Hike	6:30 am Sunrise: Little Italy 10 am Shelter Island 10 am Mission Beach		TBA Hike
19	20	21	22	HOLIDAY 23	24	25
7:15 am Breakfast Spcl: E. Mission Bay 8:15 am Merry Go- Round	6:30 am Sunrise: Mission Bay Backwards 10 am Crown Point Area Beckons	7 am San Diego River Park Trail 6:30 pm Above The Bay	No Hike	10 am Shelter Island	4 pm Mission Hills Meander	TBA Hike 6 pm Lights Sparkle through Balboa Park
26	27	28	29	30		
7:15 am Breakfast Spcl: Pacific Beach 8:15 am Merry Go- Round	6:30 am Sunrise: Seaport Village 10 am Crown Point Area Beckons	7 am San Diego River Park Trail 6:30 pm Above The Bay	TBA Hike	6:30 am Sunrise: Shelter Island 10 am Shelter Island 10 am Mission Beach		

THANKSGIVING WITH YOUR WALKABOUT FRIENDS

Thursday, November 23

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 expected. We'll be in touch with details once we have confirmed a venue.

UPCOMING WALKS, EVENTS & TRIPS

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

Overnight Trips (all dates are tentative)

San Antonio Riverwalk	Early December
Baja California, Mexico	February 17 - 23

Events/Walks

Joys of Walking Festival	November 11
Thanksgiving Dinner	November 23
40 th Anniversary Boat Tour	November 29
Riverside County/Mission Inn	December 9
40 th Anniversary Trip Reunion	December 16
Christmas Brunch; Gift Exchange	December 25



VOLUNTEER!

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

WALK LEADERS NEEDED

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

- Balboa Park with ranger tour
- Free Tuesdays at museums in Balboa Park

BOARD SEEKS YOUR HELP

We need office volunteers and new board members.

Do you have any experience producing a newsletter? Did you help with production or publication at your last job? Would you like to help Walkabout? If you fit any of these, please contact ElaineWalkabout-Inc@gmail.com or elmaberg@att.net. We need your ideas and experience.



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



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

Thursday, November 9 at 11 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
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Bruce Herms	Emeritus

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International



OFFICE STAFF

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NEWSLETTER STAFF

Dan Haslam, Kim Mills

MAILING CREW

Charlotte Sedgwick & Beverly Stebbins (Captains), Alice Berwert, Peggy Crunican, Stan Follis, Julie McKane, Barbara Miller, Sharon Nelson, Joanne Paul, Gwen Phelps, Fusa Shimizu, Diane Souza

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
 Twinkle Toes \$50
 Kindred Sole \$250
 Big Foot \$1000
 Other Contribution Amount \$ _____

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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PDF ALSO (available only if support greater than Basic Level)

PDF ONLY (fully tax deductible, eco-friendly, and helps us keep costs down)

Subscribe to the email list for Wilderness Hikes

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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WALKABOUT'S 40TH ANNIVERSARY CELEBRATION CONTINUES ON THE WATER!

Mark your calendars for an afternoon boat tour on **Wednesday, November 29.**

Although there will be no walking on the water, we may be able to get in a walk before or after the boat tour. If you are interested in the details of our anniversary boat tour, contact the office to add your name, phone number, and email address to our list. Once details have been formalized, you'll receive instructions to sign up and send in a check. Don't miss our tour d'eau!



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

SATURDAY, NOVEMBER 11 AT 10 AM

Make history with Walkabout at this once-in-a-lifetime festival. Join the entire Walkabout family in celebrating our 40 years afoot by uncovering breathtaking beauty and surprising benefits of putting one foot in front of the other with like-minded 'soles'. Highlighting this unique extravaganza is a star-studded cast moderated by legendary award-winning news anchor and now Director of Scripps External Affairs, Susan Taylor. Savor the sage advice from experts at ScrippsHealth, Prevention Magazine, and the authors of two unusual books on infusing bliss into daily walks. After the eye-popping 'talk-the-talks' will be a foot stomping 'walk-the-walk' to put into practice the insights from our experts.

McMillin Companies Event Center at Liberty Station 2875 Dewey Rd, San Diego, 92106. Free parking.

Invite your family, friends, and even frenemies -- due to limited seating and to enjoy free snacks(!) be sure to **RSVP to joyofwalking@walkabout-int.org by Wednesday, November 8**

Support Walkabout by attending this extraordinary event to publicly recognize the positive impact Walkabout has made in our lives. If you have benefited from Walkabout, then help us all benefit by your presence at this festival afoot!

Footnote: Walkabout has led over 35,000 walks covering 3.5 million miles - the equivalent of crossing the equator over 150 times.

Your participation really matters!!! Be there:-) or be square:-(