



Est. 1977 in San Diego

Pace	miles	minutes
Yourself	per hour	per mile
Very Casual*	2.0	30
Casual	2.5	25
Moderate	3.0	20

* Used in lieu of "Walk at your own pace"

+ Used to indicate a possible slightly brisker pace



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, email: info@walkabout-int.org.

Unless otherwise specified, walks start at the time indicated. Walk leaders should arrive at least 10 minutes prior to the start time.

May 2019

“SEZ ME”

Elaine Berger, President

I hope all of you have had a chance to go out and enjoy the spring flowers everywhere you look. Fiesta Island, Torrey Pines Reserve, The Japanese Friendship Garden and Shelter Island for beautiful cherry blossoms as well as the flower fields in Carlsbad are just some of the outstanding locations to stop and appreciate the beauty of the season. Anywhere you drive in San Diego county you will see hillsides covered in a profusion of colors. Flower season is brief, so don't wait too long to get out there and enjoy.



April also marks my first anniversary as the president of Walkabout. It has definitely been an interesting year as I learned many facts about leading a non-profit organization. I don't think we have had any major disasters and I thank my fellow

board members for their support and mentoring. As I start a second year I can see several areas of concern. First and foremost, Walkabout is nothing without walks and walk leaders. Unfortunately there have been few new walks or walk leaders in the last couple of years. We now have about half as many monthly walks as we did when I joined Walkabout. We greatly appreciate those walk leaders who do weekly walks, but just as important are those who lead walks once or twice a month. We especially need walks on Wednesday and Friday mornings. If you need ideas for a walk, I have a book of the 50 best short hikes in San Diego. Don't hesitate to contact me (president@walkabout-int.org) or any board member with ideas. We can also walk in collaboration with other walking groups in San Diego if you know of one that has a great walk.

MONTHLY WALK ROUND-UP

WEDNESDAY MAY 1

5:30 pm

 **WEDNESDAY WORKOUT.** Join us in front of Bookstar in Costa Verde Shopping Center at 8650 Genesee Ave. for a friendly walk'n'talk for about 1½ hours through neighborhoods, parks, and canyon trails all around UTC, University City, and UCSD areas. **Rain cancels. Pace: moderate-plus.** Please call Nicki L. at 619-665-6981 or Barbara S. (858) 452-8832 to confirm.

THURSDAY, MAY 2

6:30 am

 **SUNRISE SERIES: RIVERWALK.** We'll meet at the restaurant on the corner of Pacific Hwy. and Rosecrans St. to walk along the river and hope that the landscape has been cut back and cleaned up since our last walk as we try to make it to Mission Valley. Terrain is flat and walk will be at a **moderate pace** for 1 hour. Bring money for optional breakfast afterward. **John & Marilyn**, (619) 840-5544.

THURSDAY, MAY 2

10:00 am

 **MISSION BEACH NORTH & SOUTH.** Walk the beach or the bay and stop for coffee near the end of this 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. Pace: moderate to moderate-plus.** **Kathy L.** (858) 484-0349.

THURSDAY, MAY 2

10:00 am

 **SHELTER ISLAND WALK & TALK.** Join Rob, Elaine, Janet or Kathy B. for a walk from the Bali Hai to the Friendship Bell and back on flat sidewalks (about 2.5 miles round trip; 60+ minutes including pit stop). Breathe delicious ocean air and enjoy dynamic bay and city views from ships to sea lions. Meet new friends to the right of the Bali Hai by the lamp post and hand rails, where we will stretch for a few minutes. Ample free parking. If you're late, drive down the island and join us along the way. Take the #28 bus and walk approximately 3 blocks to the Bali Hai. Optional eats afterward. **Heavy rain cancels. Pace: casual+.** **Sally R.** (619) 222-3800.

SUNDAY, MAY 5

7:15 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. Then back to optional breakfast. Meet at meterless spaces in the parking lot at Anchorage Ln. and Canon St. (one block south of Shelter Island Dr) **Edie A. edier@cox.net.** (619) 313-7818.

SUNDAY, MAY 5

8:15 am

 **MERRY GO-ROUND.** Join us on one of the most scenic walks in San Diego. We start at the carousel in Balboa Park. Our walk encompasses the harbor, downtown and Bankers Hill. Depending on size of the group and mood, we may include some bridges. Allow three 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 in the lot near the carousel at Park Blvd. and Zoo Place. **Pace: moderate-plus.** **Rick P.** (858) 565-7212.

MONDAY, MAY 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 H.** (858) 248-3782.

MONDAY, MAY 6

10:00 am

 **CROWN POINT AREA BECKONS.** Start out your week with beautiful scenic views of Mission Bay and nearby homes. Our guest leader will take the group on a flat walk for about two hours, with a pause for coffee or yogurt. Take I-5 to Grand Ave. and go west to Lamont Street, turn left on Lamont Street, then right on Crown Point Drive 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. Pace: moderate to moderate-plus.** **Kathy L.** (858) 484-0349.

MONDAY, MAY 6

10:00 am

 **HISTORIC LA PLAYA TRAIL:** Join peripatetic leaders Rob or Anita as we follow the historic La Playa Trail, along shoreline, past yacht clubs and amazing homes and gardens. Meet at trail marker by the bay at the intersection of Talbot Street and Anchorage Lane, adjacent to SD Yacht Club. The **casual+ pace** is on a dirt trail for approx. 2.4 miles and 75 minutes. Street parking; observe signage. Optional eats after; heavy rain cancels; served by bus #28. **Sally R.** (619) 222-3800. Repeats every other week.

TUESDAY, MAY 7

6:30 pm

 **ABOVE THE BAY.** Join us for some exercise and fabulous views of Mission Bay. Meet at the Clairemont Information Center, west side of I-5 at the Clairemont Drive exit. Walk starts at 6:30 pm, is 1-hour plus and 3.5 miles plus long, **moderate to moderate-plus** walk. Rain, but not mist, cancels. Flashlight recommended. Please call **Jill F.** (858) 292-4231 to make sure walk is 'on' for the week. We do cancel if Tuesday is a holiday.

WEDNESDAY MAY 8

5:30 pm

 **WEDNESDAY WORKOUT.** See Wednesday, May 1 for details.

THURSDAY, MAY 9

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.

THURSDAY, MAY 9

10:00 am

 **MISSION BEACH NORTH & SOUTH.** See Thursday, May 2 for details.

THURSDAY, MAY 9

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, May 2 for details.

FRIDAY, MAY 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 Drive. *Rain cancels.* Jim M. (619) 971-1518.

SATURDAY, MAY 11

7:15 am

 **BREAKFAST SPECIAL: 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 6:45am from Old Town Transit Center, exit at Mission Blvd. Meet in front of Crystal Pier at the west end of Garnet Ave. *Rain cancels.* At your own pace. Anna T. (858) 270-1276.

SUNDAY, MY 12

7:15 am

 **BREAKFAST SPECIAL: BALBOA PARK.** The park is beautiful year round, with many paths to explore at your own pace. Eating and chatting afterward is optional but great fun. Meet at the carousel on Park Blvd. at Zoo Pl. Edie A. edier@cox.net. (619) 313-7818.

SUNDAY, MAY 12

8:15 am

 **MERRY GO-ROUND.** See Sunday, May 5 for details.

MONDAY, MAY 13

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.

MONDAY, MAY 13

10:00 am

 **AMERICA'S CUP HARBOR:** Join peripatetic leaders Rob or Anita as we walk around America's Cup Harbor on sidewalks to admire what's new in the marina from bayside restaurants to a new brewery, gelato/coffee shop, deluxe condos and new docks, with lots of construction and MORE. The *casual+ pace* walks on flat paved surfaces and are approximately 2.5 miles each for about 1 hour and 15 minutes. Fun, friendly group. Optional eats afterward. Meet to the right of the front door of the Bali Hai. Ample free parking; Served by #28 Bus and walk 3 blocks. *Heavy rain cancels.* Sally R. (619) 222-3800. Repeats every other week.

MONDAY, MAY 13

10:00 am

 **CROWN POINT AREA BECKONS.** See Monday, May 6 for details.

TUESDAY, MAY 14

6:30 pm

 **ABOVE THE BAY.** See Tuesday, May 7 for details.

WEDNESDAY MAY 15

5:30 pm

 **WEDNESDAY WORKOUT.** See Wednesday, May 1 for details.

THURSDAY, MAY 16

6:30 am

 **SUNRISE SERIES: TECOLOTE CANYON.** Let's walk in beautiful Tecolote Canyon on a flat comfortable dirt road as we see what the season has to offer on this casual to moderate 1-hour walk. Take I-5 to Tecolote Rd. exit, go east on Tecolote Rd. all the way into the canyon to the parking lot and visitor center at the end of the road. Bring money for an optional breakfast afterward. Winnie (858) 278-4003.

THURSDAY, MAY 16

10:00 am

 **MISSION BEACH NORTH & SOUTH.** See Thursday, May 2 for details.

THURSDAY, MAY 16

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, May 2 for details.

FRIDAY, MAY 17 (3RD FRIDAY)

5:36 pm

SUNSET CLIFFS VIEWS. Meet at Sunset Cliffs Blvd. & Point Loma Ave. (not West Point Loma Blvd.) in Ocean Beach. We'll enjoy spectacular views and fresh cool breezes from the Pacific Ocean. For public transit, take bus route 923 from downtown at Broadway & 5th OR route 35 from Old Town Transit Center and transfer to 923 in O.B. at Cable & Voltaire Street. If you take the



Beautiful day for Lenore's 4S Ranch hike on 3-16-19.

bus and it's late, please call me and we'll wait for you. Otherwise, we'll start at the announced time. Our walk will last about one hour. Pace: *Casual*. Stan F. (619) 222-3447.

SATURDAY, MAY 18

9:30 am

ENCINITAS RANCH. Come out and explore the trails and pathways of the North County neighborhood of Encinitas Ranch. Enjoy views of the ocean, canyons and golf courses as we hike along on this *moderate+ paced* approximately 7-mile walk. Be prepared for hills. Meet in front of the Target Store in the Encinitas Ranch Town Center at 1010 N. El Camino Real (just south of Leucadia Blvd and east of Garden View Rd). Lenore E. (619) 890-0714 ledidin@san.rr.com.

SUNDAY, MAY 19

7:15 am

B BREAKFAST SPECIAL: MISSION BEACH. Let's walk, at your own pace, along the boardwalk to enjoy the ocean waves reflecting the rising sun. We could go north or south as we admire the mixture of old beach cottages and new multi-story homes. Meet in the parking lot in front of the roller coaster. Edie A. edier@cox.net. (619) 313-7818.

SUNDAY, MAY 19

8:15 am

W MERRY GO-ROUND. See Sunday, May 5 for details.

MONDAY, MAY 20

6:30 am

SUNRISE SERIES: PACIFIC BEACH BOARDWALK. Let's take a moderate 1-hour walk on flat terrain and enjoy the fresh air, early morning breeze and beautiful sunrise where we can look forward to good company, chatting and an optional breakfast afterward. Meet at the Crystal Pier at the west end of Garnet Ave. Bring money for optional breakfast. John & Marilyn, (619) 840-5544.

MONDAY, MAY 20

10:00 am

W CROWN POINT AREA BECKONS. See Monday, May 6 for details.

MONDAY, MAY 20

10:00 am

W HISTORIC LA PLAYA TRAIL. See Monday, May 6 for details.

TUESDAY, MAY 21

6:30 pm

W ABOVE THE BAY. See Tuesday, May 7 for details.

WEDNESDAY MAY 22

5:30 pm

W WEDNESDAY WORKOUT. See Wednesday, May 1 for details.

THURSDAY, MAY 23

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. Connie V. (619) 477-8628.

THURSDAY, MAY 23

10:00 am

UCSD CAMPUS STUART COLLECTION: This is a casual 3 mile loop walk around the UCSD campus to visit the Stuart collection, consisting of 18 artworks. We will meet at the VA hospital, address 3350 La Jolla Village Drive, San Diego CA 92161. Meet at the bus stop in front of the hospital at 10:00 AM. There is an express bus number 150 from Old Town leaving at 9:30, arriving 9:54. For those driving, there is free parking in the visitor lot South of the hospital entrance. We will have an optional lunch in the food court on the campus near the end of the walk. *Rain Cancels*. Roger L. (619) 299-0489.

THURSDAY, MAY 23

10:00 am

W MISSION BEACH NORTH & SOUTH. See Thursday, May 2 for details.

THURSDAY, MAY 23

10:00 am

W SHELTER ISLAND WALK & TALK. See Thursday, May 2 for details.

FRIDAY, MAY 24

4:00 pm

MISSION HILLS MEANDER. See Friday, May 10 or details.

SUNDAY, MAY 26

7:15 am

B BREAKFAST SPECIAL: PACIFIC BEACH. Before the crowds arrive, walking along the ocean in Pacific Beach can be delightful. We'll admire the waves on a flat walk at your own speed and then return by the same route. Meet at the end of Garnet where the pier begins. Optional breakfast follows, perhaps overlooking the ocean and the surfers. Edie A. edier@cox.net. (619) 313-7818.

SUNDAY, MAY 26

8:15 am

 **MERRY GO-ROUND.** See Sunday, May 5 for details.

MONDAY, MAY 27 (MEMORIAL DAY HOLIDAY)

6:30 am

 **SUNRISE SERIES: MISSION VALLEY.** Come and enjoy a casual to moderate one hour walk along the San Diego River. We'll meet in the parking lot at the west end of Mission Valley Center (next to the jeweler at Camino de la Reina and Mission Center Rd.). Walk is mostly on a flat path. An optional breakfast follows. **Connie V. (619) 477-8628.**

MONDAY, MAY 27

10:00 am

 **AMERICA'S CUP HARBOR.** See Monday, May 13 for details.

MONDAY, MAY 27

10:00 am

 **CROWN POINT AREA BECKONS.** See Monday, May 6 for details.

TUESDAY, MAY 28

2:00 pm

PEACE GARDEN. Celebrate the day after Memorial Day with a walk to the Sri Chinmoy Peace Garden. On the way we will amble the streets north of Adams Avenue's Antique Row that look out over Mission Valley. We will see a funky house, bungalows, California courts, brick houses, and the beautiful 1916 Villa Montemar estate. Meet at corner of Kansas Street and Collier Avenue, one block north of Adams Avenue, for

a *casual-to-moderate*, flat, 1½ hour walk. Bus #11 stops at Adams Avenue and 30th. Street. Rain cancels. **Evelyn K. 619-461-6095.**

TUESDAY, MAY 28

6:30 pm

 **ABOVE THE BAY.** See Tuesday, May 7 for details.

WEDNESDAY MAY 29

5:30 pm

 **WEDNESDAY WORKOUT.** See Wednesday, May 1 for details.

THURSDAY, MAY 30

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. From the south, take I-5 to the Pacific Hwy. exit, veer to the left onto Barnett Ave., turn left into Liberty Station, turn left at Womble St. From the north or east, take the Rosecrans St. exit, proceed several miles until you see Vons on your left – Womble St. is the next left turn. Optional breakfast follows. **Edie A. edier@cox.net. (619) 313-7818.**

THURSDAY, MAY 30

10:00 am

 **MISSION BEACH NORTH & SOUTH.** See Thursday, May 2 for details.

THURSDAY, MAY 30

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, May 2 for details.

BOARD CONSIDERS WALKABOUT'S FUTURE

At its annual planning retreat held mid-April the Walkabout board voted to make several important changes in an effort to bolster lagging membership numbers, fewer walks and leaders and serious lack of volunteer support.

Current subscription levels are now only slightly above 300, the lowest in years. Office hours have been reduced in the past couple of years to three half days per week, down from five, and at the last walk leaders' luncheon a month ago fewer than 20 showed up—one third of attendance at similar luncheons in the past.

The board has voted unanimously that if volunteers do not come forward immediately to staff the office at Liberty Station, the office will be open only by appointment during the work week, with office hours offered on Fridays.

For the past few years board members have not only staffed the office, but also have run the programs, led walks, planned and executed trips and accomplished the myriad other tasks required by a nonprofit organization.

In addition the board voted to hire a part time non-employee contractor to promote the organization, develop strategies to retain, reestablish and increase membership, recruit and arrange training for new walk leaders, identify and recruit new board members and evaluate the viability of our organization's

future. The board is seeking an energetic and creative person to accomplish these tasks over a one-year period, after which the board can evaluate Walkabout's future. The compensation will be paid from Walkabout's savings in an effort to keep our small organization viable. In the event that a nonprofit organization

dissolves, all the assets of that organization are transferred to another nonprofit, so the board felt that a concerted effort should be mounted now to strengthen our organization.

In other matters considered by the board, the remaining trips for this year to Boise, Idaho and a visit to New Orleans and cruise to the western Caribbean were discussed, and 2020 possible trips to Maine (summer), San Francisco, Scotland & Ireland (spring), San Juan Islands (fall), Southern swing (Savannah & Charleston), and Santa Fe and Taos, NM.

Board members will offer monthly activities over the next several months, to include summer movie nights/picnics at Liberty Station, a safety seminar on walking, and potluck luncheons in our Green room. All current officers were re-elected for the next year, and the volunteer extraordinaire award will be presented at a future organization event, with the annual meeting and auction scheduled for Saturday, October 26.



Board members at annual retreat 4/12/19 (not pictured Dan Haslam, photographer).

STAN TO LEAD BOISE AND TRAILING OF THE SHEEP FESTIVAL OCTOBER 7 TO 14, 2019

Join us for an 8-day, 7-night Van tour of Idaho highlights, from the state capitol in Boise to the wonderful Trailing of the Sheep Festival in Ketchum. On Monday we fly nonstop to Boise and will start with 3 days with walks along the Boise river and tours of the beautiful State Capitol. We will stay at the Marriott Springhill Suites as we have in times past.



Walter K entertains our 2015 group; they are in the mirror and are really watching him.

<https://www.marriott.com/hotels/hotel-photos/boidt-springhill-suites-boise-parkcenter/> On Thurs we take a Van trip through the Sawtooth mountains to Ketchum where we will be staying at the Limelight Hotel, <https://www.limelighthotels.com/ketchum>. We will spend 4 days and enjoy the Trailing of the Sheep Festival <http://www.trailingofthesheep.org/> and watch hundreds of sheep parade through town. On the last Monday, we will again Van back to Boise with spectacular views and then have a nonstop flight home. Breakfasts in our hotels and one or two evening banquets is included in the cost. Other features will be announced in S D Feets, Web Site and WalkaBlasts as they are known. Del Parkinson has agreed to entertain us again as he has on ALL of our previous Boise trips <https://music.boisestate.edu/dparkins/> Other attractions will be announced as they develop.

This trip will be a VAN trip which may require some luggage restriction; however, we will have a van for getting around in Ketchum for the Trailing of the Sheep Festival. The number of travelers will be between 10 and 14. With the fewer travelers than my previous plans, now the cost is \$1,319 per person, double occupancy. There is no change for

travelers that have already sent in their deposits. The cost for single occupancy is \$1,886. If 3 travelers wish to share a double queen bedroom the cost for each will be \$941. The deposit is \$719 and is NONREFUNDABLE. Travelers are always encouraged to take trip insurance to cover unanticipated cancellations. Please send your deposits of \$719 to the WI office now and mark for "BOISE 2019". There will not be any mailed information so one person in each traveling group needs to have an email address. I need to know each traveler's full name as on your identification and birth date.

Walkabout International, Boise 2019
2650 Truxtun Rd, Suite 110
San Diego, CA 92106

Please call Stan Follis at 619.222.3447.

BOARD SEEKS YOUR HELP VOLUNTEERS NEEDED!

We need office volunteers and board members. We are also recruiting new walk leaders. If Interested, please contact Norm Vigeant at 858-278-1253 or ngfrenchy@hotmail.com and he will guide you through the process. We always looking for new ideas for walks so 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



Follow us on Facebook at
Walkabout International

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 email your walks to walks@walkabout-int.org. If you email more than one walk, please leave extra space between each walk. You can email your newsletter comments and suggestions to publisher@walkabout-int.org.

WALKABOUT BOARD MEETING

Friday, May 10th at 10:30 a.m.

Serra Mesa-Kearny Mesa Branch Library,
Sudberry Room

9005 Aero Drive, San Diego, CA 92123

All Subscribers Are Welcome

WEDNESDAYS & SATURDAY HIKES

Time: TBA

WILDERNESS HIKE details and trailhead directions will be e-mailed a day or two before each hike.

IMPORTANT HIKE INFO: 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 well prepared for trail conditions, be able to keep pace with the group and will be accepted at the leader's discretion.

Car Pool 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.

Check [Wilderness Hikes](#) 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.

HIKE CONTACT INFORMATION

DATE	LEADER
Wednesday 5/1	Myra C (619) 876-1814 or sierra.myra@gmail.com
Saturday 5/4	Ray E (760) 644-1648 or ray@escondidocoin.com
Wednesday 5/8	PJ (858) 566-8928 or pjeffery1@sbcglobal.net
Saturday 5/11	Bill B (619) 206-5809 or wa4lm@gmail.com
Wednesday 5/15	Mike L (858) 922-0738 or mlewis1944@gmail.com
Saturday 5/18	Bill B (619) 206-5809 or wa4lm@gmail.com
Wednesday 5/22	Ray E (760) 644-1648 or ray@escondidocoin.com
Saturday 5/25	TBD
Wednesday 5/29	Wednesday May 29 Mike L - Special Idyllwild Hike (858) 922-0738 or mlewis1944@gmail.com

SAFETY FIRST!

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.

BOARD MEMBERS

President Elaine Berger	(858) 560-9003 President@walkabout-int.org
1st Vice President Robert Buehler	(858) 571-7733 vp1@walkabout-int.org
2nd Vice President Dan Haslam	(619) 318-4870 danhaslam@walkabout-int.org
3rd Vice President Stan Follis	(619) 222-3447 Stanley@walkabout-int.org
Secretary Donna Farris	(619) 559-5650 secretary@walkabout-int.org
Treasurer Diane Erk	(619) 231-7463 treasurer@walkabout-int.org

DIRECTORS

Marilyn Buckley	(619) 231-7463 prwalkabout@yahoo.com
Norman Vigeant	(619) 231-7463 ngfrenchy@hotmail.com
Bruce Herms	Emeritus

OFFICE STAFF

Elaine Berger, Robert Buehler, Donna Farris, Marilyn Buckley, Eileen Frame, Dan Haslam, Charlotte Sedgwick, Janet Fenston and Pat Keller

NEWSLETTER STAFF

Kathy Johnson, Dan Haslam

MAILING CREW

Charlotte Sedgwick, Beverly Stebbins, Stan Follis, Don Pillier

JOIN US ON MEETUP!

www.meetup.com/Walkabout-International



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

MAY 2019 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 5:30 pm Wednesday Workout	6:30 am <i>Sunrise:</i> Riverwalk 10 am Shelter Island 10 am Mission Beach		TBA Hike
5	6	7	8	9	10	11
7:15 am <i>Breakfast:</i> Shelter Island 8:15 am Merry Go-Round	6:30 am <i>Sunrise:</i> Lake Murray 10 am Historic La Playa Trail 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 5:30 pm Wednesday Workout	6:30 am <i>Sunrise:</i> Old Town 10 am Shelter Island 10 am Mission Beach	10:30 am Walkabout Board Meeting 4:00 pm Mission Hills Meander	TBA Hike 7:15 am Breakfast Special: Pacific Beach
12	13	14	15	16	17	18
7:15 am <i>Breakfast:</i> Balboa Park 8:15 am Merry Go-Round	6:30 am <i>Sunrise:</i> Mission Bay Backwards 10 am America's Cup Harbor 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 5:30 pm Wednesday Workout	6:30 am <i>Sunrise:</i> Tecelote Canyon 10 am Shelter Island 10 am Mission Beach	5:36 pm Sunset Cliff Views	TBA Hike 9:30 am Encinitas Ranch
19	20	21	22	23	24	25
7:15 am <i>Breakfast:</i> Mission Beach 8:15 am Merry Go-Round	6:30 am <i>Sunrise:</i> Pacific Beach Boardwalk 10 am Historic La Playa Trail 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 5:30 pm Wednesday Workout	6:30 am <i>Sunrise:</i> Mission Hills 10 am Shelter Island 10 am Mission Beach 10 am UCSD Campus	4:00 pm Mission Hills Meander	TBA Hike
26	27	28	29	30	31	
7:15 am <i>Breakfast:</i> Pacific Beach 8:15 am Merry Go-Round	6:30 am <i>Sunrise:</i> Mission Valley 10 am America's Cup Harbor 10 am Crown Point Area Beckons	2:00 pm Peace Garden 6:30 pm Above the Bay	TBA Hike 5:30 pm Wednesday Workout	6:30 am <i>Sunrise:</i> Liberty Station 10 am Shelter Island 10 am Mission Beach		

ABOUT WALKABOUT, SAN DIEGO'S PREMIER SOCIAL NETWORK AFOOT

Established in 1977, Walkabout promotes healthy regular exercise, social camaraderie and discovering new places. We are a volunteer, San Diego-based, non-profit organization who offers 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.

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 INTERNATIONAL 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 INTERNATIONAL, please contribute. All levels of support include a one-year subscription to our monthly newsletter. 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!

Basic Level \$20 Tenderfoot \$25 Footprint \$100 Arch Supporter \$250
 Twinkle Toes \$50 Kindred Sole \$250 Big Foot \$1000 Other Contribution Amount \$ _____

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All applications including the buy-one, get-one-free must contain a correct address, including zip code, and at least one phone number.

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Subscriptions at and above the Tenderfoot (\$25) level include our buy-one, get-one-free (PDF only) deal whether you are a new or renewing subscriber. This allows you to give a one-year Newsletter subscription, PDF version only, to anyone who has never been a WALKABOUT subscriber.

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May 2019

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(619) 231-7463
<http://www.walkabout-int.org>

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WALKABOUT ACCEPTING MEMORIAL GIFTS FOR FORMAN FORUM

With the recent passing of our founder Larry Forman, many have contacted our office to make a contribution to Walkabout in Larry's memory. The board has

established a fund to receive these gifts. Any contributions made should be earmarked "Forman Forum," and such gifts will



be used to bring a well-known speaker to San Diego to share walking stories with our membership and the public later this year. All donors will be acknowledged in our program unless you wish anonymity. Walkabout International is a 501(c)3 nonprofit organization, and all gifts are tax deductible.



Dan Haslan photographed this sculpture at Playa de Tijuana, steps from the US border fence. Mexicans love to walk, too!