



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.

August 2019

“SEZ ME”

Elaine Berger, President



Thanks to all who were able to join us for the potluck luncheon and tribute to Bruce Herms. I did not have the pleasure of traveling with Bruce and it is certainly my loss. I am awestruck by the fact that we still have members who were part of the original formation of

Walkabout. It was great fun and very educational to hear about the founding of Walkabout including stories of “The Pack” and walking once a month during the full moon (all walks were in the evening). Hearing how the number of walks increased and started occurring during daylight hours and the increasing numbers of walkers was very inspirational. And we got quite a laugh as we heard about the first out of town trip—a trip to LA in a rented yellow school bus! All in all it was a very lovely tribute to a man who played such a significant role in Walkabout.

FREE IS GOOD

Liberty Station Art Walk. Aug 10 from 10am to 6 pm and Aug 11 from 10 am to 5 pm. Ingram Plaza, 2751 Dewey Road.



The festival brings together more than 200 artists, musical performers and food trucks in a family friendly atmosphere.



San Diego Union Tribune Festival of Books. Saturday, August 24, 2019. Liberty Station in Point

Loma, 10 am to 2pm.

In conjunction with KPBS, the "One Book San Diego" will be revealed. If you are a bookworm this is a great place to check out books, meet authors and just have a good time.

MONTHLY WALK ROUND-UP

THURSDAY, AUGUST 1

6:30 am

 **SUNRISE SERIES: CORONADO.** Let's take a flat, *moderate paced* walk through beautiful Coronado with stops to admire the shops, homes, gardens, Hotel Del Coronado and of course the beach. Meet at the west side of 10th St. and Orange Ave. with optional breakfast afterward. **Connie V** (619) 477-8628.

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.

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, AUGUST 4

7:15 am

 **BREAKFAST SPECIAL: 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.

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, AUGUST 5

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.

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.

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.

TUESDAY, AUGUST 6

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 AUGUST 7

8:30 am

LAKE MURRAY. Walk at a *casual pace* for 1 hour on 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 at the covered picnic table by the water just off the main parking lot. Optional breakfast after. **Janet F.** (619) 890-4622.

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, AUGUST 8

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 very scenic. To meet the group, 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). Bring money for optional breakfast afterward. Edie A. edier@cox.net. (619) 313-7818.

10:00 am

 **MISSION BEACH NORTH & SOUTH.** See Thursday, August 1 for details.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, August 1 for details.

FRIDAY, AUGUST 9

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.

SUNDAY, AUGUST 11

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.

8:15 am

 **MERRY GO-ROUND.** See Sunday, August 4 for details.

MONDAY AUGUST 12

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. Winnie (858) 278-4003.

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.

10:00 am

 **CROWN POINT AREA BECKONS.** See Monday, August 5 for details.

KEY TO WALK SYMBOLS



WEEKLY REPEATING WALKS



SUNRISE SERIES



BREAKFAST SPECIAL

TUESDAY, AUGUST 13

6:30 pm

 **ABOVE THE BAY.** See Tuesday, August 6 for details.

WEDNESDAY AUGUST 14

8:30 am

LAKE MURRAY. Walk at a *casual pace* for 1 hour on 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 at the covered picnic table by the water just off the main parking lot. Optional breakfast after. Janet F. (619) 890-4622.

5:30 pm

 **WEDNESDAY WORKOUT.** See Wednesday, August 7 for details.

THURSDAY, AUGUST 15

6:30 am

 **SUNRISE SERIES: MISSION HILLS.** We'll discover what's new and old, what is being remodeled and renovated and the beautiful gardens 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.

10:00 am

 **MISSION BEACH NORTH & SOUTH.** See Thursday, August 1 for details.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, August 1 for details.

FRIDAY, AUGUST 16 (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 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.

SUNDAY, AUGUST 18

7:15 am

 **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.

8:15 am

 **MERRY GO-ROUND.** See Sunday, August 4 for details.



Lenore's June walk in Cardiff/Encinitas at the boat houses.

MONDAY AUGUST 19

6:30 am

 **SUNRISE SERIES: HARBOR DRIVE.** We'll walk for 1 hour at a *moderate pace* on flat paved terrain. We hope to see many changes. 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. **John & Marilyn** 619-840-5544.

10:00 am

 **AMERICA'S CUP HARBOR.** See Monday, August 5 for details.

10:00 am

 **CROWN POINT AREA BECKONS.** See Monday, August 5 for details.

TUESDAY, AUGUST 20

2:00 pm

PT LOMA PROMENADE AND HOME TOUR. Nestled among the beautiful homes ranging in style from Colonial to Mediterranean to Art Deco is an incredible geodesic dome house called "The Greenest Home in San Diego", and the owner/designer will treat us to a tour. Meet at the corner of Tennyson and Capistrano streets, one block east of Chatsworth, for a *casual-to-moderate*, 1.5 hour walk, which will include some hills. Bus #923 stops at Chatsworth Blvd. and Tennyson Street. **Evelyn K.** 619-461-6095.

6:30 pm

 **ABOVE THE BAY.** See Tuesday, August 6 for details.

WEDNESDAY AUGUST 21

5:30 pm

 **WEDNESDAY WORKOUT.** See Wednesday, August 7 for details.

THURSDAY, AUGUST 22

6:30 am

 **SUNRISE SERIES: EASTERN BALBOA PARK.** We'll meet at the Balboa Park Carousel, 1889 Zoo Place, 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. Bring money for an optional breakfast afterward. **Francis B.**, (619) 479-3962.

10:00 am

 **MISSION BEACH NORTH & SOUTH.** See Thursday, August 1 for details.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, August 1 for details.

FRIDAY, AUGUST 23

4:00 pm

MISSION HILLS MEANDER. See Friday, August 9 or details.

SUNDAY, AUGUST 25

7:15 am

 **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.

8:15 am

 **MERRY GO-ROUND.** See Sunday, Aug. 4 for details.

MONDAY AUGUST 26

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.

10:00 am

 **HISTORIC LA PLAYA TRAIL.** See Monday, August 12 for details.

10:00 am

 **CROWN POINT AREA BECKONS.** See Monday, August 5 for details.

TUESDAY, AUGUST 27

6:30 pm

 **ABOVE THE BAY.** See Tuesday, Aug. 6 for details.

WEDNESDAY AUGUST 28

5:30 pm

 **WEDNESDAY WORKOUT.** See Wednesday, August 7 for details.

THURSDAY, AUGUST 29

6:30 am

 **SUNRISE SERIES: HARBOR ISLAND.** We'll have a quiet walk for 1 hour at a *moderate pace* on flat terrain around this beautiful area so close to downtown. Take Harbor Dr. to Harbor Island Dr., turn west to the end and turn left to the parking next to Island Prime Restaurant. Bring money for optional breakfast afterward. **Winnie** (858) 278-4003.

10:00 am

 **MISSION BEACH NORTH & SOUTH.** See Thursday, August 1 for details.

10:00 am

 **SHELTER ISLAND WALK & TALK.** See Thursday, August 1 for details.

DAN HASLAM SHARED SOME MEMORIES



Last summer Walkabout sponsored an early summer trip to Cape Cod. Here, travelers Beth Chopp (l) and Marty Tullar (r) enjoy a lobster dinner in S. Yarmouth. Jim Miller (far left) looks on.



New England Fall Foliage tour, Oct. 2018, included a tour of Rock of Ages' Barre granite quarry. Here, Walkabout board member Norm Vigeant almost gets a strike on a polished granite bowling alley...only in VT!



Christmas 2018. For some Walkabouters, it begins with a walk to Mission Bay followed by a big brunch and gift exchange. After all, we're family.



Fall 2018 Walkabout's New England Fall Foliage tour encompassed MA, NH and VT. In this shot, part of the group posed at a NH lake.



Walkabout has moved its Cape Cod HQ from Hyannisport to North Truro, just south of Provincetown, where Dan Haslam continues to lead walks. Our new seasonal address is P.O. box 704, N. Truro, MA 02652. Here's our clubhouse (aka Dan's) with a dinner party planned for August 21. Seats 20!



In April 2019 Walkabouter Dan Haslam celebrated his 65th birthday and threw a picnic party at the Gaslamp Museum (invited all of Walkabout) and featured a walk detailing 20-years of historical story telling. Joan Loomis contributed the cake and 50 people (mostly Walkabouters) turned out.

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. <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.



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

This trip is presently filled and we are accepting names on a STAND-BY LIST in case anyone has to drop out. Please call the office at 619.231.7463.

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, August 9th 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
Saturday 8/3	TBD
Wednesday 8/7	Mike L (858) 922-0738 or mlewis1944@gmail.com
Saturday 8/10	TBD
Wednesday 8/14	Ray E (760) 644-1648 or ray@escondidocoin.com
Saturday 8/17	Eva M (619) 283-1872 or evajudo@aol.com
Wednesday 8/21	Sherry M (619) 885-0055 or sherry.rokarty@gmail.com
Saturday 8/24	Don P (760) 670-6862 or dpiller@cox.net
Wednesday 8/28	PJ (858) 566-8928 or pjeffery1@sbcglobal.net
Saturday 8/31	TBD

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
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OFFICE STAFF

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

NEWSLETTER STAFF

Kathy Johnson, Dan Haslam

MAILING CREW

Charlotte Sedgwick, Beverly Stebbins, Stan Follis, Don Piller

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.

AUGUST 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
				6:30 am <i>Sunrise:</i> Coronado 10 am Shelter Island 10 am Mission Beach		TBA Hike
4	5	6	7	8	9	10
7:15 am <i>Breakfast:</i> Shelter Island 8:15 am Merry Go-Round	6:30 am <i>Sunrise:</i> Lake Murray 10 am America's Cup Harbor 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 8:30 am Lake Murray 5:30 pm Wednesday Workout	6:30 am <i>Sunrise:</i> Shelter Island 10 am Shelter Island 10 am Mission Beach	10:30 am Walkabout Board Meeting 4:00 pm Mission Hills Meander	TBA Hike 10:00 am Liberty Station Art Walk
11	12	13	14	15	16	17
7:15 am <i>Breakfast:</i> Balboa Park 8:15 am Merry Go-Round	6:30 am <i>Sunrise:</i> Marina Village 10 am Historic La Playa Trail 10 am Crown Point Area Beckons	6:30 pm Above the Bay	TBA Hike 8:30 am Lake Murray 5:30 pm Wednesday Workout	6:30 am <i>Sunrise:</i> Mission Hills 10 am Shelter Island 10 am Mission Beach	5:36 pm Sunset Cliff Views	TBA Hike
18	19	20	21	22	23	24
7:15 am <i>Breakfast:</i> Mission Beach 8:15 am Merry Go-Round	6:30 am <i>Sunrise:</i> Harbor Drive 10 am America's Cup Harbor 10 am Crown Point Area Beckons	2:00 pm Point Loma Promenade and Home Tour 6:30 pm Above the Bay	TBA Hike 11:30 am Pageant of the Masters 5:30 pm Wednesday Workout	6:30 am <i>Sunrise:</i> Eastern Balboa Park 10 am Shelter Island 10 am Mission Beach	4:00 pm Mission Hills Meander	TBA Hike 10:00 am San Diego Union Festival of Books
25	26	27	28	29	30	
7:15 am <i>Breakfast:</i> Pacific 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> Harbor Island 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 \$ _____

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.

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

NAME _____ DATE _____

ADDRESS _____

CITY _____ STATE _____ ZIP+4 _____ - _____

PRIMARY PHONE () _____ OTHER PHONE () _____

EMAIL ADDRESS _____

NEWSLETTER AND EMAIL OPTIONS

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

MAIL ONLY (physical newsletter will be mailed to your address)

BOTH (available only if support greater than Basic Level)

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AUGUST 2019

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JOIN US FOR THE PAGEANT OF THE MASTERS ONE DAY TRIP: WEDNESDAY AUGUST 21, 2019

We leave San Diego at 11:30am via a 47 passenger coach/tour bus. Stop at La Costa Park & Ride at noon to pick up North County passengers.

Arrive in Laguna Beach around 1:30-2pm. Which will give us plenty of time to participate in the art festival activities before the Pageant of the Masters show and have dinner.

Gather at the theater early enough to get into the theater, use the restroom, and get to our seats before show time, which is 8:30pm.

After the show, which will be around 10pm, board our bus for the ride home. Stop at La Costa to drop off North County passengers.

Arrive back in San Diego about 12:30-1:30am.



Drive yourself home.

The price will be \$125.00 per person.

Send your check to Walkabout International, 2650 Truxtun Rd., Suite 110, San Diego, CA 92106. Mark the memo line – *Pageant of the Masters*.

