

ARE YOU READY TO TAKE A HISTORICAL WALK IN SAN FRANCISCO?

The Sonoma County Historical Society is sponsoring its Fifth Annual 20-25 mile historical walk through San Francisco Saturday, June 6, 2009 for history and physical fitness buffs. It will be led by experienced group walker, Jeff Tobes. Check out our previous walks at: sonomacountyhistory.org The last San Francisco walk in 2007 had 53 strong and wonderful walkers. The purpose of the walk is threefold: to increase health through walking, to learn about San Francisco's unique history, and to promote Sonoma County.

Breakfast, lunch, dinner, healthy snacks, support vehicle, bus, hourly stretches, and interesting people and sights will be provided. The support vehicle will meet us every hour where we will stretch, get resupplied and shed or get clothing.

Driven by bus to the Marin County side of the Golden Gate, tentatively the route will be crossing the Golden Gate Bridge, walk through the Presidio, (Breakfast) to the Cliff House at the Pacific Ocean, along the beach, through Golden Gate Park (lunch) to Union Square, to Chinatown, to the Embarcadero and Fisherman's Wharf to dinner. The exact route will be determined by the advance team in the upcoming months, and posted on our website. Rest assured the route will be safe and flat

Tentative itinerary is:

- 4:00 a.m. - Meet at parking lot of Coddington Library in Santa Rosa (150 Coddington Center) Check in.
- 4:20 - Load onto bus
- 4:30 - Leave
- 5:30 - Arrive at the north end of the Golden Gate Bridge
- 6:00 - Begin walking across the bridge, guided through the Presidio by Ranger Marcus Combs
- 8:00 - Breakfast in the Presidio near the fire station (1917) on Lincoln Blvd. near Halleck St.
- 8:45 - Resume walk viewing the beginnings of the Presidio by Juan Bautista de Anza (All-American hero)
- 11:00 - Cliff House
- 11:30 - Enter Golden Gate Park at The Great Highway and John F. Kennedy Dr.
- 1:00 - Conservatory of Flowers at Golden Gate Park for lunch
- 1:45 - Resume walking
 - Union Square, Chinatown, Barbary Coast, Embarcadero, Fisherman's Wharf
- 6:20 - Dinner
- 7:45 - Bus picks us up
- 9:00 - Bus arrives at Coddington Library

PREPARATION:

Since no cry babies or whiners are allowed, one must be prepared physically, so shorter walks of 2, 5, 10, 15, and/or 20 miles should be taken beforehand. People will have to learn about their own body needs, such as what type of shoes and socks to wear, and, to reduce or eliminate redness and blisters should they wear two pairs of socks or Vaseline or moleskin. (If you wish to take a 20 mile Santa Rosa nature warm up walk with sixth graders in the spring let Jeff know.) Please spread the word by copying and distributing flyers from our website, and telling friends and co-workers.

WHAT TO BRING:

Rain coat (?)	umbrella (?)	towel	water bottle	camera	healthy snacks	
Scissors	hat	back pack	extra socks	mole skin	American flag	map

MORE INFORMATION:

Contact Jeff Tobes at his voice mail at (707) 284-3968 or jefftobes@hotmail.com if you have any questions and he'll get back to you. He's a sixth grade teacher at Helen Lehman Elementary School in Santa Rosa. However, this is not a school sponsored event.

COST- INCLUDES ROUND TRIP BUS RIDE AND BREAKFAST, LUNCH, DINNER AND DANCING TO THE BIG BAND TUNES OF THE MOONLIGHTERS, AND SUPPORT VEHICLE:

\$40 per person 18 years of age or older. (Includes a year's membership.)

\$30 per person 18 years of age or older, and already a member of the Sonoma County Historical Society

\$20 per person under 18 years of age

If there is not enough interest your money will be refunded. We figure we need about 30 people to make it a go.

