

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

The Sonoma County Historical Society is sponsoring its 11th 20-25 mile historical walk and its 6th through San Francisco Saturday, June 6, 2015 for history and physical fitness buffs. Check out our previous walks at: sonomacountyhistory.org. The last San Francisco walk in 2013 had 115 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. This year we will be celebrating the 100th Anniversary of the Pan-Pacific International Exposition

Breakfast, lunch, dinner, healthy snacks, support vehicle, bus, timely stretches, interesting people and sights will be provided. The support vehicle will meet us every so often 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 along the San Francisco Bay Trail (Breakfast), through the Pan-Pacific International Exposition (PPIE) sites, Fort Mason, Coit Tower, Embarcadero, Mission Bay, and Lombard St. ('world's crookedest street'), through the Presidio and to the Cliff House at the Pacific Ocean, along the beach. 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 fairly flat most of the way.

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 then along the San Francisco Bay Trail
8:00	- Breakfast at East Beach
9:00	- Tour through PPIE locations of North Beach on the way to Coit Tower
12:00	- Mission Bay
1:00	- Lunch
1:45	- Resume walking
	- Jackson square, North Beach, Lombard St, Presidio, Cliff House
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. 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 Sandy Grant at 707-542-4591 or Ray Johnson at 57ray@pacbell.net if you have any questions and they'll get back to you.

COST- INCLUDES ROUND TRIP BUS RIDE AND BREAKFAST, LUNCH, DINNER, AND SUPPORT VEHICLES:

\$60 per person 18 years of age or older. (Includes a year's membership.)

\$10 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. Please turn in your application by April 1st if at all possible so we can plan appropriately.

ENROLLMENT FORM FOR THE 20-25 MILE HISTORICAL WALK - IN SAN FRANCISCO - JUNE 6, 2015

(One form per person please)

Name _____ Age as of June 6, 2015 _____
Address _____ City _____ Zip _____
Phone _____ email _____ T-Shirt size _____

Please indicate (by circling) if you can help in any of the following ways:

Advertise your business by mailing your business card and \$50 to the Sonoma County Historical Society at Ray Johnson's address along with this enrollment form. Your card will be posted on our website around the perimeter of our route. This money will offset the cost of the bus and dinner.

Organizing or procuring water bottles Organizing or procuring healthy snacks
Computer assistance Helping with paperwork Publicity
Planning the meals Any bus connections which would give us a break in the price?
Any Sonoma County restaurant connections which would give us a break in the price?

Business card @ \$50 = _____

Adult walker(s) _____ @ \$60 (Includes 1 year's membership – New or added year to existing) = _____

People under 18 _____ @ \$10 = _____

Donation (Always welcomed) = _____

Total amount submitted _____

Make checks out to Sonoma County Historical Society and mail to:

***Sonoma County Historical Society
c/o Ray Johnson
2407 Horseshoe Dr.
Santa Rosa, CA 95405***

IN CASE OF EMERGENCY:

Who shall we call in case of an emergency _____ Relationship _____ Phone _____

Insurance carrier _____ # _____

Name of doctor _____ Hospital or doctor phone _____

List health problems to be aware of: _____

Adult Signature

Date

For people under the age of 18 years of age, please sign below, and have your parent sign also.

I, _____, will obey the rules and instructions of the leader.

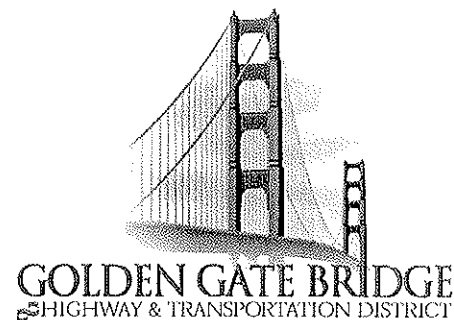
I (parent), give my child, _____, permission to attend the walking field trip on June 6, 2015 in San Francisco and ride the bus from Coddington Library to San Francisco and back again.

Parent signature

Phone

Date

EXHIBIT 'A'



WAIVER AND RELEASE OF LIABILITY

(PLEASE READ CAREFULLY)

In consideration of my entry, and of my own free will, I for myself, my heirs, executors and administrators, forever waive, release and give up any and all claims, demands, liability, damages, costs and expenses of any kind whatsoever (including personal injuries to me or my wrongful death) against the Golden Gate Bridge, Highway and Transportation District, its Officers, Directors, employees, representatives, agents, contractors and subcontractors which may arise from my participation in the event on Saturday, June 6, 2015, or while traveling to or from the event, even if caused in whole or in part by the negligence or other fault of the parties or persons I am hereby releasing, by the dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of their liability without fault. I FULLY UNDERSTAND I AM FOREVER GIVING UP, IN ADVANCE, ANY RIGHT TO SUE OR MAKE ANY CLAIM AGAINST THE PARTIES I AM RELEASING IF I SUFFER SUCH INJURIES AND DAMAGES, EVEN THOUGH I DO NOT KNOW WHAT OR HOW EXTENSIVE THOSE INJURIES AND DAMAGES MIGHT BE, AND AM VOLUNTARILY ASSUMING THE RISK OF SUCH INJURIES AND DAMAGES.

Date

Signature

Name (Please print)

**WANT TO GET IN SHAPE
AND HAVE FUN
DOING IT?**

**JOIN US FOR
A 20-25 MILE
HISTORICAL
WALK IN
SAN FRANCISCO
JUNE 6, 2015.**

For more information check out our website at
SonomaCountyHistory.org

This walk is sponsored by the Sonoma County Historical Society and is open to kids and adults (but not cry-babies or whiners are allowed.)

SONOMA COUNTY HISTORICAL SOCIETY'S 20-MILE WALK COMMEMORATING THE PANAMA-PACIFIC EXPO 100 YEAR ANNIVERSARY

JUNE 6, 2015

SONOMA COUNTY HISTORICAL SOCIETY WILL HOLD ITS 11TH ANNUAL WALK IN SAN FRANCISCO ON JUNE 6, 2015. WE WILL EXPLORE THE GROUNDS AND SOME OF THE REMAINS OF THE PANAMA-PACIFIC INTERNATIONAL EXPOSITION OF 1915 ALONG WITH MANY OTHER HISTORICAL SITES. IF YOU ARE A HISTORY, NATURE, OR FITNESS BUFF, THIS WALK IS FOR YOU!

FEE INCLUDES ROUND TRIP BUS TRANSPORTATION, BREAKFAST, LUNCH, DINNER, SNACKS, AND SUPPORT VEHICLES.
\$60 PER ADULT, \$10 IF UNDER 18

TO REGISTER CONTACT RAY: 57RAY@PACBELL.NET OR JOHN/SANDY: (707)542-4591 OR VISIT: WWW.SONOMACOUNTYHISTORY.ORG