



2010 Friendship Walk Schedule[®]

As of 2/15/10

January

1 RW Sacramento
9 FW Carmichael
16 FW Auburn
23 RW San Francisco (Land's End)
30 FW Roseville (Bea Griffin)

February

6/7 RW Vallejo (Mare Island)
13 FW Folsom
20 FW Sacramento (Natomas)
27/28 RW Lincoln

March

6 RW Petaluma
13/14 RW Citrus Heights (Pi Day)
20/21 RW Almadin Lakes
27 RW Chinese Camp (Red Hills)

April

3 RW Davis (Yolo By-Pass)
10/11 RW Los Vaqueros Watershed
17/18 RW Grass Valley/Empire Mine
24/25 RW Walnut Grove
30/2 RW Idyllwild (CVA Convention)

May

30/2 RW Idyllwild (CVA Convention)
8 RW Sacramento
12 FW Weimar (evening walk)
15/16 RW Arnold
21/23 RW Redding
26 FW Grass Valley
29 RW Knights Landing
31 FW Roseville (Peggy Plummer)

June

5/6 RW Sonora
9/10 RW Davis (El Macero)
12 FW Galt
13 RW San Francisco, Mt. Davidson
19 FW Elk Grove (Laguna West – Lakes)
23/24 RW Sacramento (Ice Cream Walk)
26/27 RW Fallen Leaf Lake

July

3 FW Placerville
10 FW Alameda
17 FW Sacramento (Sierra Oaks)
24 RW Bayland
31/1 RW Santa Rosa

August

1 RW Santa Rosa
1 FW Sebastopol
2 FW Healdsburg
4/5 RW Sacramento (Natomas-Old Sac)
7/8 RW TBD - VVV
14 FW Rancho Cordova (Hazel)
18/19 RW Granite Bay
21 FW Benicia
28 FW Canyon Dam
29 FW Quincy

September

4 FW Davis (Southeast)
6 FW Mt Shasta
7 FW Silver Falls, OR
11 RW San Francisco (McLaren Park)
12 RW TBD (Marin County)-SCS
18/19 RW Sacramento (Talk Like a Pirate)
25/26 RW Auburn

October

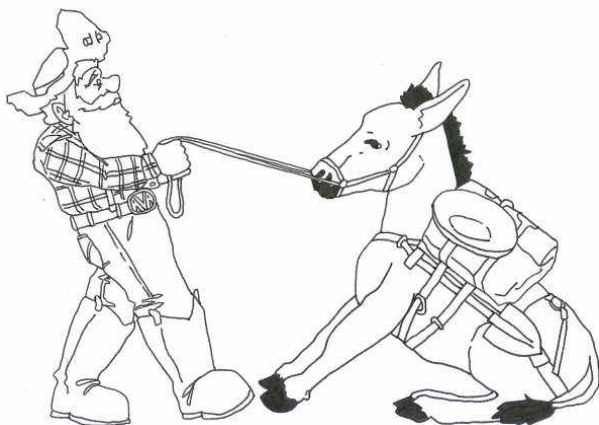
2	RW	Reno
3	FW	Reno
4	FW	Carson City
9/10	RW	Davis
16/17	RW	Redding
23/24	RW	TBD-VVV
30/31	RW	Ripon
31	FW	Modesto

November

6/7	RW	TBD-SGS
13/14	RW	Camino (Apple Hill)
20	RW	San Francisco (Corona Heights)
27	FW	Davis (University)

December

4	FW	Sutter Creek
11	RW	Monterey
12	FW	Carmel
18	RW	Rocklin
31/1	RW	Sacramento



To A Walk

Rules of Engagement:

FW in Normal Type = Friendship Walk

RW in Bold Type = Regular Walk

B = Bike event

FXS = Friendship Cross Country Ski/Snow Shoe

Note:

1. An email message will be sent for all walks on this schedule to anyone interested. The message will contain location, time, directions, and trail description with the likelihood of smart aleck remarks.
2. **Regular Walks** have a start time window usually between 8:00 AM and Noon. The *COMPASS* has information on these walks, including point of contact. You may subscribe by sending \$15 check to COMPASS, c/o Grace Holloway, 2687 Fria Springs Road, Rescue, CA 95672. (A message will be sent for these walks too.)
3. Friendship (group) Walks will routinely start at 9:30 AM, as long as the weather is cool, and then move to 8:00 AM.
4. Bike outings will not take place in rain, wind or when the route is hazardous. In those cases, bikers will be asked to do the walk. All participants must wear a helmet.
5. Staffing of Friendship Walk events is minimal and provided by other walkers to help expedite registration and get the walk started promptly at about the time indicated. We try to be available a half-hour before the start times given above, but are occasionally tardy. If you get there before help arrives, go ahead and start registration or just have patience. Don't grumble. Ohhh, go ahead if it will make you feel better.
6. This schedule is subject to change, although reluctantly. Check the Placer Pacers web - www.placerpacers.org – or Sacramento Walking Sticks' web - www.sacramentowalkingsticks.org/CalendarOfEvents.html - for the latest schedule.
7. If you are not receiving the weekly email Walk Alerts, and would like to, send an email to wayneholloway@wildblue.net.