

Hello everyone;

Welcome to Lou Bellardo, Mary Bozarth, Erika Dobler, Lucia Gonzalez and Ann Morgan, who walked with us for the first time during November.

Avenidas Walkers is a peripatetic social matrix of seniors who happen to have a walking problem. We meet each Thursday morning in the Avenidas parking lot to carpool, leaving for the trailhead promptly at 9AM.

I decided to make December an easygoing "comfort" month featuring three familiar walks.

12/03: Arastradero: Everyone is invited to walk the rising road with the "easy" group. The rising road is an out-and-back design-your-own-distance route. Please don't tell Gladys that the rising road gains about a hundred feet of elevation gain during its two-mile course-- she might elect not to walk with us! The "robust" group will walk the four mile loop with sweeping views of the bay, gaining 250 feet when we climb the ridge. Lunch afterwards at Michael's and/or Red Lotus in Ladera, or return directly to Avenidas.

12/10: Stanford Campus: We always find something interesting to do here. I think it is time for another statuary tour, myself. But who knows what will develop? Our general pattern has been 2.75 miles, then lunch at the Clark Building, then 1.25 miles back to Avenidas. Why change now? We walk directly from Avenidas. Non-members can park 1.5 to 2 blocks north of Avenidas, where the "2 hour parking" signs disappear in the residential area. It's easy!

12/17: The Dish: 3.6 miles with 380 feet accumulated elevation gain. Walk ten walks with us to earn a free "Avenidas Walkers" T shirt, so long as one of the walks is The Dish. Meet at Avenidas to carpool. Assemble at the main gate of The Dish, intersection Stanford Avenue and Junipera Serra Blvd. Parking on Stanford Avenue near the intersection of Junipera Serra Blvd sometimes requires patience. If you drive directly to The Dish, please email me, and we will wait for you.

12/24: No walk; Christmas.

12/31: No walk: New Year's Eve.

For more information, contact Hal Makin 650-948-2310 hmakin@ATT.net