

# SSF Walk 2009 on May 17th

## SSF Walk Event Schedule

Start Time	End Time	Activity
9:00am	10:00am	Sign In Begins
9:15am	12:00	Start of 10k Walk
10:00am	12:00	Start of 5k Walk
11:00am	1:00pm	Kids Games, Bingo
11:30am	1:00pm	SSF Sponsored Picnic & Lunch
12:30pm	1:00pm	Gift Give Aways
1:00pm	1:00pm	Close

## What to Bring and expect

- Dress comfortably for the walk
- Since we expect warm and sunny weather, please be prepared with sun-screen, sunglasses, caps and hats.
- Water bottles will be provided.
- Walking/Running/Sports shoes will be required for the walk
- It is a very popular public trail frequented by runners and bikers. When you hear "ON YOUR LEFT", please move to your RIGHT. ON YOUR LEFT only means that the approaching traffic is coming on your LEFT and is asking you to move to your RIGHT.
- SSF is also giving away one T-Shirt per Family ☺
- Since we plan to have a picnic after the walk, please feel free to bring your folding chairs.
- The trail path is paved but is inclined in places. For younger kids, please feel free to bring good infant stroller.
- Also, please bring the attached waiver form so as to save time during sign-in

## Coyote Hill Regional Park and Trail Information

**Address:** 8000 Patterson Ranch Road (Paseo Padre exit off Highway 84), Fremont, CA 94555-3502

**Direction to the Park:** Coyote Hills is at the west end of Patterson Ranch Road/Commerce Drive in Fremont. From I-880, take Highway 84 west, exit at Paseo Padre Parkway, turn right, and drive north about one mile. Turn left on Patterson Ranch Road. This is the park's entrance road and will take you to the picnic areas and visitor center. Parking fees apply.

**Meeting Point:** Visitor Center

**SSF Contact Information:** Tanuja (510.862.1972), Akhil (510.682.6208), Anu (510.579.6104), Reena (650.269.1220)

**Parking Charges:** \$5

**Trail Name: Bay View Trail**

**Trail Map:** [http://www.ebparks.org/files/EBRPD\\_files/brochure/coyote.pdf](http://www.ebparks.org/files/EBRPD_files/brochure/coyote.pdf)

**More Info about the trail:**

[http://www.ebparks.org/files/EBRPD\\_files/access\\_reports/BayView\\_cchills.pdf](http://www.ebparks.org/files/EBRPD_files/access_reports/BayView_cchills.pdf)

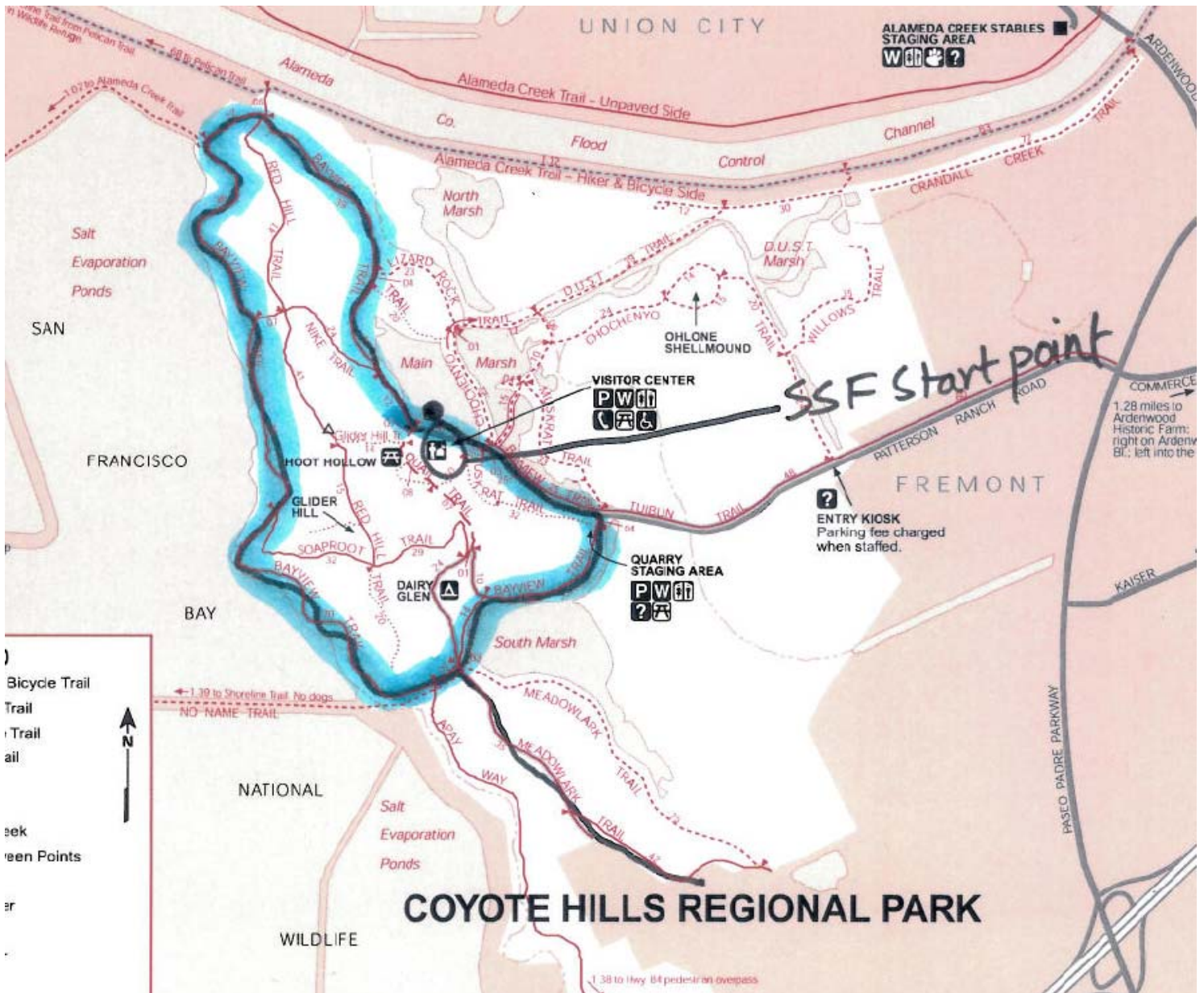
### Activities to do if you are not participating in the walk:

**Visitor Center:** Coyote Hills Visitor Center contains educational displays and exhibits as well as the Possum's Pocket Nature Store. The exhibits portray the Ohlone way of life, and include a tule reed boat constructed by park staff and volunteers using Native American methods. Other exhibits cover the park's natural history and wildlife.

**Nectar Garden:** A bird and butterfly nectar garden is located adjacent to the visitor center. Currently the garden is open to the public Wednesday through Sunday, 10 am to 4 pm. Several naturalist-led educational programs are offered in the garden during the year

**Nature Study:** In addition to taking part in the naturalist programs publicized on park bulletin boards and in the Park District's monthly newsletter, you may want to strike out on your own. Bringing along a magnifying glass, camera, a pair of binoculars, and maybe a sketch book will help to enhance your experience. Remember to wear sturdy walking shoes and bring liquids and a snack. Information about what to see and where to go is available in the visitor center.

More details can be found : [http://www.ebparks.org/parks/coyote\\_hills#trailmap](http://www.ebparks.org/parks/coyote_hills#trailmap)



## SSF Walk 2009 Waiver Form

I, the undersigned, hereby waive and release any all rights and claims I may have against Small Steps Foundation for damages which I or my family may have arising out of said event. I am physically fit and using my good judgment in choosing to participate in this walk. Further, I hereby grant full permission to any and all the forgoing to use any pictures or any other record of this event for any purpose whatsoever.

If signed by a parent, the parent agrees to release and hold the above named organizations and persons harmless of any claims that may be asserted by or on behalf of the entrant.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_

Comma Separated names of other family members: \_\_\_\_\_

\_\_\_\_\_

Signature: \_\_\_\_\_

(Parent Signature (if under 18 years of Age))

**All participants in the walkathon must sign this form, BEFORE participating in the SSF Walk 2009.**

**Small Steps Foundation**

**40471 Torenia Circle, Fremont, CA 94538**