

# The Pacific(a) Coast

**DATE:** Saturday, Sept. 10, 2022  
**SANCTION NO:** PA22/121634  
**SPONSOR(S):** San Francisco Bay Bandits

**LOCATION:** Palmetto Ave & Surf St, Pacifica, 94044  
**START TIME:** 9:00 am to Noon  
**FINISH TIME:** 3:00 pm  
**DISTANCE(S):** 10K & 6K Walks  
**DESCRIPTION:** Occupied before & after the Spanish discovery of the Bay, it didn't become Pacifica until 1957 when it was named in a contest & incorporated. Its relative isolation helps give it a small town feel & its beautiful location is renewing. Enjoy the amazing views as you stand on Mori Point looking out over the vast Pacific Ocean. Walk along the coastal trail, golf course on your right, while powerful waves crash onto the beach. See the 9/11 Liberty Memorial Garden & descend the Bootlegger's Steps. Enjoy the charming "downtown" & the delightful Rockaway Beach. Pacifica will surprise you.

**TRAIL:** Rating: 10K – 2C and 6K – 1B. On sidewalks and dirt trails. Not suitable for wheelchairs and strollers, request reroute at registration.

**SPECIAL PROGRAMS:** Clock, LFL, May, TH/CH, USA

This event is sanctioned by the American Volkssport Association (AVA), a member of the International Federation of Popular Sports. This event counts towards the acquisition of IVV Achievement Awards.

**FEES: Credit only is \$3.00.** Anyone may participate for free if no credit is desired. Donations welcome but not required.

**REGISTRATION: Please fill out the start card on the back of this brochure prior to the walk and bring it to the event.**

**INFORMATION CONTACT:** Mary Bond (415) 336-0609  
(leave message but will answer on walk day) or [bondsf@gmail.com](mailto:bondsf@gmail.com).  
More Information:

<https://www.facebook.com/SanFranciscoBayBandits>; [AVA.org](http://AVA.org) and [CVA4u.org](http://CVA4u.org)

**STIPULATIONS:** This event is open to everyone. With registration for these events, the participants accept the guidelines for AVA Volkssport events and agree to observe the principles of good sportsmanship. Littering is prohibited. Children under 12 must be accompanied by an adult.

**EVENT CONDITIONS:** This event will take place regardless of weather conditions. There will be no refund for credit fee.

**DISCLAIMER:** The sponsors are not liable for accidents, thefts, and/or material damage. Every reasonable effort will be made by the sponsors to make this a safe, enjoyable, and memorable event. A waiver must be signed by those participating in any event. A parent or guardian must sign for children under 18.

**MISCELLANEOUS: Masks may be required to enter bldgs.** On-street parking. Restrooms along route. See Directions for start restroom. Bring water. Restaurants/picnic opportunities along routes. Hiking poles recommended for about ¼ mi of the 10K. Dogs on leash welcome with clean-up.

**DIRECTIONS:** For GPS use "Safeway, Manor Plaza, Pacifica CA" (for first restroom access), then/or "Ingrid B Lacy School" for Start Point (Palmetto & Surf).

*Following are directions to Restroom (Safeway), then to Start Point:*

**FROM SO** – I-280N to Exit 41, Skyline & Pacifica. 3+ mi to turn Left on Manor Dr. Pass Palmetto Ave & Right into Manor Plaza & Safeway. **See ALL. FROM EAST** – Cross Bay Bridge & use right lanes to take Exit 431 to I-280S, Daly City, then keep Left. In about 6 mi keep Right, follow signs for CA-1S and Pacifica, Exit 47B. 2+ mi & take Exit 507, Palmetto Ave, stay Left. Turn Right on Manor Dr and enter Manor Plaza & Safeway. **See ALL. FROM NO** – Cross GGBridge & take Exit 438, 19<sup>th</sup> Ave, GGPark. About 8 mi merge onto I-280S and move Right to Exit 47B, CA-1S & Pacifica. 2+ mi & take Exit 507, Palmetto Ave, stay Left. Turn Right on Manor Dr and enter Manor Plaza & Safeway. **See ALL. ALL** – Return to intersection, Right onto Palmetto, about 1 mi to Surf St & Start Point.



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**AMERICA'S  
WALKING CLUB**

— ESTABLISHED 1976 —



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<b>AVA® OFFICIAL EVENT START CARD</b>		Start No.
Name _____		
Address _____		
City _____	State _____	Zip _____
E-Mail _____		
Distance _____ km	Paid \$ _____	STAMP # _____
<p align="center"><b>DISCLAIMER OF LIABILITY</b></p> <p>In consideration of being allowed to participate in any way in AVA walksporting programs and related events and activities, the undersigned:</p> <ol style="list-style-type: none"> <li>Agrees that before or during my participation, if I believe anything is unsafe, I will immediately advise the event supervisor or other person in authority at the walksporting program and the related events and activities of such conditions and refuse to participate;</li> <li>Acknowledges and fully understands that each participant will be engaging in activities that involve the risk of serious injury, including permanent disability and death and severe social and economic losses which might result not only from my own actions, inactions or negligence of others, or the condition of the premises, the trail or any equipment used. Further, that there may be other risks not known to us or not reasonably foreseeable at this time.</li> <li>Assumes all the foregoing risks and accept personal responsibility for the damages following such injury, permanent disability or death;</li> <li>Release, waive, discharge and promise not to sue the American Volkssport Association, its affiliated clubs, their respective administrators, directors, agents, or other volunteers and employees of the organization, other participants, sponsoring agencies, sponsors, advertisers and if applicable, owners and lessors of premises used to conduct the event, all of which are hereinafter referred to as "releasess", from demands, losses or damages on account of injury, including death or damage to property, caused or alleged to be caused in whole or in part by the negligence of the releasess or otherwise.</li> <li>Members, please be aware that when you share photos, via digital image or otherwise, with AVA, such photos or images become the property of AVA And AVA, its legal representatives and assigns, retain the right and permission to publish, any such photo or image in any written or electronic publication, including Checkpoint or TAW, on social media, websites, or in audiovisual presentations, promotional literature, advertising or in similar ways.</li> </ol>		
Signature _____		Date _____
		NEW WALKER
		COUPON USED
		AWARD W/ IVV CREDIT
		IVV CREDIT ONLY
		NON-IVV PARTICIPANT
		FREE

**10K and 6K**

**San Francisco, CA**

**Saturday, Sept 10, 2022**

