



**AC FALL FOLIAGE WALK  
LAKE MIRAMAR**

The walk was a great success! The weather couldn't have been better. 19 participants from 8 chapters showed up, all raring to go. It's easy to map out how far you plan on walking the 5 mile course. There are markers every 1/4 miles. The majority walked or ran the entire way.

This was the second time that AC Jean Stacy has joined our walk, inviting her coastal and Inland/north chapters to participate. Lake Miramar is closer for them and less driving involved.

Marilyn Harmaning from CA0858 San Diego and Mary Hunt, CA0721 Chula Vista bettered their times which put a big smile on their faces. Debbie McAnulty, CA385 Poway and Mary Hunt both participated in the 'Half Marathon' on the Silver Strand, both, again, bettering their best time! WTG girls.

**Northern Lake Miramar**



**Jean and I setting up!**



**Southern Lake Miramar**



The last page of the newsletter has more photos of all of our members who joined in the 5 mile walk around Lake Miramar. It was a lot of fun and, since we're starting a brand new year, there will be another walk BEFORE SRD in May. I'll have the date in our January Newsletter. What's say we try to make the Spring Fever Walk the biggest we've had? Missed our Chino group but know they'll be there in the Spring.

If you need any forms, let me know and I'll pop them in the mail to you. Or, if it's close to a workshop, I'll be sure and have them placed in your folder. The forms are, of course, on the TOPS web site: [www.tops.org](http://www.tops.org). Visit our area web site, [www.whywelovetops.com](http://www.whywelovetops.com), for chapter contests, games and other information.

Still missing 6 chapter visit dates! Call or email me with a date in the first three months of 2011. Brand new program for you! See you next month!!



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