



SHAPE UP WALKING CHALLENGE

Watch Us Walk the Coast of California



▼ FINISH

CA/Oregon Border (1016)

◦ Crescent City (996)

◦ Eureka (911)

◦ Leggett (820)

◦ Mendocino (767)

◦ Bodega Bay (665)

◦ San Francisco (602)

◦ Monterey (488)

◦ San Simeon (392)

◦ San Luis Obispo (347)

◦ Santa Barbara (241)

◦ Malibu (167)

◦ Anaheim (111)

◦ San Diego (16 miles)

California

Need motivation to exercise?

Looking for someone to workout with?

Want a place to track your progress
and work toward a goal?

Interested in finding fun, FREE physical
activity in SF?

Registration
Begins Feb 1!

March 1 — May 7,
2010

Learn More and Register at
www.shapeupsfwalkingchallenge.com

▲ START
CA/Mexico Border