

# LA MESA WALKS!



## September and October



*Morning walks are slower paced : 1-2 mi. Evening walks are faster paced & include hills: ~3 mi.*

**TUESDAY | September 5 | 5:00pm-6:30**

**“Meetup”** at Harry Griffen Park  
9550 Mildan Street, La Mesa, CA 91942

**TUESDAY | September 12 | 9:00am-10:30am**

**“Meetup”** at Porter Park Outdoor Fitness Plaza  
4850 La Mesa Blvd, La Mesa, CA 91942

**TUESDAY | September 19 | 9:00am-10:30am**

Meet at Lake Murray at the Boat Docks  
Enter through Kiowa Street  
*Learn the health benefits of walking with a group*

**TUESDAY | September 19 | 5:00-6:30pm**

**“Meetup”** at MacArthur Park  
4900 Memorial Drive, La Mesa, CA 91942

**TUESDAY | September 26 | 9:00am-10:30am**

**“Meetup”** at the La Mesa Library  
8074 Allison Avenue, La Mesa, CA 91942

**NOTE START TIMES  
CHANGED  
DUE TO SUNSET**

**For more information contact**  
**619-667-1300**  
**SRTS@ci.la-mesa.ca.us**  
**www.cityoflamesa.us**



**TUESDAY | October 3 | 4:30-6:00pm**

**“Meetup”** at Vista La Mesa Park  
3995 King Street, La Mesa, CA 91941

**TUESDAY | October 10 | 9:00am-10:30am**

**“Meetup”** at Porter Park Outdoor Fitness Plaza  
450 La Mesa Blvd, La Mesa, CA 91942

**TUESDAY | October 17 | 9:00am-10:30am**

Meet at Lake Murray near ball field  
6311 Park Ridge Blvd, San Diego  
*Learn the native plants of Lake Murray*

**TUESDAY | October 17 | 4:30-6:00pm**

**“Meetup”** at Briercrest Park  
9001 Wakarusa Street, La Mesa, CA 91942

**SUNDAY | October 22 | 12:00-5:00pm**

**Bld Stroll; Halloween Children and Pet Parade**  
Meet in front of Yogurt Mill  
8157 La Mesa Blvd, La Mesa, CA 91941

**TUESDAY | October 24 | 9:00am-10:30am**

Meet at the La Mesa Library  
8074 Allison Avenue, La Mesa, CA 91942

Follow us on Twitter @ConnectLaMesa  
Join the Connect La Mesa **“MeetUp”** group