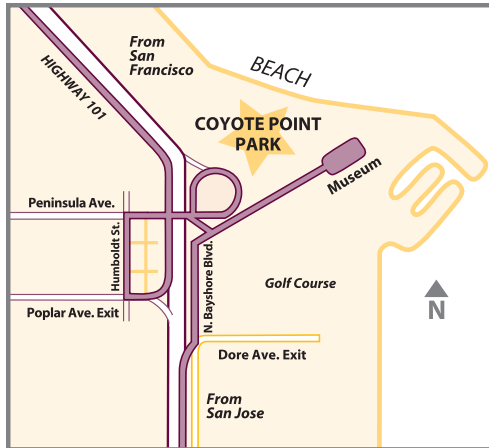




Soul Stroll™
FOR HEALTH 2004

SATURDAY, MAY 15, 2004 SCHEDULE

- 9:30am Registration
- 10:15 Warm-up
- 10:30 Walk
- Lunch following your walk



Directions to Coyote Point Park in San Mateo

When coming from the north (San Francisco)

- Use Highway 101 South
- Take the Poplar Ave. exit
- Turn right onto Humbolt until Peninsula Ave.
- Turn right onto Peninsula Ave.
- Go over the freeway, and then circle around and into the park

When coming from the south (San Jose)

- Use Highway 101 North
- Take the Dore Ave. exit
- Immediately turn left onto North Bayshore Blvd.
- Turn right onto Coyote Point Drive to the park

SamTrans buses provide service to key destinations throughout San Mateo County and San Francisco, such as work, schools, malls, civic centers and parks. Please visit Samtrans web site to find out how you can take one of their buses to the park.