

Cheering Stations!

Remember, early detection helps save lives.

A Project of the Avon Foundation, a 501(c)(3) public charity AVONWALK.ORG



Avon Walk for Breast Cancer San Francisco July 11-12, 2009

Here's a list of the best locations for friends and family to safely cheer on Walkers along the route. Please be a courteous neighbor, leave the Cheering Station as clean as you found it and obey all traffic rules so that we'll be invited back next year. And don't forget to bring your Avon Walk flair, posters, music, etc.! This is your time to have fun while supporting a great cause!

SATURDAY – JULY 11, 2009

Richmond District (Mile 1.5)

Fulton Street and Park Presidio Blvd, San Francisco 94118

Peak Viewing Times: 7:00am – 8:15am

[Click here for MAP](#)

Directions: Cheering Station is located on the grassy knoll behind the sidewalk, to the left of the covered Bus Stop. Fulton borders the north side of Golden Gate Park in the Richmond District and is accessible from the US-101 North via Fell Street, and US-101 South via 19th Avenue onto CA-1 South. Street parking available on 14th Street and Fulton. Pay attention to 2-Hour limited parking signs in the Avenues.

Notes: The Richmond District is a neighborhood in the northwest corner of San Francisco. It was named by Australian immigrant and Japanese fine art dealer, George Turner Marsh. The district was originally an expanse of rolling sand dunes and is collectively referred to as The Avenues. When supporting participants, please **refrain from using whistles, cowbells, horns or other noisemakers.**

West Coast Memorial Sign – The Presidio (Mile 4.4)

Washington Blvd and Harrison Blvd, San Francisco 94129

Peak Viewing Times: 7:30am – 10:00am

[Click Here for MAP](#)

Directions: The West Coast Memorial Sign is a curved driveway on Washington Blvd before Harrison Blvd. Road will be closed to vehicles and coned from Kobbe Avenue through Upton Avenue the morning of the Walk, open only to residents. You will need to walk into the Presidio from Lincoln Blvd.

Notes: The Presidio of San Francisco was the oldest Army installation operating in the American West and one of the longest-garrisoned posts in the country. The West Coast Memorial Sign is near the World War II West Coast Memorial, located on a high ground within the Presidio, overlooking the entrance to San Francisco Harbor.

Joseph B. Strauss Statue – Golden Gate Bridge (Mile 5.6)

South end of Golden Gate Bridge, Cranston Road and Redwood Hwy, San Francisco 94129

Peak Viewing Times: 8:00am – 10:00am

[Click Here for MAP](#)

Directions: Statue is located on sidewalk across from the Bridge Café in the Southeast Parking Lot off Cranston Road at the Transit Transfer Facility of the Golden Gate Bridge. Metered parking is available in the lot.

Notes: Joseph Baermann Strauss was the Chief Engineer of the Golden Gate Bridge, the longest suspension bridge span in the world when it was completed in 1937, and an internationally recognized symbol of San Francisco and California. Please note that no signs or literature are allowed on the Golden Gate Bridge.

Fort Baker Lookout Point (Mile 9.3)

East Road between Fort Baker and Alexander Avenue, Sausalito 94965

Peak Viewing Times: 8:00am – 11:00am

[Click Here for MAP](#)

Directions: From Fort Baker, Center Road becomes East Road. There is a large dirt turnaround at the Lookout Point at the top of East Road where you may park and cheer. The lot is prior to a stop sign when East Road becomes Alexander Avenue. When driving up the hill from Fort Baker please mind the cones for Walkers traveling single-file.

Notes: Fort Baker is one of the most famous components of California's Golden Gate National Recreation Area. The Fort, which borders the City of Sausalito in Marin County and is connected to San Francisco by the Golden Gate Bridge, served as an Army post until the mid-1990s. Gather at picnic tables to cheer on Walkers as they pass the Fort Baker Rest Stop and encourage them as they travel up the steep hill toward Sausalito.

Scoma's Sausalito (Mile 9.9)

588 Bridgeway, Sausalito 94965

Peak Viewing Times: 8:30am – 12:00pm

[Click Here for MAP](#)

Directions: Restaurant along Sausalito Waterfront. There is no parking on the north side of Bridgeway in front of the restaurant. Plentiful residential and metered parking is available starting at Bridgeway and Princess. Metered parking at the Sausalito Ferry Landing near The Spinnaker Sausalito, a short walk from Scoma's Sausalito. There is valet parking available at the Casa Madrona Hotel & Spa nearby as well.

Notes: Scoma's Sausalito is an enchanting destination serving the freshest seafood in the Bay Area. Gather on the sidewalk or boardwalk taking care not to block the main doors or walkway to restaurant.

Taste Of Rome (Mile 10.5)

1001 Bridgeway, Sausalito 94965

Peak Viewing Times: 8:30am – 12:00pm

[Click Here for MAP](#)

Directions: Restaurant located where Bridgeway and Caledonia Street meet near Johnson Street, between the Sausalito/Marin City exit and the Alexander exit on US-101. Metered street parking is available on Bridgeway and Caledonia. Lot parking available at the Sausalito Ferry Landing less than a tenth of a mile away.

Notes: Described as the best coffee and pasta in Marin. Their breakfast dishes can't be beat.

Earl F. Dunphy Park (Mile 11.0)

1600 Bridgeway, Sausalito 94965

Peak Viewing Times: 9:00am – 1:30pm

[Click here for MAP](#)

Directions: From US-101 North exit Sausalito/Marin City, go straight on Bridgeway. From downtown Sausalito travel on Bridgeway. Dunphy Park is on the Marina/water side between Napa and Litho Streets. Street parking available along Bridgeway.

Notes: Gather on Bridgeway lawn beyond benches and gazebo.

Shoreline Office Center (Mile 13.1)

100 Shoreline Highway, Mill Valley 94941

Peak Viewing Times: 9:30am – 2:00pm

[Click here for MAP](#)

Directions: From Sausalito head northwest on Bridgeway taking US-101 North, exit CA-1/Shoreline Hwy toward Stinson Beach/Mill Valley. From opposite direction head southeast on US-101 South and take CA-1/Shoreline Hwy. Take first right on Pohono Street and left into parking lot. Parking available on-site in lot.

Notes: Please keep to south end of parking area and do not block the Bay Trail. Walkers will be coming from both directions at peak times. Gather at entrance to Plaza in the morning across from Terra Teak Outdoor Furniture to cheer participants. In the afternoon Walkers will be coming from opposite direction on Bay Trail. This Rest Stop/Cheering Station is at the halfway mark for Day One. Walkers may take a break at Rest Stop and either continue into Mill Valley or return via bus to the Wellness Village.

Yoga Works (Mile 15.1)

650 E. Blithedale Avenue, Mill Valley 94941

Peak Viewing Times: 10:00am – 2:00pm

[Click Here for MAP](#)

Directions: Northwest corner of E. Blithedale Avenue and Camino Alto. Abundant free parking is available throughout the day in their parking lot.

Notes: Yoga Works offers hundreds of classes a week of varying levels and types of yoga. This is a large intersection with heavy traffic. Please pay attention to Walkers as they pass against traffic and cheer them on toward the beautiful residential neighborhoods of Mill Valley. The Yoga Works studio borders the Marin Wetlands and the Mill Valley Community Center.

Whole Foods Market (Mile 15.8)

414 Miller Avenue, Mill Valley 94941

Peak Viewing Times: 10:30am – 2:00pm

[Click here for MAP](#)

Directions: US-101 North, exit Mill Valley/Stinson Beach and merge onto Hwy 1. Continue on Almonte Blvd, continue on Miller Avenue. Store is on east side of road at Evergreen. From Yoga Works turn left on Nelson, right on Sycamore, merge left onto La Goma and left on Miller Avenue.

Notes: Whole Foods Market is the world's largest retailer of natural and organic foods, with stores throughout North America and the U.K. For this Cheering Station please stay on sidewalk and do not block vehicles, parking lot or pathways. Please park at street meters and side street residential parking.

Shoreline Office Center (Mile 17.5)

100 Shoreline Highway, Mill Valley 94941

Peak Viewing Times: 9:30am – 2:00pm

[Click here for MAP](#)

Directions: From Sausalito head northwest on Bridgeway taking US-101 North, exit CA-1/Shoreline Hwy toward Stinson Beach/Mill Valley. From opposite direction head southeast on US-101 South and take CA-1/Shoreline Hwy. From Miller Avenue head east, taking slight left at Almonte Blvd. Slight left at CA-1/Shoreline Hwy. Turn into parking lot and park on-site.

Notes: Please keep to south end of parking area and do not block the Bay Trail. Walkers will be coming east from Mill Valley during this second pass.

Habitat Books (Mile 20.0)

803 Bridgeway, Sausalito 94965

Peak Viewing Times: 11:00am – 4:00pm

[Click Here for MAP](#)

Directions: From Mill Valley take CA-1/Shoreline Hwy merge onto US-101 South. Take Sausalito exit, turn left at Donahue Street, right on Bridgeway. From San Francisco take US-101 North, exit onto Rodeo Avenue. Turn left at Nevada Street, right on Bridgeway. Valet parking is available at Casa Madrona Hotel & Spa. Metered parking available across the street near The Spinnaker, Gabrielson Park and the Sausalito Ferry Terminal.

Notes: Featuring new, used and audio books, Habitat Books is located between the entrance to the Casa Madrona Hotel & Spa and Fish 'n Chips/Lappert's Ice Cream. Please stand on sidewalk outside this Marin County independent bookstore.

Fort Baker – East Road Lookout Point (Mile 22.0)

One-half mile south of East Road and Alexander Avenue intersection, Sausalito 94965

Peak Viewing Times: 11:00am – 5:00 pm

[Click here for MAP](#)

Directions: From US-101 North exit Alexander Avenue. Go straight on Alexander, turn right on East Road. Drive approximately ½ mile south on East Road. Cheering Station is on left by picnic tables, a lookout point overseeing Fort Baker. There is a large dirt turnaround at the Lookout Point where you may park and cheer.

Notes: This is the second pass for Walkers at this Cheering Station as they return from Mill Valley and Sausalito. Give them the extra support they need as they head back to the Golden Gate Bridge and San Francisco.

Warming Hut Bookstore and Café (Mile 25.5)

Presidio Building 983, Marine Drive and Long Avenue, San Francisco 94129

Peak Viewing Times: 12:00pm – 7:00pm

[Click Here for MAP](#)

Directions: Presidio Building 983 is at the end of Crissy Field, near Fort Point and the Golden Gate Bridge and across from the fishing pier and behind the West Bluff Picnic Area. Enter parking lot from Old Mason Street. Or park in the Marina District and take a walk along the East Beach shoreline to the Warming Hut.

Notes: Final Cheering Station before the Wellness Village! We need supportive and enthusiastic Cheering Station Volunteers to help encourage Walkers home on this final stretch. Stand at backside of building as Walkers come from the Golden Gate Bridge past East Battery Path to Long Avenue.

Crissy Field (Mile 26.2)

924 Old Mason Street – The Presidio, San Francisco 94129

Peak Viewing Times: 12:00pm – 7:00pm

[Click here for MAP](#)

Directions: The Wellness Village will be located on Old Mason Street in the Presidio beyond the Marina Harbor, past the Crissy Field Center and Sports Basement. Visitor entrance is on Old Mason Street near Stillwell. Park at the Crissy Field lot just off Old Mason Street, or at Fort Point just below the Golden Gate Bridge. If you're using a GPS, enter 603 Mason Street, which is the Visitor Center address. Visitors may park in the lot behind Sports Basement (610 Mason Street) next to Presidio Building 640 off Halleck Street until 8:00pm. Please do not park in the Sports Basement parking lot as these spots are owned by Presidio Trust and you may be ticketed. There is also ample parking at the East Beach Parking across from the Crissy Field Center, located west of the Marina Gate. Additional parking is available at the Presidio Parade Ground on Lincoln Blvd at Montgomery Street. These are all within walking distance.

Notes: Crissy Field was originally an airfield, part of the United States Presidio Army Base, named to honor Major Dana Crissy. The Presidio ceased all military operations and the base became part of the federal Golden Gate National Recreation Area under the Base Closure Act, in the 1990s, when the tidal flats were also restored. Cheer the Walkers across the finish line to their home away from home, the Wellness Village!

SUNDAY – JULY 12, 2009

Golden Gate National Recreational Area Yacht Harbor (Mile 0.6)

30 Yacht Road, San Francisco 94123

Peak Viewing Times: 7:30am – 8:30am

[Click Here for MAP](#)

Directions: Gather at Yacht Harbor Parking Lot near East Beach. San Francisco Marina is located near public shore and volleyball courts. Drive or walk along Marina Blvd. As you pass Pedestrian Way Marina Blvd becomes Old Mason Street. Make an immediate right on Lyon Street into the Yacht Harbor parking lot. There is ample parking available.

Notes: Walkers will be leaving the Wellness Village at Crissy Field, walking along waterfront path to Marina Blvd. Hands down - this is one of the more picturesque views of the San Francisco Bay!

Starbucks Coffee Company (Mile 3.0)

2163 Polk Street, San Francisco 94109

Peak Viewing Times: 7:30am – 9:00am

[Click here for MAP](#)

Directions: Gather on the corner of Polk Street and Vallejo. Metered street parking and residential neighborhood street parking is available. Please respect “No Parking” signs.

Notes: Please do not block patio or entrance to Starbucks, but do enjoy their brewed coffee, espresso-based hot and cold drinks and various food and treats.

Project Open Hand (Mile 4.8)

730 Polk Street, San Francisco, CA 94109

Peak Viewing Times: 8:00am – 10:30am

[Click Here for MAP](#)

Directions: Project Open Hand located at the corner of Polk Street and Ellis Street in the Tenderloin. Street parking is available on Polk and surrounding streets, including Van Ness Avenue, a short block away.

Notes: Project Open Hand has been an Avon Walk beneficiary since 2005, developing nutritional meal delivery to low-income homebound people in San Francisco suffering from breast cancer.

Leather Etc. (Mile 5.7)

1201 Folsom Street, San Francisco 94103

Peak Viewing Times: 8:30am – 11:00am

[Click Here for MAP](#)

Directions: Store located at the corner of 8th Street and Folsom Street. Street parking available along Folsom Street.

Notes: Leather Etc. has been a unique retailer in the San Francisco community since 1991. Gather on sidewalk to show your support!

San Francisco Design Center (Mile 6.2)

2 Henry Adams, San Francisco 94103

Peak Viewing Times: 8:30am – 11:00am

[Click here for MAP](#)

Directions: Henry Adams is beyond the meridian traffic circle where 8th meets Townsend/Division streets. Henry Adams becomes Kansas at 15th Street. Plentiful street parking available. Please do not park in any reserved parking spots.

Notes: The San Francisco Design Center is your best destination for fine home furnishings. Gather on corner near SF Design Center entrance, which is closed on Sundays. You may stand on the steps or sidewalk.

Charlotte Maxwell Complementary Clinic (Mile 8.0)

2601 Mission Street, San Francisco 94110

Peak Viewing Times: 9:00am – 12:00pm

[Click Here for MAP](#)

Directions: Cheering Station will be on 22nd Street before Mission Street near US Bank. Limited street parking available, however Charlotte Maxwell is very near the 24th Street BART Station at 24th Street and Mission Street.

Notes: Since 2004 the Avon Foundation for Women has supported the Charlotte Maxwell Complementary Clinics in Oakland and San Francisco, which provide free alternative medicine

treatments to women with breast cancer. Charlotte Maxwell will have signage along the metal grating where you may gather and join in the cheering fun!

Chow Church (Mile 9.4)

215 Church Street, San Francisco 94114

Peak Viewing Times: 9:30am – 12:45pm

[Click Here for MAP](#)

Directions: Located at the corner of Church Street and Market Street, next to Aardvark's Books and the Pilsner. Limited residential parking and street parking available, but very accessible by MUNI lines J, M, L, K and N.

Notes: Since 1997 Chow has been serving healthy, high quality comfort food with the idea that everyone should eat well! Please stand on sidewalk near corner of Church and Market streets. Please do not block entrance to Chow.

The Grind Café (Mile 10.1)

783 Haight Street, San Francisco 94117

Peak Viewing Times: 10:00am – 12:45pm

[Click Here for MAP](#)

Directions: In the Lower Haight between Pierce Street and Scott Street. Street parking limited but within walking distance from the N Judah MUNI line and Duboce Park.

Notes: Enjoy breakfast, specialty sandwiches, salads, smoothies and various organic coffees and beverages at this local establishment. Seating is available outside for customers. Please do not block sidewalk or entrance to Café.

Panhandle Path (Mile 11.2)

Fell Street and Clayton Street, San Francisco 94117

Peak Viewing Times: 10:45am – 1:45pm

[Click Here for MAP](#)

Directions: Panhandle Path is bordered by Fell Street on the south and Oak Street on the north near Haight-Ashbury. Residential street parking available along both sides of the Panhandle Path and side streets, including Clayton Street and Masonic Avenue.

Notes: Gather at the basketball court next to the Panhandle Path between Ashbury Street and Clayton Street.

Conservatory of Flowers Lawn, Golden Gate Park (Mile 11.7)

John F Kennedy Drive at Conservatory Drive, Golden Gate Park, San Francisco 94117

Peak Viewing Times: 11:00am – 2:00pm

[Click here for MAP](#)

Directions: Take Geary Blvd to Arguello, which then becomes Conservatory Drive. JFK Drive and Arguello are closed to vehicles on Sundays. Please utilize street parking in Golden Gate Park or surrounding neighborhoods. Paid parking is available at the Music Concourse Garage for \$3.00/hour. Access to the Music Concourse Parking Garage is from Fulton Street at 10th Avenue.

Notes: The Conservatory of Flowers is a large botanical greenhouse in Golden Gate Park, constructed in 1878. It is the oldest building in Golden Gate Park and the oldest municipal wooden conservatory remaining in the United States. Gather on lawn in front of Conservatory near pathway as Walkers approach. This is the last Cheering Station before they reach the finish line at Speedway Meadow.

Speedway Meadow, Golden Gate Park (Mile 13.1)

794 JFK Drive between 30th Avenue and Transverse Drive, San Francisco 94122

Peak Viewing Times: 11:00am – 2:30pm

[Click Here for MAP](#)

Directions: Parking at Speedway Meadow is free on John F. Kennedy Drive, west of 30th Avenue and east of Transverse Drive. We also suggest parking along Fulton, 25th Avenue, or any of the Avenues north of Fulton for a short walk into Golden Gate Park. Please be sure to follow all posted parking signs. There is also paid parking at the Music Concourse Garage for \$3.00/hour,

approximately ½ mile from Speedway Meadow. Access to the north entrance of the Music Concourse Garage at Fulton Street and 10th Avenue, and you can also access the south entrance at Concourse Drive and Martin Luther King Drive inside the Park. The Music Concourse Garage is open 7 days a week from 7:30am-10:00pm year-round.

Notes: Back to where it all started on Saturday morning! Walkers have walked for two days and 39.3 miles in the fight against breast cancer. They really need your high fives as they cross the finish line!

Public Transportation: For detailed San Francisco public transportation information and times, please visit www.511.org, www.transitinfo.org or www.sfmuni.com. You may also contact MUNI at 415-673-6864 and the San Francisco Municipal Transportation Agency at 415-701-4500. For Bus and Ferry Transit Trip Planning information from San Francisco to Marin visit <http://goldengateferry.org/> or call the Golden Gate Ferry at 511 (toll-free) or 415-455-2000 outside the Bay Area. Visit www.goldengatetransit.org for detailed information regarding bus transfers from San Francisco to Marin County. For general information on the Golden Gate Bridge contact 415-921-5858 and Bay Area FasTrak at 877-229-8655.

***We look forward to seeing you on the route, cheering on our Avon Walkers!
Thank you for supporting the Avon Walk for Breast Cancer.***