



For Immediate Release

LOCAL GURU DISPENSES WALKING WISDOM

San Carlos, CA, June 1, 2003—Thousands of Bay Area residents know nothing about yoga or meditation, but they do share a guru. They’re people with a passion for walking. They amble to improve their health, clear their minds, or simply enjoy the outdoors. The man who inspires them is Tom Davids, known affectionately as “Trekker Tom” by fans of his syndicated *Weekly Walker* column.

Davids is the poster boy for walking. His enthusiasm and two feet carry him near and far—down hometown streets, around the Bay, and across the hills. His most ambitious walk: a 190-mile trek from the western shores of the Irish Sea to Robin Hood’s Bay on England’s east coast. “Walking is really the most enjoyable movement,” Davids says. “We take it for granted every day, yet it’s the best physical and spiritual medicine we can get without a prescription.”

Trekker Tom encourages readers to turn off the TV and set out on foot to see their neighborhoods, explore the country and experience the world. He inspires, they respond. Readers contact the Independent Newspaper Group regularly with the same question: When can they expect a bound collection of Davids’ columns? They need wait no longer. Next month, he’ll publish *Weekly Walker Favorites*, a 144-page book sized to fit into a pocket or backpack. Sixty-four walks in five Bay Area counties—Alameda, Marin, San Francisco, San Mateo and Santa Clara—are sorted geographically and by interest:

• Short (under 3 miles)	• Along the coast
• Medium (3-7 miles)	• By the Bay
• Long (over 7 miles)	• With your dog
• Grandpa-suitable	• Walks with lunch available
• Rainy day (without mud!)	along the way

*The most comprehensive, well-organized guide of Bay Area walks we’ve ever seen.
Taking this book along is like having Davids as your personal escort.*
– Ray Richards, Bay Area People for Parks

Weekly Walker Favorites includes maps, descriptions, and points of interest along the way. Available for \$15.00 (tax and shipping included) from Vulture Press, PO Box 1045, San Carlos, CA 94070. Contact Veralyn Davids for review copies or to schedule an interview or speaking engagement with Trekker Tom.