



## San Diego Coastkeeper

Wednesday, March 17, 2010

### Coastkeeper Brings City Heights 3rd Annual Walk the Watershed

*Community members, students to learn about Swan Canyon on Saturday*



Participants in last year's Walk the Watershed learn about native plant species before they each planted their own "native seed ball."



Students Walk the Watershed in 2009 collecting trash that accumulated in the natural surroundings.

[San Diego Coastkeeper](#) will host its 3rd annual [Walk the Watershed](#) restoration and education event in City Heights this Saturday, March 20. The event in Swan Canyon aims to increase awareness within the community about how residents can restore and protect the Pueblo Watershed. The free event begins at 10 a.m. at Monroe Clark Middle School and concludes at 2 p.m. at Hamilton Elementary School with a celebration for participants.

"City Heights is in one of San Diego's 11 watersheds, which are natural drainage systems that carry with them oils, trash, pesticides and other toxins from across the county into our bays and ocean," said Coastkeeper Executive Director [Bruce Reznik](#). "Walk the Watershed celebrates City Height's natural resources and brings community members together to learn the importance of preserving and restoring their local watershed in Swan Canyon."

During the event, elementary school students and community members will walk a path through Swan Canyon and nearby neighborhoods, and they will stop at educational stations along the way. Event partners [Ocean Discovery Institute](#), [Outside the Lens](#), [Elementary Institute of Science](#), and [Food & Water Watch](#) will host educational stations consisting of watershed models, native seed planting, photography and art, recycling, water quality monitoring, green gardening, [pollution prevention](#) and watershed ecology. Walkers will also identify storm drains and distinguish between urban and natural watershed landscape.

Events like Walk the Watershed are important to help residents across the county understand that what they do inland can affect the health of the bays and ocean. Event organizers expect about 500 students and community members to participate in the walk, which concludes with a party with food, music and entertainment. This event is open to the public. For more information and to RSVP to attend Walk the Watershed, visit

## San Diego's Action List

### Step #1

#### Become a member

We can't do our work without you. [Become a member](#) today to support protection of your ocean.

### Step #2

#### Protect your watershed

San Diego County has eleven watersheds. Urban runoff is one of the biggest culprits in causing harm to these natural environments. [Locate your watershed](#) and find ways to [prevent pollution](#).

### Step #3

#### Organize a cleanup

Did you know that more than 1 million birds are killed by [plastic debris](#) each year? These deaths occur through entanglement, suffocation, and starvation by ingestion. You can help prevent this by volunteering at our [twice-a-month beach cleanups](#) or [organizing your own](#).

Coastkeeper's website at [www.sdcoastkeeper.org](http://www.sdcoastkeeper.org).

# # #

Founded in 1995, San Diego Coastkeeper protects the region's bays, beaches, watersheds and ocean for the people and wildlife that depend on them. We balance community outreach, education, and advocacy to promote stewardship of clean water and a healthy coastal ecosystem.

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