

## Your Rockhopper Volunteer Officer Roster

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Check out our club web site for  
new and updated  
walk and event information.

[www.sandiegorockhoppers.com](http://www.sandiegorockhoppers.com)

## Rockhoppers Meeting

**Monday  
April 13, 2009**

The Picket Fence Restaurant  
945 S. Santa Fe Avenue  
Vista, CA 92083  
760-945-4357

Dinner is at 6 p.m.

The meeting follows at 7 p.m.

Members are encouraged to come to our monthly meetings to meet other walkers, have a nice dinner, and learn about new upcoming club events.

## WORLD WALKING DAY

**Friday May 8<sup>th</sup>**

Walk with the Low Desert Roadrunners for a 10K or 5K walk on **World Walking Day**.

Details from Dottie Schwieger at 951-735-0395 or via email: [HiDotWalk@aol.com](mailto:HiDotWalk@aol.com)

## New Year-Round Walks

We now have four (4) new Year-Round Walks. See details in this newsletter.

- San Diego Harbor Island (10 & 5 KM)
- San Diego Recruit Ship (10 & 5 KM)
- San Diego Harbor Island and Recruit Ship (14 KM)
- San Diego Old Town/Mission Valley (11 & 5 KM)

## 5 Km Year Round Walks

**All of our San Diego County Rockhopper walks now have a 5Km option.**

## Electronic Newsletters

This newsletter is available in a number of different formats.

**Email** – Graphics are stripped from the newsletter so that the news can be delivered in the body of an email, and not have to be a large file attachment.

**Download** – The full-graphics version of the newsletter will be available as a download from our Rockhoppers web site. You can download and print the newsletter on your own computer.

**Print Newsletter** – The newsletter will continue to be delivered via U.S. Mail for those who can not, or do not want to take advantage of the electronic formats.

It is hoped that the majority of our members will take advantage of the electronic delivery of the newsletter so that we can reduce the number of printed copies, so that we can continue to keep our costs under control.

If you would like to try out the new electronic delivery please send your editor an email – [sdadolf@san.rr.com](mailto:sdadolf@san.rr.com)

Your feedback is always desired and appreciated. If you have comments, suggestions, or complaints, please do not hesitate to send them as well.

## Membership Renewal Due

Please check the address label on your newsletter to see if it is time to renew your annual membership.

Your membership dues help pay for this newsletter, as well as other club activities. We value your membership and hope that you will continue to support the Club's activities.

**Thank You to everyone who has renewed their membership.**

## Membership Application and Renewal Form

Benefits:

- A patch for new members
- A membership card
- A subscription to the club newsletter
- Pre-registration rate for walks even if you don't pre-register

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Last Name \_\_\_\_\_

First Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone Number ( ) \_\_\_\_\_

Email Address \_\_\_\_\_

New Application  Renewal

Individual Membership (\$10.00 per person)

Family Membership (\$15 per family)

Total amount enclosed \$ \_\_\_\_\_

Make checks payable to  
**The San Diego County Rockhoppers**

I am interested in helping the club put on events. Please consider me for:

- Helping at the start table at a walk
- Helping at a walk check point
- Helping to prepare event brochures
- Helping to distribute event brochures
- Helping to design event awards
- Helping to lay out a walking route
- Other \_\_\_\_\_

**Send Completed Form To:**

San Diego County Rockhoppers  
c/o Noby Sederholm  
2592 Daily Drive  
Fallbrook, CA 92028

**Something New & Different**

**Daley Ranch Walks  
In Escondido  
Saturday and Sunday  
May 30 & 31**

Come walk the weekend with the San Diego County Rockhoppers and Footsore Fiends

The Footsore Fiends is a new walking club in San Diego County.

In May we will have a pair of walks hosted jointly by both clubs.

**10K and 5K – “Jack Creek Meadow Loop” Rated 2**

**11K and 5K – “Boulder and Sage Loop” Rated 4**

Both walks will be available on both Saturday and Sunday. You can walk one or both walks either day.

Daley Ranch is one of the most popular places to hike with San Diego county residents. It's an old farm property that was donated for public use. There's the historic ranch house and barns, and miles of beautiful hiking trails. The views from the high points go all the way to the sea.

From I-5 or I-15, take route 78 east towards Escondido. Stay on 78 east until the freeway ends in Escondido. Turn LEFT on Broadway. RIGHT on E. El Norte Pkwy. In 2.1 miles go LEFT on La Honda Dr. This is a small street, but at the turn there is a sign for Daley Ranch and Dixon Lake. Follow La Honda Dr. to its end. The parking lot/trailhead for Daley Ranch is on the left.

**2009 Upcoming Events**

**Year Round - San Diego  
Downtown/Waterfront (SDCR)**

**Year Round – Old Town (SDCR)**

**Year-Round – Carlsbad (SDCR)**

**Year-Round – Oceanside (SDCR)**

**April 13 – Club Dinner Meeting**

**April 18/19 – Newhall (HST)**

**April 19 – Colton (GVG)**

**April 25 – Carlsbad (SDCR)**

**May 1-3 – CVA Convention (Stockton)**

**May 8 – Corona (LDR)**

**May 30/31 – Escondido (FF & SDCR)**

**June 6/7 – Temecula (LDR)**

**June 13/14 – Artesia (HST)**

**June 22-26 – AVA Convention (TX)**

**FF – Footsore Fiends**

**GVG – Green Valley Gaiters**

**HST – Hollywood Star Trekkers**

**LDR – Low Desert Roadrunners**

**SDCR – San Diego County  
Rockhoppers**

A great list of all scheduled California walks can be found at the California Volkssport Association web site.

[www.californiavolkssportassociation.org/](http://www.californiavolkssportassociation.org/)

**14th Annual Walk To The  
Flowers/Strawberries  
Carlsbad, CA**

**Saturday April 25, 2009**

**Start Location:**

Carlsbad Convention & Visitors Center  
400 Carlsbad Village Drive  
Carlsbad, CA

**Start Time:** Between 8:00 a.m. and  
Noon

**Finish Time:** Must be off the trail by  
3:00 p.m.

**Pets:**

Pets are OK on a leash with cleanup, except on the seawall and in the flower fields.

**Trail Description:** The walk is rated a 1+. It will be on city streets, on the seawall, on side streets, and on to the flower fields. Strollers, wagons, and wheelchairs are OK.

Take yourself out of the ordinary and spend a few hours in one of nature's wonders - our Fields of Dreams, our Fields of Color. A place where kids can run and adults can linger - 50 acres of extraordinary color in bloom on a hillside overlooking the Pacific Ocean, with a special nursery, garden, and gift shop by Armstrong Garden Centers, and festivals throughout the season. Also visit our Miniature Rose Garden.

Since 1993 The Flower Fields® have expanded to include displays of new spring flowers for your garden. These displays and the Artist Garden continue the tradition of bringing the joy and exuberance of color and nature to our visitors.

Picking up where it left off last year, the All American Rose Garden will continue to delight our visitors.

Today, more than 150,000 people visit the fields each year, many of whom have been returning year after year. The Flower Fields® continues to operate as a working ranch, and is still the only Ranunculus grower in the world that allows visitors to walk the fields to experience the flowers up-close.

**NOTE: THERE IS A SEPARATE FEE TO ENTER THE FLOWER FIELDS.**

**Fees:**

This walk is a credit-only walk

**Credit Only:** \$3.00 (For either pre-registration, or on the day of the event.)

**Miscellaneous:**

Restrooms and restaurants can be found at the start point and at the Carlsbad Company Stores, as well as along the route.

Water will be available at the Start/Finish and control points. .

**Directions:**

From I-5 North or South, exit at Carlsbad Village Drive (Elm Street). Head west on Carlsbad Village Drive. The start point is on the right, just before the railroad tracks between State St. and Carlsbad Blvd.

From I-15, take Highway 78 to I-5, south on I-5 and follow the directions above.

The complete walk brochure, including a map can be found at the club web site at [www.sandiegorockhoppers.com](http://www.sandiegorockhoppers.com)



## Four Downtown San Diego Year-Round Walks

### #1 - Downtown San Diego/Waterfront

10K (6.2 miles) & 5K (3.1 miles)

Credit Only

#### Start Location:

Holiday Inn On The Bay  
1355 North Harbor Blvd.  
San Diego, CA

Ask for the Walking Box at the bellman or concierge desk in the hotel lobby.

#### Directions:

From I-5 Heading South: Exit at Front Street / Civic Center. Continue a few blocks to Ash Street. Turn right (west). Proceed about 8 blocks to Harbor Drive. Turn left. The Holiday Inn On The Bay is on the left.

**Trail Description:** The trail starts at the Holiday Inn Hotel, goes along the San Diego Waterfront to the east end of the airport runway, then through Balboa Park, around Petco Park the home of the San Diego Padres, through the Gaslamp Quarter, up over the Convention Center, through Seaport Village, past the USS Midway Museum, the cruise ship docks, past the Star Of India sailing ship, and back to the Holiday Inn.

The walk is rated 2 due to the hill when going from the waterfront to Balboa Park.

This walk qualifies for both College Walk and Railroad Walk credit.

### #2 - San Diego Harbor Island

10K (6.2 miles) & 5K (3.1 miles)

**Trail Description:** The trail starts at the Holiday Inn Hotel and the Star of India Sailing Ship, past the Maritime Museum, and then goes along the San Diego Waterfront past the U.S. Coast Guard Station, to Harbor Island and Tom Ham's Lighthouse Restaurant, and then back to the start point.

### #3 - San Diego Recruit Ship

10K (6.2 miles) & 5K (3.1 miles)

**Trail Description:** The trail starts at the Holiday Inn Hotel and the Star of India Sailing Ship, past the Maritime Museum, and then goes along the San Diego Waterfront past the U.S. Coast Guard Station, Cancer Survivors Park, Spanish Landing, to the Recruit Ship.

### #4 - San Diego Harbor Island/Recruit Ship

14 K (8.4 miles)

**Trail Description:** The trail starts at the Holiday Inn Hotel and the Star of India Sailing Ship, past the Maritime Museum, and then goes along the San Diego Waterfront past the U.S. Coast Guard Station to Harbor Island and Tom Ham's Lighthouse Restaurant. From Harbor Island the walk goes past Cancer Survivors Park, Spanish Landing, and to the Recruit Ship. The walk then returns to the start point.

## Two Old Town Year-Round Walks

### #1 - Old Town San Diego

10K (6.2 miles) & 5K (3.1 miles)

January 1 to December 31, 2009  
Credit Only

#### Start Location:

Best Western Hacienda Hotel Old Town  
4041 Harney Street  
San Diego, CA

#### Directions:

From I-5: Exit at Old Town Avenue, Once on Old Town Avenue, proceed to San Diego Avenue and turn left. Go to Harney Street and turn right. Go back 1/2 block to the Best Western Hacienda Hotel Old Town on your right.

#### Trail Description:

The trail starts at the Best Western Hacienda Hotel, goes through Heritage Park, and then goes uphill for about 1/2 mile on sidewalks through Heritage type residential area to Mission Hills Nursery which was started in 1910. The route continues through more Heritage type areas, Presidio Park, and along old San Diego State Historical Park.

The walk is rated 2 due to the hill at the start of the walk.

### #2 - Old Town/Mission Valley San Diego

11K (6.7 miles) & 5K (3.1 miles)

#### Trail Description:

The trail starts at the Best Western Hacienda Hotel, goes through San Diego State Historical Heritage Park, and then crosses the San Diego River through Mission Valley, and then uphill to Mission Hills, and back downhill, past Jefferson School of Law, El Campo Santo Cemetery, San Diego Sheriff's Museum, then through the commercial area of Old Town, and back to the start point.

## Two Carlsbad Year-Round Walks

#1 - 10K (6.2 miles) 5K (3.1 miles)

#2 - 14K (8.7 miles)  
Credit Only

#### Start Location:

Ocean Palms Beach Resort  
2950 Ocean Street  
Carlsbad, CA

**Trail Description:** The trails for both walks are rated 1+. The trails will take you along the beach, residential, and city areas. The trails are mostly paved sidewalks, but there are some dirt shoulders which may pose a problem for baby strollers. There are some long gentle slopes which may prove challenging for wheelchairs.

**Directions:** From I-5 North or South, exit at Carlsbad Village Drive (Elm Ave.) and head west on Carlsbad Village Drive. Go to the end of Carlsbad Village Drive (Ocean Street) and turn right. The start point, OCEAN PALMS BEACH RESORT, is on the right.

## Oceanside Year-Round Walk

10K (6.2 miles) & 5K (3.1 miles)

Credit Only

#### Start Location:

Oceanside Marina Inn  
2008 Harbor Drive N  
Oceanside, CA

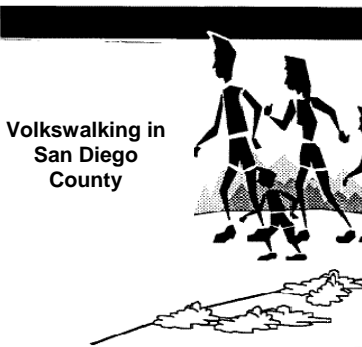
**Trail Description:** This walk is rated 1+. The walk will be along the harbor perimeter, beach, and beach-front, city sidewalks, to the end of Oceanside Pier. The terrain is mostly flat, except for the ramp to the pier, and on leaving the Strand. Wheelchairs, strollers, wagons, etc. are welcome. Pets ok on a leash, but not allowed on the pier or on the beach.

#### Directions: From I-5

From the north or south exit at Harbor Drive in north Oceanside. Follow Harbor Drive to Harbor Drive N. Turn right and continue along the harbor, past the Jolly Roger Restaurant to the Oceanside Marina Inn at the end of Harbor Drive North.

# SAN DIEGO COUNTY ROCKHOPPERS NEWS

April/May 2009



## Important News

- The next Rockhopper scheduled walk is on **Saturday April 25<sup>th</sup>**. Details inside...
- The next Rockhoppers Club meeting will be held **Monday April 13<sup>th</sup>**. Details inside....
- Four (4) New **Year-Round Walks**. Details inside....
- **May 30/31** Two scheduled walks at Daley Ranch in Escondido. Details inside....

## San Diego County Rockhoppers

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IMPORTANT NEWS INSIDE