

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

The next Rockhoppers meeting will be

**Monday
April 10, 2006**

The Picket Fence Restaurant
945 S. Santa Fe Avenue
Vista, CA 92083
760-945-4367

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.

Walking Achievements

Congratulations to the following
members on their walking
achievements/awards:

Neil Cohen - 575 Events
Neil Cohen – 600 Events
Sue Obradovitz – 1350 Events

Jan Owen – 1500 KM
Neil Cohen – 6500 KM
Neil Cohen – 7000 KM

San Diego Downtown/ Waterfront Walk

Marilyn Escher reports that for our San
Diego Downtown/Waterfront event on
February 11th we had 90 walkers.
Thank you to all who were able to
participate.

**On June 1 this walk will
become our new Year Round
Event. The start point will be
at the Holiday Inn On The
Bay.**

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

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

Top 10 Walking Cities of 2006

From Wendy Bumgardner

The American Podiatric Medical Association (APMA) surveyed the 100 most populous cities in the USA and used 15 criteria to determine which were the top walking cities. Criteria were developed with *Prevention* magazine and included percentage walking for exercise, health, or walking to work. Other criteria include parks, trails, points of interest, crime, dog ownership, climate, and participation in exercise, sports and golf.

1) Portland, Oregon

With new criteria each year, Portland is the only city returning from the 2005 list, and scored well on all 12 walkability criteria. This walking city is home to many volkssport walking clubs and free walking events throughout the year. Portland hosts one of the top marathons for walkers, the Portland Marathon, in October. The climate is walkable year-round.

2) Colorado Springs, Colorado

Colorado Springs scored high for physical fitness and adult participation in sports. The walk through the Garden of the Gods is a longtime favorite for visitors.

3) Madison, Wisconsin

Madison residents can enjoy walking paths and trails - they ranked fourth in the number of trails per square mile. They also ranked number one for bicycle commuters.

4) Boise, Idaho

Boise has a high percentage of adults who participate in sports and was fourth highest in the number who walked for exercise.

5) Las Vegas, Nevada

Las Vegas residents get more exercise than just pulling the slot handles, with a high percentage of households who are physically active and active in sports.

6) Austin, Texas

Austin scored high for its many parks and high number of bicyclists - hmmm, could Lance Armstrong be a factor here?

7) Virginia Beach, Virginia

A haven for beach-goers and golfers, but also sporting many parks and a low crime rate.

8) Anchorage, Alaska

Anchorage earned its spot on the list with vast parks and trails and more dog owners than any other city. Fifty percent of the residents walk for exercise.

9) Fremont, California

Fremont is a Bay Area city that has the highest number of residents who walk for health and a high percentage who take public transportation to work.

10) Raleigh, North Carolina

Raleigh scored high for parks. They have 46 miles of greenway trails.

16) San Diego, California

2006 Upcoming Events

Year Round – Old Town (SDCR)

Year-Round – Carlsbad (SDCR)

Year-Round – Oceanside (SDCR)

Apr 10 – Club Dinner Meeting

Apr 15 – Carlsbad (SDCR)

Apr 8/9 – Riverside (LDR)

Apr 22/23 – Thousand Oaks (HST)

May 13/14 – Redlands (GVG)

May 21 – Coronado Bridge Walk (SDCR)

GVG – Green Valley Gaiters

HST – Hollywood Star Trekkers

LDR – Low Desert Roadrunners

LTSW – Laguna Turf 'N Surf Walkers

SDCR – San Diego County Rockhoppers

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

<http://www.walkcalif.info/>

Volkswalk 11th Annual Walk To The Flowers/Strawberries Carlsbad, CA

April 15, 2006

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

Your Assistance Needed

There are two ways that you can help the Rockhoppers remain a viable club.

- ▶ Participate in our scheduled walks
- ▶ Bring a friend or relative to a walk



The American Wanderer

Special thanks goes to Sharon Fritz for the super article she wrote and had published in the April/May American Wanderer. The article provides detailed information on our May 21st walk across the Coronado Bridge. Our hope is that the article will help to attract many out-of-town walkers to our event.

Fullerton Volkswalk

Your editor and wife Pat had a nice time taking in the Fullerton Volkswalk on Saturday March 25th.

We started the day with a pleasant 1 hour and 13 minute AMTRAK train ride up. The start point was right at the Fullerton AMTRAK train station which made it super convenient.

90% of the walk was away from city streets, mostly on the Juanita Cooke Trail, and then on the path around Laguna Lake.

We ran into fellow Rockhopper Ken Hanson along the walk.

Special thanks to the Hollywood Star Trekkers for a great walk.

Old Town Year-Round Walk

Response to our new Year Round walk through Old Town San Diego has been very good. Since the walk started at the beginning of the year we have had 35 walkers from as far away as New York.

Poway November Walk

Plans are being formulated to have a walk in Poway in November in conjunction with the Poway Street Fair.

We plan to route walkers through the street fair, plus have a booth at the fair to attract new walkers.

Year-Round Walk Old Town San Diego, CA

10K (6.2 miles)

January 1 to December 31, 2006

Credit Only

Start Location:

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

Parking:

Available at the Old Town Trolley Station, Old Town State Historical Park, an along area streets.

Railroad Friendly

The Coaster and San Diego Trolley stop at the Old Town Station.

Amtrak stops in downtown San Diego, where the trolley can be used to get back to Old Town.

Pets:

Leashed pets are allowed on the walk.

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.

Fees: Everyone is welcome to participate, and the events are free. For those that wish to receive IVV credit, the fee is \$3.00. You may walk twice in the same day on the same event for the same fee.

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.

Two Year-Round Walks Carlsbad, CA

14K (8.7 miles)

10K (6.2 miles)

January 1 to December 31, 2006

Credit Only

Start Location:

Ocean Palms Beach Resort
2950 Ocean Street
Carlsbad, CA

Identify yourself as a volksmarcher to the receptionist at the front desk and ask for the volksmarching material. This is an honor-system, self-serve activity. Thank you for your cooperation.

These year-round events can be walked daily from January 1 to December 31, 2004. Although this facility is open 24 hours daily, we request that you walk from DAWN TO DUSK only.

Parking: Side street parking is available.

Pets: Leashed pets are allowed on the walk, but NOT ALLOWED ON THE SEAWALL OR BEACH AREAS.

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.

Fees: Everyone is welcome to participate, and the events are free. For those that wish to receive IVV credit, the fee is \$3.00. You may walk twice in the same day on the same event for the same fee.

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.

Year-Round Volkswalk Harbor to Pier Oceanside, CA

10K (6.2 miles)

January 1 to December 31, 2006

Credit Only

Start Location:

Oceanside Marina Inn
2008 Harbor Drive N
Oceanside, CA

Start Card:

There is no pre-registration, and everyone must obtain a start card and pay the appropriate fee if credit is desired. All start cards must be returned at the completion of the event. Upon your return, stamp your books if credit is desired. Remember, only one EVENT CREDIT for the first half year and one event credit for the second half year may be entered in the event book for each event. You may participate for DISTANCE CREDIT without limit.

IVV credit is \$3.00, others free.

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. The walk is available daily.

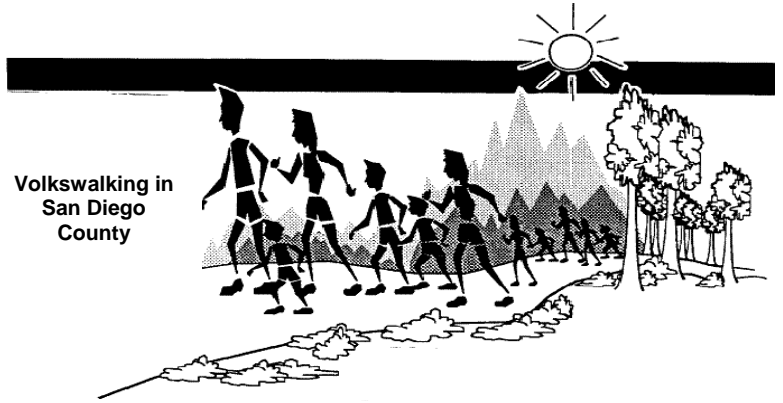
We request that you walk from dawn to dusk only.

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

March/April 2006



Volkswalking in San Diego County

Important News

➤ The next Rockhopper scheduled walk is our Annual Walk To The Flowers/ Strawberries in Carlsbad to be held on **Saturday April 15th**.

Note Change: This is now a one-day only walk.

- The next Rockhoppers Club meeting will be held **Monday April 10, 2006**. Details inside....
- On **May 21st** we will be joining the Navy in a **walk over the Coronado Bridge**. Details inside

San Diego County Rockhoppers

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IMPORTANT NEWS INSIDE