

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

Rockhoppers Meeting

**Monday
September 8, 2008**

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.

Awards

Congratulations to the following members on their achievements

Karen Coyne – 30 Events
Karen Coyne – 50 Events
Patrick Shay – 200 Events
Sharon Fritz – 375 Events

Karen Coyne – 500 KM
Neil Cohen – 11,000 KM

New Year-Round Walks

We have four (4) new Year-Round Walks that will be available for credit starting in January 2009.

- San Diego Harbor Island (10 & 5 KM)
- San Diego Recruit Ship (10 & 5 KM)
- San Diego Harbor Island and Recruit Ship (16 KM)
- San Diego Old Town/Mission Valley (10 & 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

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

10 Rules for Walking Partners

Learn How to Be a Good Walking Partner
By Wendy Bumgardner, About.com

Wendy's Rules For Walking Partners

1. Don't Stand Up Your Partner: If you've agreed to a time and place to meet to walk, keep that date except in cases of true emergencies.
2. Be on Time: If you are always late, it may cut into your walking partner's day or shorten your walking time. If you are late once in awhile, call your walking partner before you are actually late to let her know you are still coming and your estimated arrival time.
3. Agree on Speed and Hills: Are you going to walk together and match pace? You will need to see if your speed is compatible. You may be good for each other in all other ways, but if your speeds are too different, you won't be able to actually walk together. If your partner hates hills and you love the challenge, discuss this and adjust your routes as needed.
4. Mind Your Conversation Topics: Keep your conversation on the same level as polite dinner conversation. Don't talk religion or politics until you are sure such topics are welcome. Don't unload all of your personal problems onto your walking partner.
5. Share Important, Relevant Medical Information: If you have a chronic condition that might require medical attention while walking, let your walking partner know about it and any drugs you carry to counter it. Asthma, angina, epilepsy, diabetes, and allergic reactions to bee stings might require your walking partner to help you or call for medical help.
6. Ask Before Bringing a Friend or Dog: Adding a dog adds complexity to walking with somebody else. Ask first.
7. Agree on Stops: If you need a restroom every hour, let your walking partner know that this will be a recurring stop. If you like to stop at the coffee shop in the middle of the walk, discuss this.
8. Agree on MP3 Players or Silent Times: Some walking partners like to listen to music and walk together for safety and to maintain pace, but not for conversation. Others may want to limit their conversation when they are getting tired or tackling a hill. Discuss this in advance so your partner can bring her own MP3 player -- or not be hurt that you aren't talking to her.

9. Limit Phone Calls: Don't break off your conversation with your walking partner to take non-emergency phone calls while walking together. Imagine this is a family dinner and inform your usual callers that you won't be available during this time.
10. Don't Whine: If your feet hurt or you're uncomfortable because it is extraordinarily hot or cold outside, it's likely that your walking partner is feeling the same thing. Hearing about it, however, makes the miles go slower.

2008 Upcoming Events

Year Round - San Diego
Downtown/Waterfront (SDCR)

Year Round - Old Town (SDCR)

Year-Round - Carlsbad (SDCR)

Year-Round - Oceanside (SDCR)

Sept 8 - Club Dinner Meeting

Oct 4/5 - Thomas Riley Wilderness
Park (LTSW)

Oct 11 - Los Angeles (HST)

Oct 25/26 - Corona (LDR)

Nov 22 - San Diego (SDCR)

Dec 27 - Sierra Madre (HST)

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 Association web site.

www.californiavolkssportassociation.org/

Volkswalk

Spanish Landing To Shelter Island - San Diego, CA

November 22, 2008

Start Location:

Spanish Landing Park
4077 North Harbor Drive
San Diego, CA 92101

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.

Trail Description:

The walk is rated a 1. It starts at Spanish Landing Park, goes to the Recruit Ship, and then on to Shelter Island. It will be on paved walkways. Strollers, wagons, and wheelchairs are OK.

Spanish Landing

No one knows exactly where the first sea explorers met up with the inland party of Spanish explorers in their quest to conquer California, but this spot is where the city fathers decided to commemorate the historical event. On this site, now a family park with picnic areas, playgrounds, a boat launch and swimming beach; a bronze plaque honors the 1769 arrival of those who would determine the course of history in the San Diego area.

USS Recruit - A Sailors First Ship

It was the first of its kind -- not quite 'building, not quite a ship. USS Recruit, affectionately known as USS Neversail, the Navy's first non-ship, was originally a commissioned vessel and observed traditional Naval shipboard procedures like all other vessels. Any sailor who ever served duty on board this haze gray ship awash in concrete, fondly remembers his first 'request permission' to come aboard.

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 the North, exit I-5 at Laurel Street (Airport Exit). At Laurel Street, turn right. At North Harbor Drive, bear right onto North Harbor Drive. Go 1.5 miles to the traffic light at Spanish Landing Park. Turn left into the park.

From the South, exit I-5 at exit I-5 at W. Hawthorn Street (Airport Exit). At W. Hawthorn Street, turn left. At North Harbor Drive, turn right onto North Harbor Drive. Go 1.8 miles to the traffic light at Spanish Landing Park. Turn left into the park.

The complete walk brochure, including a map can be found at the club web site at www.sandiegorockhoppers.com



Year-Round Walk Downtown San Diego/Waterfront

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

January 1 to December 31, 2008

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.

Railroad Friendly

(3 blocks from the Amtrak Santa Fe Trolley/Coaster Station)

Pets:

Dogs are allowed, on a leash, with clean-up. However, it is probably not a good idea to take a dog along through the busy and crowded area in the Gaslamp Quarter and Seaport Village.

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.

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.

Year-Round Walk Old Town San Diego

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

January 1 to December 31, 2008

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

14K (8.7 miles)

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

January 1 to December 31, 2008

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

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

January 1 to December 31, 2008

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.

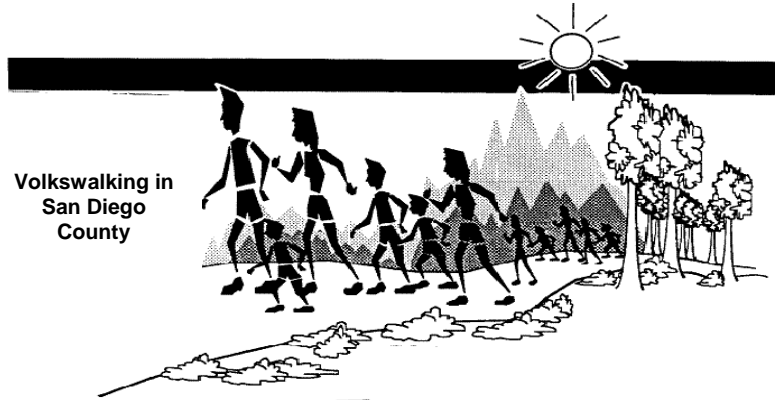
We request that you walk from dawn to dusk only.

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

Aug/Sept 2008



Important News

- The next Rockhopper scheduled walk is on **Saturday November 22nd**. Details inside...
- The next Rockhoppers Club meeting will be held **Monday September 8th**. Details inside....
- Four (4) New **Year-Round Walks**. Details inside....

San Diego County Rockhoppers

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IMPORTANT NEWS INSIDE