

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
August 17, 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.

New Year-Round Walks For 2010

Two new Year-Round Walks that will pass by the county's two historic missions will be available starting January 1, 2010.

This was requested by all the folks around the state that are doing the California Missions special program.

An additional five Year-Round Walks will be available January 1st as part of the new library program which is described elsewhere in this newsletter.

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

The San Diego County Rockhoppers and The San Diego County Libraries

Your Rockhopper staff has been working with the staff at the HQ of the San Diego County Library Association to develop Year-Round Walks that would start at each of the library's 33 branches.

This is a big undertaking and we are not sure if we will indeed include all 33 branch libraries, or just the most popular branches.

The idea is for each library branch to have a walk route laid out that the public can use anytime they want, and also for the library to be able to "schedule" a get-together for patrons to walk as a group on a specific day or evening.

Library patrons do not have to join the AVA or our club, but we are free to extol the virtues of our organization and get people to join us and participate in AVA events.

We have set up the first five (5) walks and they have been submitted to the AVA for approval so they can start on January 1, 2010.

All official Year-Round Walks have to be submitted to the AVA for approval by August 31st in order for them to be available at the beginning of the new year.

It looks like we can continue to submit walks for approval after August 31st, but due to the AVA approval lead time these walks would then start in subsequent months after January 1st, i.e. February, March, April, etc.

Information on this program will be made available in the next issue of the newsletter, and also on our club web site.

2009 Upcoming Events

Year Round - San Diego
Downtown/Waterfront (SDCR)

Year Round - Old Town (SDCR)

Year-Round - Carlsbad (SDCR)

Year-Round - Oceanside (SDCR)

Aug 17 - Club Dinner Meeting

Oct 10 - Oceanside (SDCR)

Oct 24/25 - Orange (LDR)

Nov 21/22 - Hidden Valley (LDR)

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/



Mission San Luis Rey de Francia Volkswalk Oceanside, CA

Saturday October 10 , 2009

Start Location:

Mission Douglas Shopping Center
3905-3945 Mission Avenue
Oceanside, CA 92057

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 and on the
paved San Luis Rey River Trail.
Strollers, wagons, and wheelchairs are
OK.

Pets are ok on a leash with cleanup.

Welcome to Mission San Luis Rey de
Francia, a National Historic Landmark
founded in 1798 and located in
Oceanside, California. Known as the
"King of the Missions", it is the largest of
the 21 California Missions.

California's first pepper tree, planted in
1830 can be seen through the original
adobe arch.

Within the mission, the church is Historic
Landmark No. 239 and is open daily to
visitors via the museum, which oversees
its restoration and the care of the
collections within the church; this
includes many beautiful works of art.

The original designs, obtained from
patterns found in books and on textiles,
are intact. This church is recognized as
one of the most beautiful in the mission
chain.

Still a mission, the church today is used
for weddings, funerals, and concerts.

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 along the
route.

Directions:

From I-5 North or South, exit at Mission
Avenue. Head east on Mission Avenue.
The start point is on the right, just after
Douglas Drive.

From I-15, take Highway 78 west to El
Camino Real. Go north on El Camino
Real to Mission Avenue. Turn right.
The start point is on the right, just after
Douglas Drive.

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



AVA Special Programs:
**This walk qualifies for the
following special event
programs: California
Missions, Cemetery Stroll,
Firehouse, Historic
Churches, and Museums.**

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

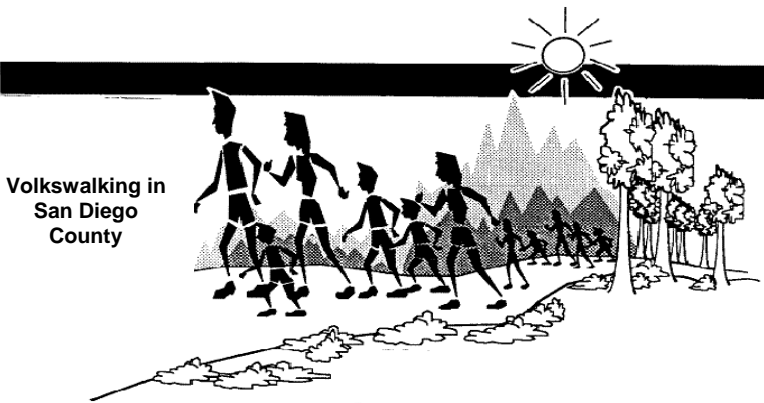
Trail Description: This walk is rated 1+. The walk will be along the harbor perimeter, beach, and beach-front, city sidewalks, to the end of Oceanside Pier. The terrain is mostly flat, except for the ramp to the pier, and on leaving the Strand. Wheelchairs, strollers, wagons, etc. are welcome. Pets ok 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

August/September 2009



Important News

- The next Rockhoppers Club meeting will be held **Monday August 17th**. Details inside....
- The next scheduled walk is on **Saturday October 10th**. Details inside....
- Seven (7) New **Year-Round Walks coming**. Details inside....

San Diego County Rockhoppers

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IMPORTANT NEWS INSIDE