

Your Rockhopper Volunteer Officer Roster

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Club Secretary Needed

Many thanks to Jan Owen for her service as club secretary for the past 2 years.

If any member has an interest in supporting the club as Secretary, please contact President Denyce Kinkead via dkinkead@juno.com, or (760) 720-3773

New Member

We welcome the following new member to the Rockhopper family. We look forward to seeing and meeting you on an upcoming walk.

Neil Cohen
Irvine

Member Achievements

Congratulations to the following members on their AVA Award achievements

30 Events - **Herb Marbach**
100 Events - **Carol Romig**
325 Events - **Neil Cohen**
350 Events - **Neil Cohen**

2000 KM - **Marie Lofton**
4000 KM - **Neil Cohen**

The next Rockhoppers meeting will be held on

Monday February 14th, 2005 at:

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

Dinner is at 6 p.m., with the club meeting following at 7 p.m.

Members are encouraged to come to our monthly meetings. It's a great way to meet other walkers, have a nice dinner, and learn what is coming up in the way of club events.

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 help support the club's activities.

Thank you to everyone who has renewed their membership.

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.

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

www.sandiegorockhoppers.com

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 Walks of 2004

From Wendy Bumgardner

The clubs of the American Volkssport Association host over 1400 self-guided trails in the USA. The walks go through a wide variety of areas, from National Parks to countryside to quaint towns to neighborhoods and cities. We polled walkers for their favorites from 2004.

1. Charleston, South Carolina

The charming courtyard gardens of this gracious city, voted "Most Polite City in the USA" for years, earned this walk the most votes. It has been a top 10 walk for several years.

2. St. Augustine, Florida

Voters said it was an all-time favorite, a beautiful walk full of history, lovely old homes, the water front, an old mission, and the Fountain of Youth. It is humid, so take it slow and enjoy.

3. Point Lobos State Reserve - Carmel, California

The stunning Central California coastline is very photogenic as you walk through pine and cypress coves along the rocky coastline. Heed the warning signs in the park - all of the bushes you see are poison oak. Do not touch any foliage. A great walk memorable for the views, sea lions and birds.

4. Boston Freedom Trail, MA

Packed with historic and interesting sites, it is a very stimulating walk.

5. Washington DC Monuments Walk

Walk through the monuments - Lincoln Memorial, Washington Monument, Roosevelt Memorial, Capitol, White House, and Vietnam Memorial on an easy 11 kilometer (7 mile) trail. Add in an optional loop of another 6 kilometers to see the Supreme Court, Union Station, and the National Archives.

6. Santa Fe, New Mexico

View the old town as well as the new adobe buildings downtown. Voters enjoyed art center and the old plaza, with Native American wares being sold. Passes the oldest church in the US and the oldest government building in the US.

7. Salt Lake City, Utah

Voters loved the Temple Gardens, the view of the mountains, bike path, city parks, lovely homes, and the downtown areas. The walk is likely 8 miles long rather than the stated 6.2.

8. Coronado, California

It goes through a beautiful Village, the Hotel del Coronado, a Pacific Ocean top 10 beach, over to the bay by San Diego where there is an optional ferry ride to San Diego, past the scenic bay and golf course, past some beautiful ocean front homes, and under the North Island flight path.

9. Astoria, Oregon

Fans of the Lewis and Clark Corps of Discovery and the film "Goonies" make a pilgrimage to this quaint coastal town, where Lewis and Clark finally reached the Pacific Ocean. A nice waterfront walk by boats, restaurants, historical buildings and homes and an optional climb up to the Astoria Column.

10. Annapolis, Maryland Walk

An easy walk which includes the Capitol building, Governor's house, historic downtown Annapolis with its dock area and the US Naval Academy. You see many major attractions on this early American city trail.



Volkswalk Hellhole Canyon

February 26, 2005 (One-Day Only)

Observe Vegetation Re-Growth After The Fire

Start Location: Hellhole Canyon
Open Space Preserve
Santee Lane and
Kiavo Road
Valley Center, CA

Trail Description: The trail is rated 3+ because it is a dirt switchback path down to the canyon. It is fairly level along the creek bed at the bottom of the canyon, but the only way to return to the Start table is to go back up the switchback trail. The trail descends through dense chaparral to the riparian canyon/creek area. The trail runs along the now abandoned Escondido Canal that was built in 1895 to transport water from the San Luis Rey River to Lake Wohlford. Not suitable for wheelchairs or strollers.

Fees: This walk is a credit-only walk

Miscellaneous: Water and restroom facilities are located at the Start table area ONLY. Bring water with you for use on the trail.

Dogs are not permitted in the preserve.

Drawing: One pair of New Balance shoes will be given away free. You need not be present at the drawing which will be held on Saturday February 26th at noon at the start table.

Directions from Escondido:

From I-15 heading North, exit Valley Parkway Downtown. Turn right on Valley Parkway.

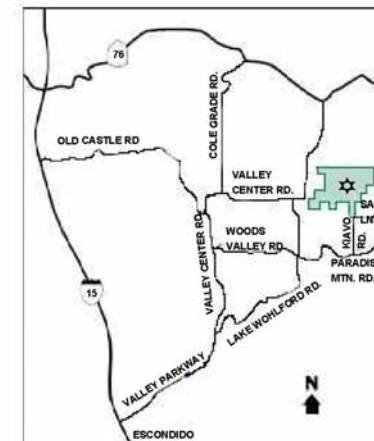
From I-15 Heading South, exit Valley Parkway Downtown. Turn left on Valley Parkway.

Continue on Valley Parkway which becomes 2nd Ave. through town. Stay in the left lanes and it becomes Valley Parkway again. Continue on Valley Parkway for approx. 4 miles where it becomes Valley Center Road at the Lake Wohlford Rd. stop light. Continue on Valley Center Road for about 3 miles and turn right on Woods Valley Road. Go about 3-1/2 miles to Lake Wohlford Road. Bates Nut Farm will be on your left. Cross Lake Wohlford Road and go on Paradise Mountain Rd. for approx. 3-1/2 miles to Los Hermanos Rd. Two big green water tanks will be on your right. Turn right on Los Hermanos Rd and immediately left on Kiavo Rd. (no street sign). Go down the hill past Siesta Lane & Marshall Way to Santee Lane. Turn left and go to the staging area at the top of the hill.

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

The October 2003 Paradise fire burned the Hellhole Canyon Preserve to the ground. Since then, two rainy seasons have sprouted buried seeds and stimulated underground wood plant re-growth.

Fires are nature's way to reduce old vegetation to make room for new. The early re-growth stage of development is very interesting to observe.



**Oceanside Year-Round Walk
Washed-Out**

The recent heavy rain has washed out the roadway that connects the Oceanside waterfront area to the main city area. So, we have temporarily suspended the Oceanside Year-Round Walk. From the looks of the damage, it may be many months before the road is repaired.

The picture of the washed-out road is below. It is not easy to make out the detail in this newsletter. A larger, full-color picture is available at our club web site at:

www.sandiegorockhoppers.com



**Docents Sought For Blue
Sky Reserve**

POWAY ---- The city is accepting applications for a few good naturalists, hike leaders and outdoor educators. Those who love wildlife and the outdoors are invited to become volunteer docents for Blue Sky Ecological Reserve.

Volunteers will receive training in the flora and fauna of the area from trained experts. An eight-week training course is scheduled from 7 to 9 p.m. Wednesdays beginning Feb. 23 at Lake Poway, followed by field visits to the reserve from 8 to 11 a.m. Saturday mornings (no training during Easter week).

To request an application or for information, call the Blue Sky office at (858) 668-4781.

2005 Upcoming Events

- Year-Round – Carlsbad (SDCR)
- Year-Round – Oceanside (SDCR)
- Feb 5/6 – Mission Viejo (LTSW)
- Feb 14 – Club Meeting (SDCR)
- Feb 26 – Valley Center (SDCR)
- Mar 5/6 – Irvine (LTSW)
- Mar 12/13 – Cerritos (HST)
- Mar 19/20 – Claremont Hills (LDR)
- Apr 9/10 – Orange (HST)
- Apr 16 – Carlsbad (SDCR)
- Apr 23/24 – Riverside (LDR)
- =====
- HST – Hollywood Star Trekkers
- LDR – Low Desert Roadrunners
- LTSW – Laguna Turf & Surf Walkers
- SDCR – San Diego County Rockhoppers

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



**Two Year-Round Walks
Carlsbad, CA**

14K (8.7 miles)
10K (6.2 miles)

January 1 to December 31, 2004

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, 2004

Credit Only

Start Location:

Oceanside Marina Inn
2008 Harbor Drive N
Oceanside, CA

Start Card:

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Trail Des

1+. The perimeter, sidewalks. The terrain ramp to Strand. V etc. are w but not a beach. Th

We requ dusk only.

Direction:

From the Drive in Harbor Dr right and d the Jolly Roger Restaurant to the Oceanside Marina Inn at the end of Harbor Drive North.

Temporarily Suspended Due To Damage From The Recent Heavy Rain.

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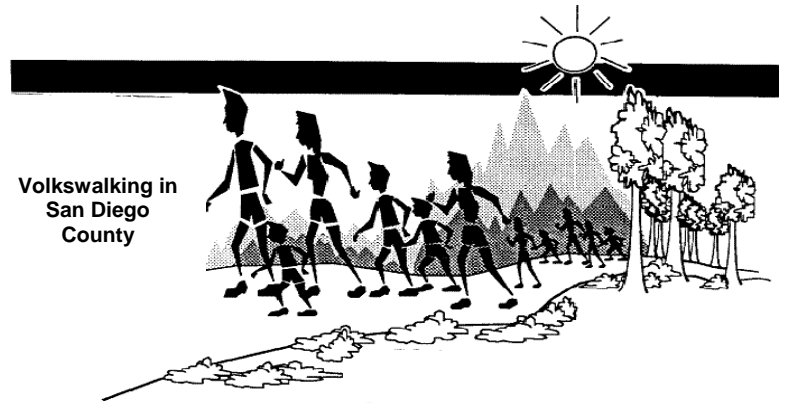
k is rated the harbor -front, city side Pier. ept for the aving the , wagons, n a leash, or on the aily.

n down to

at Harbor Follow N. Turn Harbor, past the Oceanside Marina Inn at the end of Harbor Drive North.

SAN DIEGO COUNTY ROCKHOPPERS NEWS

February 2005



2004 Holiday Party Group Picture

A larger full-color picture can be seen
at the club web site at

www.sandiegorockhoppers.com



San Diego County Rockhoppers

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IMPORTANT NEWS INSIDE