

## Your Rockhopper Volunteer Officer Roster

President:  
**Steve d'Adolf**  
[sdadolf@san.rr.com](mailto:sdadolf@san.rr.com)  
(858) 451-2130

Vice President:  
**Eartha Johnson**  
[earthlj@aol.com](mailto:earthlj@aol.com)  
(760) 724-0754

Vice President – Registration  
& AVA Sales:  
**Marilyn Escher**  
[tandmescher@cox.net](mailto:tandmescher@cox.net)  
(760) 746-0897

Treasurer:  
**Philomena Stein**  
(760) 945-0016

Secretary:  
**Lucy Nelson**  
[countersink@cox.net](mailto:countersink@cox.net)  
(760) 294-6321

Membership Chairperson:  
**Noby Sederholm**  
[nobynart@peoplepc.com](mailto:nobynart@peoplepc.com)  
(760) 728-1827

Newsletter Editor & Web Master:  
**Steve d'Adolf**  
[sdadolf@san.rr.com](mailto:sdadolf@san.rr.com)  
(858) 451-2130

Publicity Chairperson:  
**Sharon Fritz**  
(858) 487-9662

Historian:  
**Jan Owen**  
(760) 432-8776

Trailmaster:  
**Tom Escher**  
[tandmescher@cox.net](mailto:tandmescher@cox.net)  
(760) 746-0897

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

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

The next Rockhoppers meeting will be

## **Monday February 10, 2007**

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.

## **Poway Street Fair**

The San Diego County  
Rockhoppers had a booth at the  
Poway Street Fair in November  
2006.

You can see a picture of our  
booth at the fair by visiting our  
club web site at:

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

Many local Poway residents  
stopped by to see what we were  
all about and to talk about their  
walking interests. We collected  
the names and addresses (and  
email addresses) of some 50+  
people who wanted to be  
notified about future walks.

Current plans are to have a  
booth at the Escondido Street  
Fair in October 2007.

## **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

## 2007 Upcoming Events

Year Round - San Diego  
Downtown/Waterfront (SDCR)

Year Round – Old Town (SDCR)

Year-Round – Carlsbad (SDCR)

Year-Round – Oceanside (SDCR)

Feb 5 – Club Dinner Meeting

Feb 10 – Carlsbad (SDCR)

Mar 3/4 - Laguna Niguel (LTSW)

Mar 10/11 – Lake Elsinore (LDR)

Mar 17/18– Long Beach (HST)

Mar 24/25 – Riverside (LDR)

Apr 14/15 – Moreno Valley (LDR)

Apr 21 – Carlsbad (SDCR)

=====

HST – Hollywood Star Trekkers

LDR – Low Desert Roadrunners

LTSW – Laguna Turf & 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/>

## Walking Achievements

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

**Ken Hanson** – 100 Events  
**Neil Cohen** – 750 Events

**Ken Hanson** – 1,000 Km  
**Sue Obradovitz** – 15,000 Km

## Volkswalk Leo Carrillo Park

**SATURDAY ONLY**

**February 10, 2007**

**Start Point:** Jack-In-The-Box  
Restaurant

3281 Business park Drive  
Vista, CA 92081

Located on the NW Corner of Business  
Park Drive and San Marcos  
Blvd./Palomar Airport Road.

(Where Vista, Carlsbad and San  
Marcos come together)

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

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

**Pets:**

Dogs are allowed on the trails, but not in  
the 27 acre Leo Carrillo Park.

**Trail Description:**

The walk starts at the Jack-In-The-Box  
Restaurant and heads to Leo Carrillo  
Historic Park. Some of the walk is on  
sidewalks, but mostly it is on wide  
decomposed-granite trails through the  
canyon area.

There are some inclines, so the walk is  
rated 2+

Strollers would be difficult, but possible.

**Fees:**

This walk is a credit-only walk

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

**Miscellaneous:**

Water and restrooms can be found at  
the start point and in the Leo Carrillo  
ranch house area.

**Directions:**

From I-15 North or South, exit at Palomar  
Airport Road and head east. Go about 5  
miles to Business Park Drive.

From Route 78 exit at San Marcos Blvd  
and head west. Go about 3 miles to  
Business Park Drive

The start point is at the Jack-In-The-Box  
Restaurant, on the NW corner of the  
junction of Business Park Drive, Palomar  
Airport Road, and San Marcos Blvd. (Look  
for the AVA signs.)

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

Secluded in the heart of a magnificently  
landscaped 27-acre canyon, Leo Carrillo  
historic park contains and protects  
romantic hand-crafted adobe buildings,  
antique windmills, a reflecting pool, and  
many other beautiful historic structures  
where visitors can explore and  
experience Early California history.  
Nature-lovers delight in gorgeous  
agave, bougainvillea, Birds of Paradise,  
plentiful trees and the company of  
dozens of brilliant peacocks who call the  
ranch home. Discover the history and  
tranquil beauty of this former working  
ranchero, once owned by actor Leo  
Carrillo.

## Is Drinking Cold Water During or After Exercise Good or Bad?

By Wendy Bumgardner,

Question: Is drinking cold water during  
or after exercise good for you or bad for  
you? Does the temperature of the water  
matter at all?

Answer: Believe it or not, cold water is  
absorbed faster by your body than water  
at room temperature or at body  
temperature. The American College of  
Sports Medicine recommends that water  
and other drinks be chilled when used  
for exercise.

**Cold Water and Cold Drinks  
Rehydrate Faster** - Research has  
shown that cold water passes through  
the stomach faster and is therefore sent  
to the intestines for absorption faster.  
During and after exercise, you want to  
replace fluids lost due to sweat rapidly,

so cold water and cold sports drinks are  
preferred.

**Cold Water and Cold Drinks Taste  
Better** - Another reason for  
recommending cold drinks is that most  
people find that they taste better and are  
likely to drink more or more often. This  
can vary by culture.

**Cold Water Does Not Cause Cancer** -  
Our Urban Legends Guide dispels  
another myth, that cold water after a  
meal causes cancer.

No, it doesn't.

**What to Drink and When** -  
The 1996 Position Paper of the  
American College of Sports Medicine  
recommends:

**Cold:** Drinks should be cooler than room  
temperature.

**Flavored:** Drinks should be flavored  
make them taste better and promote  
drinking more. A squeeze of lemon juice  
or a pinch of a flavoring can help without  
adding calories.

**Handy:** Drinks should be served in  
containers that let you drink without  
disrupting your exercise. This implies it  
is better to be wearing a water bottle-  
holding pack when walking rather than  
counting on water fountains along the  
way.

**Sports Drinks:** Use a sports drink to  
replace carbohydrate and electrolytes  
when exercising longer than 1 hour.

**Plain Water:** If exercising less than an  
hour, plain water is just fine, maybe with  
a squeeze of lemon juice or other  
flavoring if preferred for taste.

**Drink to Thirst:** Updated guidelines in  
2006 caution endurance runners and  
walkers that overdrinking and causing  
hyponatremia is a problem, they should  
use thirst as their guide rather than  
forcing fluids.

## Year-Round Walk Downtown San Diego/Waterfront

10K (6.2 miles)

January 1 to December 31, 2007

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)

January 1 to December 31, 2007

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)

January 1 to December 31, 2007

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)

January 1 to December 31, 2007

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.

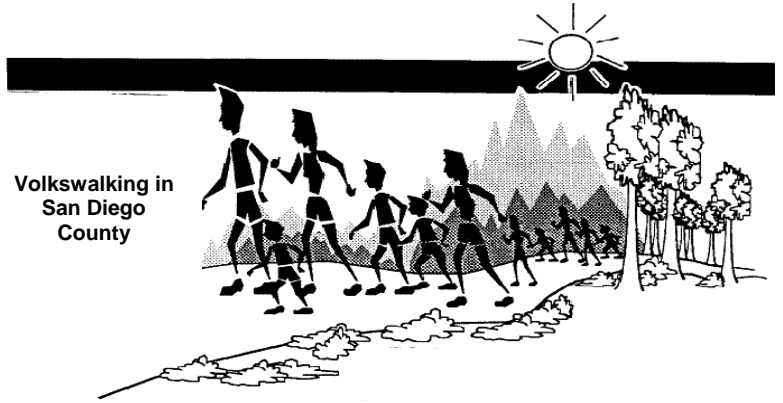
We request that you walk from dawn to  
dusk only.

### 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

February/March 2007



## Important News

- The next Rockhopper scheduled walk is on **Saturday February 10th** at Leo Carrillo Park in Carlsbad. Details inside...
- The next Rockhoppers Club meeting will be held **Monday Feb. 5th** Details inside....

## San Diego County Rockhoppers

Steve d'Adolf – Newsletter Editor  
17852 St. Andrews Drive  
Poway, CA 92064  
sdadolf@san.rr.com



IMPORTANT NEWS INSIDE