

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 February 11, 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.

Rockhopper 2007 Year Round Walk Stats

Our Year Round Events (YREs)
continue to be popular with both our
local members, and visitors to San
Diego from all over the country, as well
as from Canada.

Below are our totals for 2007

Carlsbad 10K:
Total for the year: 74

Carlsbad 14K:
Total for the year: 28

Oceanside:
Total for the year: 91

Old Town:
Total for the year: 105

Downtown/Waterfront:
Total for the year: 107

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

2008 CVA Convention

The 2008 California Volkssport Convention (CVA) Convention will be held at the 4 Star Flamingo Conference Resort & Spa in Santa Rosa on the western edge of the famous Napa-Sonoma Wine Country May 2-4.

This year's hosts, The Sonoma County Stompers Invite everyone to participate in the convention activities, and consider extending your stay to include a few days of wine tasting at the many wineries along the Highway 12 corridor.

The hotel has provided an outstanding rate of \$99 a night for a deluxe room. For just \$20 more, \$119 a night will get you complimentary Health Club passes and Continental Breakfast for up to two registered guests.

Besides the CVA business activities, the hosts have arranged four (4) sanctioned walks, including one along the Bay Area Ridge Trail.

The deadline for booking a hotel room is April 1, 2008. You can call (707) 545-8530, or (800) 848-8300, or register online at www.flamingoresort.com Mention the "CVA Convention" to get the special rate.



2008 Upcoming Events

Year Round - San Diego
Downtown/Waterfront (SDCR)

Year Round - Old Town (SDCR)

Year-Round - Carlsbad (SDCR)

Year-Round - Oceanside (SDCR)

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Feb 11 - Club Dinner Meeting

Feb 16/17 - Palm Desert (LDR)

Mar 1/2 - Newport Beach (LTSW)

Mar 8/9 - Riverside (25th Anniversary) (LDR)

Mar 15/16 - Pasadena (HST)

Apr 19 - Carlsbad (SDCR)

May 2/3/4 - CVA Convention (Santa Rosa)

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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

13th Annual Walk To The Flowers/Strawberries Carlsbad, CA

April 19, 2008

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



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.

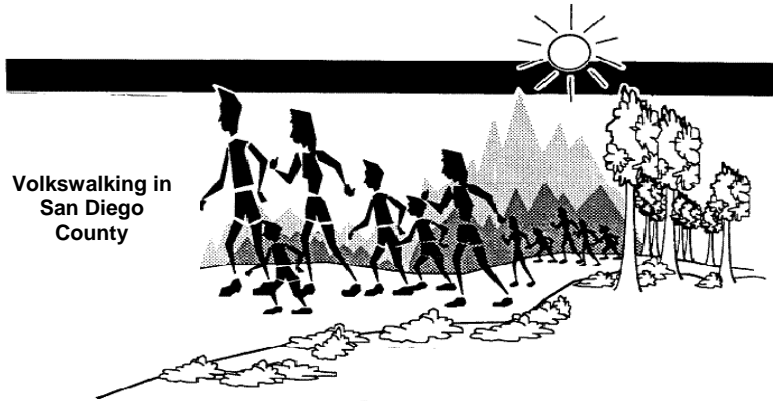
We request that you walk from dawn to
dusk only.

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

February/March 2008



Important News

- The next Rockhopper scheduled walk is on **Saturday April 19th**. Details inside...
- The next Rockhoppers Club meeting will be held **Monday February 11th**. Details inside....

San Diego County Rockhoppers

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IMPORTANT NEWS INSIDE