

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

The next Rockhoppers meeting will be

## **Monday February 6, 2006**

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.

## Rockhopper Holiday Luncheon

Many thanks to the 20 club members  
who attended our Holiday lunch/party  
held at the Sizzler in Escondido in early  
December. A great time was had by all.

## Walking Achievements

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

**Kenneth Hanson** – 75 Events  
**Lucy Nelson** – 250 Events  
**Neil Cohen** - 500 Events  
**Neil Cohen** – 525 Events  
**Neil Cohen** – 550 Events  
**Bob Gebo** – 1900 Events

**Neil Cohen** – 6000 KM

## New Member

Welcome to the following new Member:

**Kathy Knight** – Cardiff, CA

We look forward to meeting you on our  
upcoming walks.

## 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

## Top 10 Year Round Walks of 2005

By Wendy Bumgardner

The clubs of the American Volkssport Association host over 1400 self-guided trails in the USA. We polled walkers for their favorites from 2005.

### 1. Diamond Head, Honolulu, Hawaii

This walk takes you up a 99-step staircase and through a long tunnel to the lookout at the top of Diamond Head for a spectacular view.

### 2. Grand Canyon, Arizona

This walk is on the south rim of the Grand Canyon, through Grand Canyon Village with shops and historic information, with an alternate trail to Yavapai Point.

### 3. Point Lobos State Reserve - Carmel, CA

The stunning Central California coastline is very photogenic as you walk through pine and cypress coves along the rocky coastline.

### 4. Silver Falls State Park, Silverton, OR

Enjoy views of many waterfalls and lush forest, including an extension to walk behind South Falls. Open April 15 - Nov. 15.

### 5. Beaufort, South Carolina

Walk through a classic old Southern port city with beautiful homes, quaint downtown and picturesque waterfront.

### 6. Waikiki Beach, Honolulu, Hawaii

Enjoy walking along the sandy beach of Waikiki, past the Ala Wai Canal and through Kapioloani Park.

### 7. Lower Manhattan, New York City, NY

This walk got votes both from native New Yorkers and from tourists. It takes you to Ground Zero, Wall Street, and on the Brooklyn Bridge, as well as undiscovered treasures along the waterfront.

### 8. 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.

### 9. Philadelphia, PA

National Treasure fans will love this walk past Independence Hall, the Liberty Bell, the Delaware River waterfront and all of the other great historical sights and sites of Philly.

### 10. Edmonds, WA

Edmonds is a lovely old beach town on Puget Sound, and you can watch the big ferries come and go as you explore.

## 2006 Upcoming Events

Year Round – Old Town (SDCR)

Year-Round – Carlsbad (SDCR)

Year-Round – Oceanside (SDCR)

Feb 6 – Club Dinner Meeting

Feb 11 – San Diego (SDCR)

Mar 4/5 – Laguna Beach (LTSW)

Mar 25/26 – Fullerton/AMTRAK (HST)

Mar 31/Apr 2 – Tri-State (LVHRS)

Apr 8/9 – Riverside (LDR)

Apr 22/23 – Thousand Oaks (HST)

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GVG – Green Valley Gaiters

HST – Hollywood Star Trekkers

LDR – Low Desert Roadrunners

LTSW – Laguna Turf 'N Surf Walkers

LVHRS – Las Vegas High Roller & Strollers

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 Downtown/Waterfront San Diego

February 11, 2006 (One-Day Only)

**Start Location:** Balboa Park - Near the parking lot at Park Blvd. and Presidents Way - San Diego, CA

**Trail Description:** The trail is rated 2 as there is one block that is steep with steps that go over the convention center. You will go past the Star of India sailing ship, Midway Aircraft Carrier Museum, cruise ship docks, excursion boat docks, through San Diego Padres Petco baseball park, the Gaslamp Quarter, Seaport Village shopping area, Balboa Park, and the convention center.

**Fees:** This walk is a credit-only walk

**Miscellaneous:** Restrooms and water are available at the start point, and along the walk.

Strollers and wheelchairs will be difficult on the steep block at the convention center, and on the incline from the waterfront to Balboa Park.

Dogs are allowed, on a leash, with cleanup. However, it is probably not a good idea to take a dog through the busy and crowded area in the Gaslamp Quarter, Seaport Village, and the rest of the route along the bay.

### Midway Museum Overview

(Note: The walk passes by the Midway, but there is a separate fee to visit the ship and museum).

Experience Midway Magic aboard the nation's newest naval aviation museum, the U.S.S. Midway.

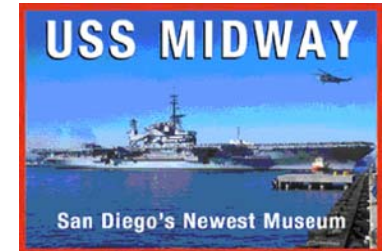
Located downtown in San Diego at Navy Pier, Midway provides a dynamic and enriching experience as guests take a look back at the history of America's longest serving Aircraft Carrier. A visit to Midway will instill a greater appreciation for naval aviation, service to country and sacrifice. Guests are invited to share in the 47 year odyssey that began in 1945

when Midway was commissioned as the largest ship in the world, and ended in 1992 with the liberation of Kuwait.

**Directions:** From Hwy 163 going south, exit at Park Blvd. Go to Park Blvd, turn left and go about one block to Presidents Way. Turn left and go to the parking lot on your left, and the start table.

Presidents Way is about one-quarter mile from the entrance to the San Diego Zoo.

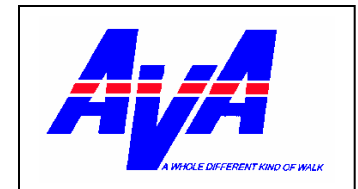
The complete walk brochure, including a map can be found at the club web site at [www.sandiegorockhoppers.com](http://www.sandiegorockhoppers.com)



## 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



## New Walks/New Activities

Feedback from club members indicated that you wanted:

- Some new Year Round Walks
- Some downtown San Diego walks
- Some special event walks
- A mix of both easy and more strenuous walks

Your comments and constructive criticism is welcomed and listened to. Here are some highlights for upcoming walks.

- **New Year Round Walk** - Trailmaster **Tom Escher** has created a great new Year Round Event that winds around the Old Town San Diego area. See ➡

We have already had walkers from our local area, from Northern California, and as far away as Bellingham, WA.

- **Downtown/Waterfront Walk**  
See info in this newsletter.
- **Coronado Bridge walk** - On May 21<sup>st</sup> we will be joining the Navy for the Coronado Bridge walk. Mark this date on your calendar to make sure you keep the day free.
- **Community Support** - On Tuesday May 30<sup>th</sup> we will be helping out the American Society of Military Comptrollers who are having their national convention in San Diego. Some 200 of their 2000 attendees want to do a Volkswalk while they are here and we have arranged for one. More info to come.
- **Special Event Walk** -We are working on a Volkswalk that will be held in the Fall and held coincident with one of the local town/city street fairs.

## Year-Round Walk

### Old Town San Diego, CA

10K (6.2 miles)

January 1 to December 31, 2006

**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, CA

14K (8.7 miles)

10K (6.2 miles)

January 1 to December 31, 2006

**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, 2006

**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.

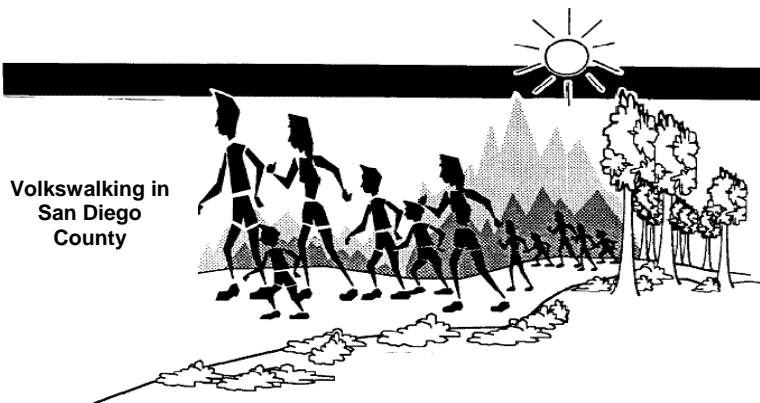
We request that you walk from dawn to dusk only.

#### 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

January/February 2006



## Important News

➔ The next Rockhopper scheduled walk is in Downtown/Waterfront San Diego on **Saturday February 11th**. Details inside....

➤ The new **San Diego Old Town Year Round** walk is up and running. Details inside....

➤ The next Rockhoppers Club meeting will be held **Monday February 6, 2006**. Details inside....

➤ In May we will be joining the Navy in a **walk over the Coronado Bridge**. Details inside ....

## San Diego County Rockhoppers

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IMPORTANT NEWS INSIDE