

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 August 1st, 2005

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.

**The next meeting after this one will
be Monday September 12th.**

Welcome New Members

We hope to meet the following new
member on an upcoming walk.

Pamela McPherson – Poway

► Thank You Denyce Kinhead

As of this summer Denyce has
completed her two year stint as club
President.

We all owe Denyce a big THANK YOU
for the great work she has done for all
club members.

In addition to being President, Denyce
also has managed the Oceanside Year
Round Walk.

Denyce is not leaving us, she is just
retiring from the President's role. We
will still see her at our upcoming walks.

At the last club meeting elections were
held for some club officers positions.

The new club President is your humble
newsletter editor.

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

Chafing Prevention

by Wendy Bumgardner

Chafing is caused by sweating and rubbing. While some of us wonder if chafing is a signal that it is time to lose weight, in fact even the skinniest walkers, runners, and cyclists experience the same problem. I suspect I was at risk because I was suddenly walking faster and sweating while using more arm motion, which caused more rubbing.

Prevention of chafing falls into four categories: staying hydrated, staying dry, using a lubricant, and wearing appropriate clothing.

Hydration: Drink lots of water before, during, and after your walk. This will allow you to perspire freely so the perspiration doesn't dry into salt crystals which will enhance the chafing.

Staying dry: Go light on the deodorant stick as that can make you stickier. Use talcum powder, cornstarch or potato starch to stay dry.

If this method doesn't work, it is time to progress to using a lubricant.

Lubrication: Walkers use all kinds of lubricants to keep the skin areas sliding past each other instead of rubbing raw. Good old petroleum jelly is the standby. Apply liberally before your walk. Many walkers also mention Bag Balm and Udder Cream, available at the local feed shop or pet store. Sports stores have newfangled gels that also purport to help prevent chafing. I use BodyGlide, which goes on like a deodorant stick. It is petroleum-free and non-staining. In my research I found many hand creams that advertise their usefulness in chafing prevention. Open up your medicine cabinet and search for something that will keep the area lubricated.

Clothing: Loose clothes may feel good on the trail, but to prevent chafing you need a snug fit. Bike shorts are designed to give a skin tight fit that will prevent chafing and are excellent if your trouble is in the lower body or thigh area. For the upper body, polypropylene or lycra/spandex tops that fit skin tight will do the trick. Nipples are especially prone to chafing, for men and bra-less women. NipGuards or adhesive bandages can provide even more

protection than lubrication. Treatment: Once you are chafed, treat the area like an open wound. Wash and clean with antiseptic (OUCH!) to prevent infection and cover with a sterile gauze pad that allows the area to breathe until it is healed.

Here's wishing that at your next walk you are chafing at the bit (to get on the trail) - not chafing in the 'pits.

Vacation Plans?

If you are looking for an excuse to visit the Santa Cruz area, mark your calendars for the 2006 California Volkssport Association Convention to be held May 5, 6 & 7.

New Rockhopper Walks

This is the time of year when we submit our planned scheduled walks for 2006. Once again Trailmaster **Tom Escher** has come up with some great walks combining some of our traditional walks with some nice new exciting walks.

Tom has also just about completed work on a new Year-Round walk to take place along the San Diego waterfront, Gaslamp Quarter, Petco Park, and downtown areas.

Rockhopper Shirts

Show your support for our club by buying and wearing one of our beautiful Rockhopper shirts.



Volkswalk Mission San Luis Rey Walk

September 24, 2005 (One-Day Only)

Start Location: At the Ralphs Supermarket in the Ralphs/Lowes Shopping Center –
On the west side of Old Grove Road, between Mission Ave. and Route 76. Oceanside, CA

Trail Description: Both the 5K and 10K trails are rated a "1", level and on pavement, suitable for wheelchairs and strollers.

This walk takes you past the Mission and the ruins of some of the early outbuildings. The 10k walk continues past the Heritage Village Park, past a quaint bakery/restaurant, to the bike/pedestrian path along the San Luis river. You then have a choice of taking an elevator instead of the stairs in a shopping center..

Fees: This walk is a credit-only walk

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

Dogs are allowed, on a leash, with clean-up.

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 September 24th at noon at the start table.

Mission Information: Mission San Luis Rey de Francia, located in Oceanside, California, is the eighteenth in a line of twenty-one California Missions. Founded on June 13, 1798 by Fr. Fermin de Lasuen and currently operated by the Franciscan Friars of California, the mission provides both guided and self-guided tours, a museum, gift shop, Franciscan Retreat

Center, and Cemetery as well as various functions and events.

Walking through the Sunken Gardens or along the arched colonnade, you will be transported to the past, imagining the everyday life of the Franciscan Friars and Indians who inhabited the Mission more than two centuries ago.

Directions: From I-5 north or south, exit at Route 76 and head east. Turn right at Old Grove Road. Turn right at the first light into the Ralphs/Lowes Shopping Center on the west side of Old Grove Road, between Mission Avenue and Route 76. The start point is at the Ralphs Supermarket.

From I-15, exit at Route 76 and head west. Turn left at Old Grove Road. Turn right at the first light into the Ralphs/Lowes Shopping Center on the west side of Old Grove Road, between Mission Avenue and Route 76.

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



The AVA Hall of Fame

The AVA Hall of Fame Award is one given very rarely. Until this week, there were only 3 given in the past 26 years of the organization. The last inductee was former AVA President Tom Boyd, in the '90s. The first two were early presidents of the AVA.

But the AVA has inducted two new members:

Lynn Clark: Former AVA President, present IVV Vice-President, active member and sometimes officer of the Houston Happy Hikers, well-known soupmaker. Lynn richly deserves this. During her tenure as AVA President, she actively sought partnerships with other walking, hiking, and trail organizations.

The AVA also took a much more active role in IVV and she was instrumental in getting 5K trails approved by IVV and defending/protecting our YRE system, which is now slowly spreading through other IVV countries. She has been extremely influential within volkssporting, ensuring that ideas developed in the USA are not squashed, but are allowed to be given a proper test. Lynn was also the influence in bringing International Marching League walks to the USA.

Wendy Bumgardner served as AVA VP and AVA Secretary for a combined 8 years in the 90's. What she counts as her successes for her AVA tenure are dragging the AVA onto the internet, pretty much against its will. She created the AVA web site and the IVV web site in her personal web space in 1995, and maintained it there for several years, then maintained the AVA.org and IVV.org websites until the past couple of years. She also helped Lynn Clark and Bill Byrd develop the Vancouver International Discovery Walk Festival and get it IML approval. The 10th anniversary of the Discovery Walk is April 28-30, 2006 and has been a financial success each year - which is shared with AVA through the approx. \$4000 pid in after-action fees. The Discovery Walk also introduces 800+ new walkers to volkssporting each year at the event, which has about 1600 walkers per year.

The walk and festival is deeply intertwined with the city of Vancouver, WA and was

used as an excuse to build new trails, build a new convention center Hilton hotel (which will be moved into in 2006), and has become the second largest tourist draw in Southwest Washington.

Wendy's ongoing work for the AVA includes sending weekly email event announcements to about 4000 walkers in Oregon, WA, CA, FL, VA, MD, PA-NY-NJ-CT-DE, and the South Central region, and being the Czarina of Walklist and Volkssport yahooogroups.

Wendy is the Walking Guide at About.com, <http://walking.about.com> - which is the most-visited site for walking on the internet, reaching millions of walkers each year. Wendy ensures that volkssporting and volkssport events are featured and introduced to her main audience of fitness walkers and weight loss walkers.

2005 Upcoming Events

Year-Round – Carlsbad (SDCR)

Year-Round – Oceanside (SDCR)

Aug 1 – Rockhopper Meeting

Aug 20/21 – Long Beach (HST)

Sept 12 – Rockhopper Meeting

Sept 24 – Oceanside (SDCR)

Oct 15/16 – Norco (LDR)

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HST – Hollywood Star Trekkers

LDR – Low Desert Roadrunners

**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:

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.

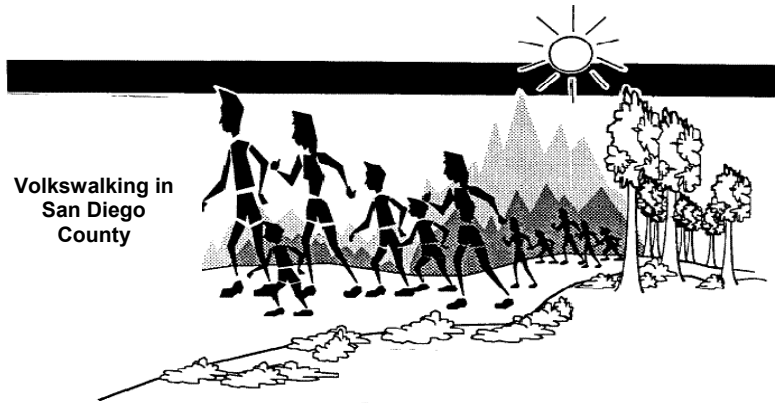
We request that you walk from dawn to dusk only.

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

July/August 2005



Important News

- The next Rockhopper scheduled walk is at the **Mission San Luis Rey** in Oceanside on Saturday September 24th. Details inside....
- How To Prevent Chafing. See article inside.....
- The next Rockhoppers Club meeting will be held **Monday August 1st**. Details inside.....



San Diego County Rockhoppers

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IMPORTANT NEWS INSIDE