

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 July 10, 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.

Berwin Felker

On May 16th the Rockhoppers lost a
friend when long time member Berwin
(Ber) Felker succumbed to cancer. Our
condolences go out to Ber's wife
Saundra and the Felker family.

San Diego Bay Bridge Walk

The turnout for the walk over the San
Diego Bay Bridge (Coronado Bridge)
was not what we had hoped, but those
that participated had a great time.

We joined the Navy for the walk over the
bridge, and then completed the 10K by
walking to the Coronado ferry terminal
for a boat ride back to San Diego, and
then the walk back to the starting point
at the Convention Center.

Old Town Year-Round Walk

The response to our new Year Round
walk through Old Town San Diego has
been very good. Since the walk started
at the beginning of the year we have
had 70 walkers from as far away as
New York and Ontario Canada.

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

2006 Upcoming Events

Year Round - San Diego
Downtown/Waterfront (SDCR)

Year Round - Old Town (SDCR)

Year-Round - Carlsbad (SDCR)

Year-Round - Oceanside (SDCR)

Jul 10 - Club Dinner Meeting

Jul 15/16 - Long Beach (HST)

Jul 22 - La Jolla (SDCR)

Aug 12/13 - Long Beach (HST)

Sep 23/24 - San Pedro (HST)

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HST - Hollywood Star Trekkers

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:

Judy Michaels - 300 events
Neil Cohen - 650 Events

Dori Blase - 5000 KM
Neil Cohen - 7500 KM



Volkswalk Torrey Pines Glider Port/ UCSD Campus and Stuart Collection

July 22, 2006

Start Location:

Torrey Pines Historic Glider Port - Located at the end of Torrey Pines Scenic Drive. La Jolla, 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.

Trail Description:

The walk is rated a 1+ because of a few inclines on the UCSD campus self-guided tour of the Stuart Collection.

The trail is mostly on sidewalks. Strollers and wheelchairs are welcome.

The Stuart Collection at UCSD seeks to enrich the cultural, intellectual, and scholarly life of the UCSD campus and of the San Diego community by building and maintaining a unique collection of site-specific works by leading artists of our time.

The collection results from an innovative partnership between the university and the Stuart Foundation. Under an agreement forged in 1982, the entire campus may be considered as sites for commissioned sculpture. It is further distinguished from a traditional sculpture garden by integration of some of the projects with university buildings.

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 Glider Port, and on the UCSD Campus.

Directions:

From I-5 North or South, exit at Genesee Avenue and head west. At the top of the hill, turn left onto North Torrey Pines Road (a right turn will put you on Torrey Pines Road). Head south on North Torrey Pines Road for about ¼ mile, and then turn right onto Torrey Pines Scenic Drive (you should see a sign for Torrey Pines Historic Glider Port). Torrey Pines Scenic Drive will dead-end at the dirt parking lot (look for the AVA signs).

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

The American Society of Military Controllers Conference Walk

On May 30, your Rockhoppers club played host to the members of The American Society of Military Comptrollers (ASMC) who were holding their annual conference, this year in San Diego.

We temporarily moved the start point of our new Downtown/Waterfront Year Round Walk to the San Diego Convention Center and enabled 66 of the attendees to participate in our new Year Round Walk.

A special thank-you to Lucy Nelson, our Club Secretary who helped man the start table at the Convention Center.

The San Diego Sea to Sea Trail Foundation

Our Mission: After completing the Sea To Sea Trail (Trans County Trail), the goal of the Sea To Sea Trail Foundation will be to create a network of interconnected trails crisscrossing the lower 48 states of the United States. A person will be able to ride a bicycle, ride a horse, or walk to every large or medium size town in the country.

Trails will lead directly or indirectly to the nation's major trails, such as the Appalachian Trail, the American Discovery Trail and the Pacific Crest Trail.

Our first area of focus is San Diego. This branch is called the San Diego Trans County Trail. It is also known as the San Diego Sea To Sea Trail. The latter name is largely coincidental. The two seas it connects are the Pacific Ocean in Del Mar, California and The Salton Sea, 140 miles inland. This Trail crosses the Pacific Crest Trail, which extends from Mexico to Canada.

Our Current Focus: Crossing San Diego County on the San Diego Sea To Sea Trail This San Diego trail will pass gorgeous scenery that includes beach, coastal wetlands, mountains, lakes, streams, desert and an inland sea. Such diversity within 140 miles makes it an exceptionally beautiful part of the national trail network.

The Foundation is doing more than merely building this trail. It is Fostering environmental awareness and a love of the outdoors. Through related educational programs ensuring that today's school children learn to appreciate their country's natural environment and its history, and creating an adventure for hikers, mountain bikers and equestrians.

The foundation is also developing a "best practice" model to make as much of the Trail as possible open to those adventurers with disabilities.

The Sea to Sea Trail Foundation, in conjunction with nine government agencies, is creating a national treasure: a 140-mile walking, cycling and horse riding trail, running from the Salton Sea to the Pacific Ocean near Del Mar, California.

<http://www.seatoseatrail.org/>

Year-Round Walk Downtown San Diego/Waterfront

10K (6.2 miles)

June 1 to December 31, 2006

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, 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

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

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.

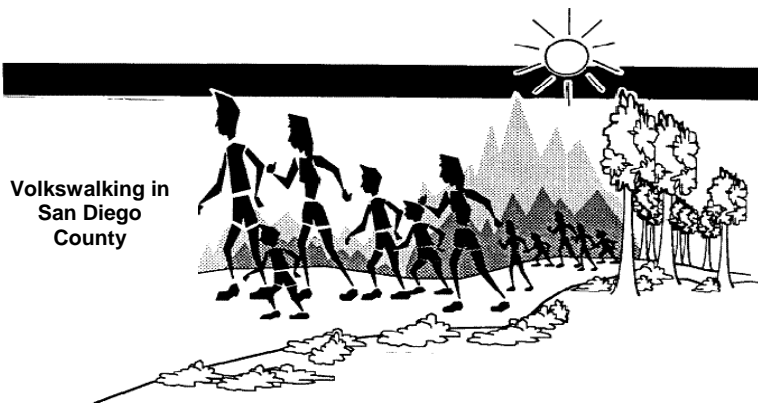
We request that you walk from dawn to dusk only.

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

July/August 2006



Important News

The next Rockhopper scheduled walk is on **Saturday July 22** at the Gilder Port and UCSD Campus (Stuart Collection) in La Jolla.

- The next Rockhoppers Club meeting will be held **Monday July 10, 2006**. Details inside....
- The new **San Diego Downtown Waterfront Year Round Walk** is now open. We now have four (4) Year Round Walks Available. Details inside

San Diego County Rockhoppers

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IMPORTANT NEWS INSIDE