

Your Rockhopper Volunteer Officer Roster

President:
Denyce Kinkead
dkinkead@juno.com
(760) 720-3773

Vice President:
Jo Anne Beeson
beejobill@earthlink.net
(858) 487-5970

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

Treasurer:
Philomena Stein
(760) 945-0016

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

Newsletter Editor & Web Master:
Steve d'Adolf
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
(760) 746-0897

Club Secretary Needed

Many thanks to Jan Owen for her service as club secretary for the past 2 years.

If any member has an interest in supporting the club as Secretary, please contact President Denyce Kinkead via dkinkead@juno.com, or (760) 720-3773

Member Achievements

Congratulations to the following members on their AVA Award achievements

10 Events – **Carol Ormsbee**
50 Events – **Ken Hanson**
425 Events – **Lois Sanford**
600 Events – **Joanne Corriere**

500 KM – **Ken Hanson**
4500 KM – **Lois Sanford**
10000 KM – **Joanne Corriere**

The next Rockhoppers meeting will be held on

Monday April 11th, 2005 at:

The Picket Fence Restaurant
945 S. Santa Fe Avenue
Vista, CA 92083
760-945-4367

Dinner is at 6 p.m., with the club meeting following at 7 p.m.

Members are encouraged to come to our monthly meetings. It's a great way to meet other walkers, have a nice dinner, and learn what is coming up in the way of club events.

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 help support the club's activities.

Thank you to everyone who has renewed their membership.

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.

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

www.sandiegorockhoppers.com



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 Walking Cities of 2005

By Wendy Bumgardner

The American Podiatric Medical Association (APMA) Best Walking City Competition shows that, now more than ever, people living in cities are stepping up their walking regimes. That's good news since, on average, every minute of walking can extend your life by about two minutes. They surveyed 200 U.S. incorporated cities based on three walking conducive categories: healthy lifestyles, modes of transportation to and from work and involvement in fitness and sport activities. Source: APMA

1) Arlington, Virginia

On the cusp of the nation's capital, it may come as no surprise that 23 percent of the cities' workers use public transportation to get around. Keeping on their feet maybe a way of life since 35 percent of Arlingtonians walk for exercise. If you want to see the best of Arlington and Washington DC, come enjoy the yearly ROA-US FreedomWalk Festival in October.

2) San Francisco, California

Getting to work by foot is not uncommon for this city by the bay with nine percent of residents walking and two percent biking. The walking conducive city touts 32 percent of its residents walk for exercise and 35 percent buy some type of athletic shoes.

3) Seattle, Washington

It's not too far-fetched to expect a healthy lifestyle from residents living in Seattle. A whopping 35 percent walk for exercise and 36 percent buy some type of athletic shoes. The Seattle area is home to many volkssport walking clubs, who take advantage of the walker-friendly environment to offer events open to everyone.

4) Portland, Oregon

Residents of this Northwestern city spend a good deal of time on their feet walking their dogs. Close to 22 percent are dog owners. This walking city is home to many volkssport walking clubs, with free walking events offered throughout the year. Next door, Vancouver, Washington offers the April International Discovery Walk Festival, or enjoy one of the top marathons for

walkers, the Portland Marathon, in October.

5) Boston, Massachusetts

For many Bostonians, walking to work or using public transportation is a way of life with 45 percent of the population doing one or the other. One of the Top 10 Walks in the USA is the Boston Freedom Trail Walk, which you can enjoy self-guided any day of the year.

6) Washington, DC

Getting around the nation's capital by subway or bus is preferred by 35 percent of the district's residents. And when they are not working, 11 percent are playing sports or walking for fitness. Of the top walking routes in the USA, three are in DC: DC Monuments Walk, DC Georgetown, and the DC Zoo/National Cathedral Walk. The yearly ROA-US FreedomWalk Festival tours DC in October.

7) New York City, New York

Getting around the Big Apple is easy for New Yorkers with 51 percent of residents using public transportation and 12 percent walking to work. Even for a west coast country girl like me, walking in NYC is a joy, full of wonderful sights and sites. Three walking routes are often in the top 10 list, Manhattan Walks (both Upper and Lower 10K variations), and the Central Park Walk.

8) Eugene, Oregon

Walking is a way of life for 32 percent of residents living in this Oregon city. Whether it's walking the dog or pushing a stroller, twenty-two percent are dog owners and eight percent own baby strollers. Eugene has wonderful walking trails along the Willamette River, and is home to the Walk With Me marathon and half-marathon, as well as being the destination of the Willamette Valley Relay.

9) Jersey City, New Jersey

Public transportation or walking is how 47 percent of the people who work in this gritty town get around. And when they are not working, 12 percent of the residents play sports or exercise once a week.

10) Denver, Colorado

This versatile city lends itself to those in search of an active lifestyle. Eleven percent of residents walk for fitness or exercise and 12 percent play sports or exercise once a week.

Volkswalk 10th Annual Walk To The Flowers/Strawberries

April 16, 2005 (One-Day Only)

Start Location: Carlsbad Convention
& Visitors Center
400 Carlsbad Village Dr
Carlsbad, CA

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.

Pets are OK on a leash with cleanup, except on the seawall and in the flower fields.

Fees: This walk is a credit-only walk

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.

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 April 16th at noon at the start table.

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.

New This Year:

Sweet Pea Maze - Be amazed! Immerse yourself in this living maze of fragrant red, white and blue sweet peas. More

than a mile of walking paths in this patriotic color display to explore, amuse and entertain you!

Poinsettias - Stroll through a 1,500 square foot greenhouse filled with the world famous Ecke poinsettias.

Visit the only display of each of the more than 180 All-American Rose selection winners since 1940 and the new AARS test garden, in bloom this spring at the Flower Fields®.

NOTE: THERE IS A FEE TO ENTER THE FLOWER FIELDS.

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.

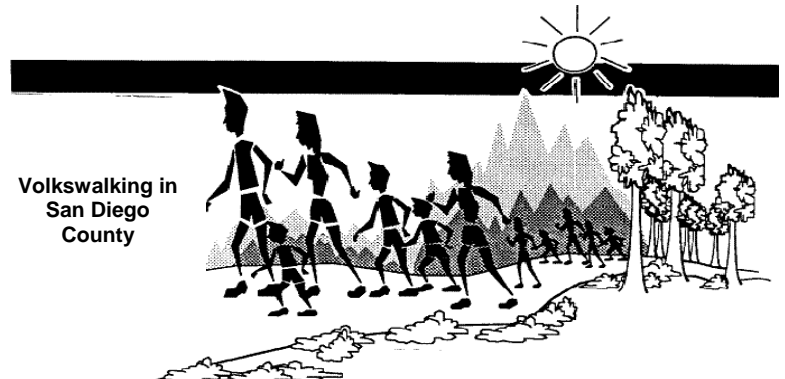
From I-15, take Highway 78 to I-5, south on I-5 and follow the directions above.

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



SAN DIEGO COUNTY ROCKHOPPERS NEWS

March/April 2005



Volkswalking in San Diego County

How Walking is Better Than Sex

By Wendy Bumgardner

1. Burns More Calories: 30 minutes of walking at an easy pace burns 150-200 calories, whereas 30 minutes of sex generally burns only 54 calories.
2. Better Aerobic Exercise: It is easy even for beginners to sustain walking for 30 minutes to an hour and derive good aerobic benefits.
3. Walking Alone is socially acceptable and enjoyed by many in public. No Surgeon General ever lost her job by advocating walking alone.
4. Group Walking is socially acceptable and is often done in public.
5. Racewalking: You are rewarded for finishing ahead of the other walkers.
6. Awards: When you finish a walking event you often get a nice medal or t-shirt for your entry fee to commemorate finishing the event.
7. Age of Consent for walking is unlimited, from the first steps around age one through centenarians. Walkers of all ages can walk together, nobody is "jailbait."
8. Low Risk: Walking does not exchange bodily fluids, as long as you do not share needles to prick blisters.
9. Few Religious Restrictions: Walking with or without a spouse is considered morally acceptable by most major religions, although the distance allowed may be restricted on the Sabbath. Major religious figures are known for walking, and going on a walking pilgrimage is a tradition in many faiths.
10. Your Reputation: Nobody insults you for walking too often with too many different people.



San Diego County Rockhoppers

Steve d'Adolf – Newsletter Editor

17852 St. Andrews Drive

Poway, CA 92064

sdadolf@san.rr.com



IMPORTANT NEWS INSIDE