

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

Member Achievements

Congratulations to the following members
on their AVA Award achievements

50 Events – **Sharon Reid**
250 Events – **Denyce Kinkead**
275 Events – **Denyce Kinkead**
375 Events – **Neil Cohen**
400 Events – **Neil Cohen**
425 Events – **Neil Cohen**

500 KM – **Sharon Reid**
3500 KM – **Denyce Kinkead**
4500 KM – **Neil Cohen**
5000 KM – **Neil Cohen**

The next Rockhoppers meeting will be

Monday June 6th, 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.

Welcome New Members

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

Dawn Hessler – Aurora, IL
Rene & Melissa Valencia, and
Peter Hirsch – Canyon Country, CA
April Woods – Carlsbad

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.**

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 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

Celebrating The Salvation of Hellhole

By J. Harry Jones,
Union Tribune Staff Writer
May 19, 2005

Burned manzanita plants provide a stark contrast with the wildflowers blooming in the distance at Hellhole Canyon County Open Space Preserve near Valley Center. "We're feeding off Mother Nature's recovery," said Jake Enriquez, a county parks official.

Hellhole Canyon County Open Space Preserve in northeast Valley Center will open to the public tomorrow for the first time in five months.

Hikers and equestrians once again can make their way down the canyon to Hell Creek, and the more adventurous can proceed up to the top of Rodriguez Mountain, with its sweeping panoramas.

Burned during the 2003 Paradise fire, the 1,700-acre preserve was closed for six months after the blaze. It reopened in April 2004 but was closed again in December when record rains washed out trails and the parking lot.

When visitors return this time they will not only be treated to new interpretive panels along the trail, they also will see lush flora growing as a result of the more than 22 inches of rain that nourished the area in recent months.

The interpretive panels explain the new vistas that have replaced the thick mixed chaparral lost when the fire swept through the area on Oct. 27 and 28, 2003. The plants replace fully grown vegetation that burned for the first time in more than four decades.

"We're feeding off Mother Nature's recovery," said Jake Enriquez, a county Parks and Recreation district park manager whose territory includes Hellhole Canyon.

"This is a wonderful preserve, but I think some people hesitate to come out here because of the name," Enriquez said.

The rain didn't just wash out some areas along the 11½ miles of trails in the

preserve; it also created massive gullies, some as large as 12 feet across.

"Some of the ruts along the trail were so big all three of us could have jumped in and disappeared," Enriquez said.

Jake Enriquez (left), a county district park manager, and Park Ranger Adam Stackhouse inspected a new interpretive display in the park, which will reopen after extensive trail repairs.

Workers with the California Conservation Corps began reconstructing the trail in late February by hauling in 33 tons of granite, which was broken up and used as fill in damaged areas.

"They did all this by hand," Enriquez said, pointing to one of the larger gullies that most visitors won't even realize was rebuilt.

"This is hand-done, very talented work," Park Ranger Adam Stackhouse said.

Enriquez said that before the fire, Hellhole Canyon "had just about every type of wildlife in San Diego County." Since the fire, rangers haven't spotted any deer or mountain lion tracks and say it might take years for the larger animals to return.

Smaller animals are making a remarkable recovery, and dozens of flower varieties that grow only after a fire has denuded an area have popped up this year. The creek, usually bone-dry by May, flows full through groves of oaks. Birds are everywhere.

A reopening celebration is scheduled for 11 a.m. tomorrow. The public is invited to view the restoration and see park improvements, including an amphitheater, a kiosk, concrete fencing and the interpretative signs. Some of the restoration was paid for with \$40,000 contributed by Pardee Homes.

The celebration also will include recognition of the recent acquisition of 155 acres in the middle of the preserve. The purchase was approved by the county in March, using \$430,000 raised by the nonprofit Friends of Hellhole Canyon. The parcel is bordered by the preserve on the west, east and north.

Volkswalk Mission Trails Regional Park

June 11, 2005 (One-Day Only)

Start Location: Mission Trails Regional Park Visitor and Interpretive Center
One Father Junipero Serra Trail, San Diego

Trail Description: One half of the 10K is on a blacktop road, and the other half is on a dirt trail that goes along a creek bed and through a rolling hills grassland.

The 5K is on a blacktop road, except for a short path to the Old Mission Dam.

Strollers and wheelchairs recommended on the 5K only.

Fees: This walk is a credit-only walk

Miscellaneous: Restrooms are available in the visitor's center at 9 a.m. Chemical toilets are located at the one-half mile and one mile marks. Water is available at the start and at the one mile mark.

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 June 11th at noon at the start table.

Park Information: Mission Trails Regional Park encompasses nearly 5,800 acres of both natural and developed recreational acres. Its rugged hills, valleys and open areas represent a San Diego prior to the landing of Cabrillo in San Diego Bay in 1542.

Mission Trails Regional Park has been called the third Jewel in the City of San Diego Park System. Along with Balboa Park and Mission Bay, it provides San Diego residents and visitors a way to explore the cultural, historical, and recreational aspects of San Diego.

Established in 1974, Mission Trails Regional park is one of the largest

urban parks in the US. Originally used by the Kumeyaay, the park is the site of the Old Mission Dam, built to store water for the Mission San Diego de Alcalá.

With over 40 miles of trails, boating on Lake Murray, camping at Kumeyaay Lake, numerous informative hikes, and a state-of-the-art Visitor & Interpretive Center, Mission Trails Regional Park has something to offer everyone.

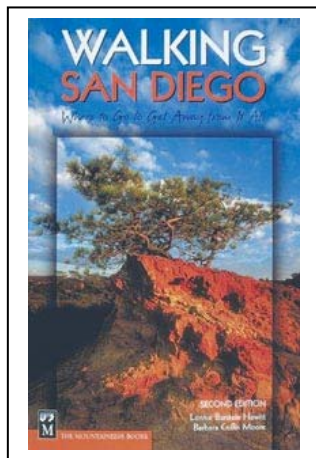
Directions: From I-15 north or south, exit at I-8 heading east and go to the Mission Gorge Road/Fairmont exit. Turn left (north) on Mission Gorge Road and go 4.2 miles to Father Junipero Serra Trail. Turn left on Father Junipero Serra Trail and go to the visitor center parking lot on the left just before the iron pipe gate.

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



Walking San Diego

by Lonnie Burstein Hewitt &
Barbara Coffin Moore



Book Details

- Paperback: 253 pages
 - Publisher: Mountaineers Books; 2nd edition (November 1, 2000)
 - Language: English
 - ISBN: 0898866928
-
- Explores beaches, forests, botanical gardens, and wildlife preserves close to the city
 - Includes sidebars on natural history topics and illustrations of native plants

There's more to San Diego than Sea World and the Zoo. This friendly guidebook leads readers to a surprising number of quiet and little-known places that are perfect to explore on foot. Most of the 120 walks described are about two hours long, suitable for all ages, and less than an hour's drive from downtown San Diego. An additional 45 short walks are featured at the end of the book. With more than 100 photos and maps to guide your adventures, this is a refreshing look at the green side of California's fastest growing county.

2005 Upcoming Events

Year-Round – Carlsbad (SDCR)

Jun 6 – Rockhoppers Meeting

Jun 11 – Mission Trails (SDCR)

Jul 9/10 – Port Hueneme (HST)

Aug 20/21 – Long Beach (HST)

=====

HST – Hollywood Star Trekkers

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

Lucy Nelson New Rockhopper Club Secretary

Lucy Nelson has graciously agreed to become our new club Secretary.

Lucy reports that she was introduced to Volkswalking about 4 years ago in Oregon. "I enjoy it because it's taken me to places I never would have gone to otherwise, including my first trip to Europe.

I live in San Marcos and work at Palomar College in the Human Resources department.

I have two grandchildren who live nearby. Kasey is 11 and Jacob is seven."

Lucy's E-mail address is:
countersink@cox.net

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.

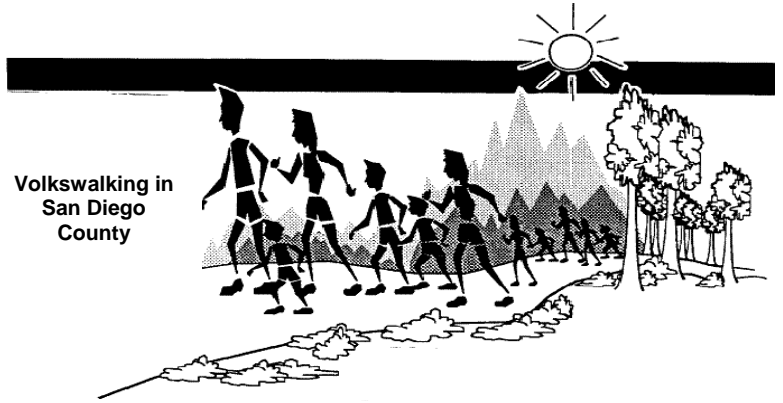
We request that you walk from dawn to dusk only.

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

May/June 2005



Important News

- The next Rockhopper scheduled walk is at the **Mission Trails Regional Park** on Saturday June 11. Details inside....
- The trail for the Oceanside Year Round walk has been repaired, so the walk is once again available.
- Meet Lucy Nelson, the new Club Secretary. See article inside.....
- The next Rockhoppers Club meeting will be held Monday June 6th. One of the agenda items is the election of new club officers. Details inside.....

San Diego County Rockhoppers

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IMPORTANT NEWS INSIDE