

Your Rockhopper Volunteer Officer Roster

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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

New Members

We welcome the following new member to the Rockhopper family. We look forward to seeing and meeting you on an upcoming walk.

Richard Emerick
Carlsbad

Patricia C. Kellogg
San Diego

The next Rockhoppers meeting will be held on

Monday February 14th, 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.

Members who receive their newsletter via email will receive an electronic reminder.

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

Super Christmas Gift

Are you looking for an interesting Christmas gift for some, or for yourself?

Consider buying a Rockhopper Shirt for a friend, family member, or even for yourself (that's the way to be sure you get what you want.)

You'll be giving someone a nice present, plus you will be helping to support your club.

We have Polo Shirts and T-Shirts in all sizes and in many different colors.

Pick one up at the next walk, or contact Marilyn Escher at (760) 746-0897.



10,000 Steps A Day

How many steps do you walk each day?

Maybe you have heard the recent guidelines about walking 10,000 steps per day. How far is 10,000 steps anyway? The average person's stride length is approximately 2.5 feet long. That means it takes just over 2,000 steps to walk one mile, and 10,000 steps is close to 5 miles.

A sedentary person may only average 1,000 to 3,000 steps a day. For these

people adding steps has many health benefits. I have outlined the basic 10,000 steps program, but also added a commentary below.

A reasonable goal for most people is to increase average daily steps each week by 500 per day until you can easily average 10,000 per day. Example: If you currently average 3000 steps each day, your goal for week one is 3500 each day. Your week 2 goal is 4000 each day. Continue to increase each week and you should be averaging 10,000 steps by the end of 14 weeks.

Wearing a pedometer is an easy way to track your steps each day. Start by wearing the pedometer every day for one week. Put it on when you get up in the morning and wear it until bed time. Record your daily steps in a log or notebook. By the end of the week you will know your average daily steps. You might be surprised how many (or how few) steps you get in each day.

There are many ways to increase your daily steps. Use your imagination and come up with your own list:

- Take a walk with your spouse, child, or friend
- Walk the dog
- Use the stairs instead of the elevator
- Park farther from the store
- Better yet, walk to the store
- Get up to change the channel
- Window shop
- Plan a walking meeting
- Walk over to visit a neighbor
- Get outside to walk around the garden or do a little weeding

Continue to track your daily steps and/or mileage; and keep notes on how you feel, how your body is improving, or other changes you are making to improve your health.

If you are in very poor physical condition or at any point you feel that you are progressing too rapidly slow down a bit and try smaller increases. If you have any health concerns seek your physician's advice prior to starting or changing your exercise routine.

Volkswalk Balboa Park

November 20th and 21st, 2004

Start Location: Balboa Tennis Club
2221 Morley Field Drive
San Diego, CA

Trail Description: Most of the route is on sidewalks through Balboa Park passing through the gardens, museum art displays, organ pavilion, zoo entrance, etc.

The trail is rated 2 because of inclines on Florida Canyon dirt paths.

Miscellaneous: Water and restrooms are located at the start and throughout the walk.

Dogs are permitted on a leash with cleanup.

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 Sunday November 21st at noon at the start table.

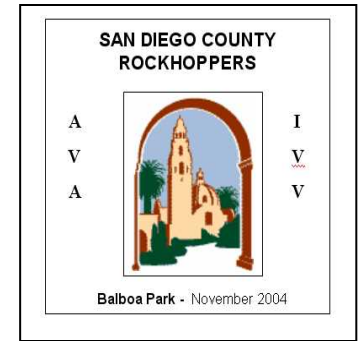
Directions:

From I-5 Heading North or South – Exit at Pershing Drive.

Continue on Pershing Drive to Upas Street. Turn left on Upas and go to Texas Street. Turn left on Texas Street into the Balboa Tennis Club parking area, and start table.

From 163 Heading South – Exit at Park Blvd.

Turn left on Park Blvd and go to Morley Field Drive. Turn right on Morley Field Drive. Turn into the Balboa Tennis Club parking area just before Upas Street and go to the start table.



The History of Balboa Park

1868 - A 1,400-acre tract of land was set aside by City leaders for a public park.

1892 - Horticulturist **Kate O. Sessions** was given 30 acres in City Park, as it was known, for a private nursery. In return, she planted 100 trees a year in the Park and 300 trees and other plants throughout San Diego. Sessions became known as the "mother of Balboa Park" because of her many plantings and exotic plant introductions to the area.

1910 - A contest was held to rename City Park. The winning entry was Balboa Park, suggested because the Park offered a wide view of the Pacific Ocean, and explorer **Vasco Núñez de Balboa** was the first European to see the Pacific.

1915-1916 - The Panama-California Exposition, honoring the completion of the Panama Canal, was held in the Park. The purpose of the Expo was "to illustrate the progress and possibility of the human race...." Displays and demonstrations included the latest in agricultural, industrial, horticultural, and technological inventions and refinements.

Rockhoppers Holiday Luncheon

Per suggestions from club members we have found a more central location for this year's Holiday Luncheon.

Where:
The Sizzler
355 No. Escondido Blvd.
Escondido, CA

(Across the street from the California Center for the Arts.)

When: Saturday December 18th

Time: Noon

We have the banquet room reserved for our club.

Meal choices are:
✓ 6 oz Steak Lunch
✓ Lemon Chicken
✓ Salad Bar

\$13 includes meal, desert, tax and tip.

(Sorry, we will not be able to have the club pay half of the cost as we have in the past.)

Mark December 18th on your calendar.

This is a great opportunity to celebrate the start of the Holiday Season with a nice lunch, while also meeting other volkswalkers from around the county.

Please fill out the enclosed reservations form and mail as indicated.

2004 Upcoming Events

Year-Round – Carlsbad (SDCR)

Year-Round – Oceanside (SDCR)

Nov 20/21 – San Diego (SDCR)

Dec 18 – Holiday Luncheon (SDCR)

Dec 11 – Corona (LDR)

Jan 8/9 – N. Tustin (LTSW)

Jan 29/30 – Holtville (LDR)

Feb 5/6 – Mission Viejo (LTSW)

Feb 14 – Club Meeting (SDCR)

Feb 26 – Valley Center (SDCR)

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LDR – Low Desert Roadrunners

LTSW – Laguna Turf & Surf Walkers

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

Everyone will benefit



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.

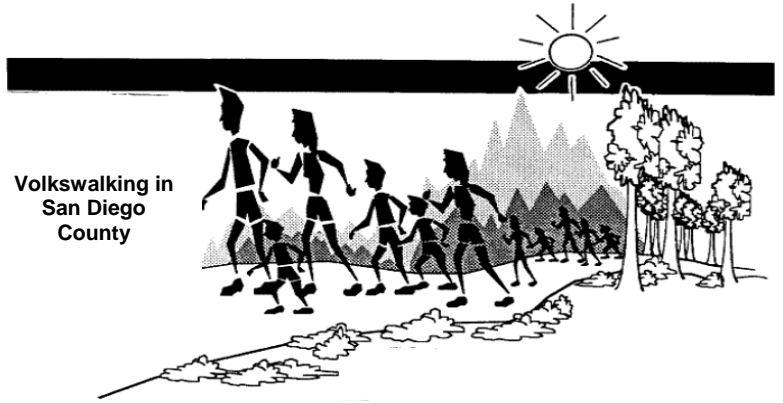
We request that you walk from dawn to dusk only.

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

November 2004



Volkswalking in San Diego County

Highlights

**Next Walk – Balboa Park
November 20/21**

**Ekulwpcv#Krogd|#Oqfkhrg##
Saturday December 18th
New Location –
The Sizzler Restaurant
In Escondido**



San Diego County Rockhoppers

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IMPORTANT NEWS INSIDE