

SAN DIEGO COUNTY ROCKHOPPERS NEWS

October 2004

**Volkswalking In
San Diego
County**



Antique Gas and Steam Engine Museum Walk

The next Rockhopper walk will be held on October 23rd at the Antique Gas and Steam Engine Museum in Vista.

Note: This is a Saturday-only walk.

Don't miss the first of our Fall season walks, while also taking in the events at the museum.

October Club Dinner Meeting

**Monday October 11th
at the
Picket Fence Restaurant in
Vista**

Details inside your newsletter

Your Rockhopper Volunteer Officer Roster

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Congratulations

We congratulate the following members for the super achievements.

22,000 KM – **Bob Gebo**
1700 Events – **Bob Gebo**
450 Events – **Dori Blasé**
325 Events – **Sharon Fritz**
30 Events – **Suzanne Marbach**

New Members

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

Blair Carlan – San Diego

Joyce Gregg – Oceanside

Lucy Nelson - Escondido

Mark & Sharron Smith - Vista

Sandcastle Walk Report

By Marilyn and Tom Escher

We had a good walk in Imperial Beach. The beach walk was O.K., but the Sandcastles were great according to all reports.

We had 29 award/credit walkers, 31 credit only and 14 free totaling to 74 walkers.

Our thanks to Zach and Brady Escher for their help at the start table

We sold several "Rockhopper Shirts". We have many left in assorted colors and sizes. Come to our next walk and be prepared to purchase one. See you at our next walk at the Antique Gas and Steam Engine Museum in Vista on Oct. 23, 2004.

2004 Upcoming Events Calendar

Oct 11 – Next Rockhopper Meeting

Oct 16/17 – Laguna Hills (LTSW)

Oct 23 – Vista (SDCR)

Nov 6/7 – South El Monte (HST)

Nov 13/14 – Ojai (HST)

Nov 20/21 – San Diego (SDCR)

Dec 11 – Corona (LDR)

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HST - Hollywood Star Trekkers

LDR – Low Desert Roadrunners

LTSW – Laguna Turf & Surf Walkers

SDCR – San Diego County Rockhoppers

Electronic Newsletters

This newsletter is available in a number of different formats.

Email – The graphics is 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 newsletter will be available as a download from our Rockhoppers web site.

You can then 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.

SanDiegoRockhoppers.com

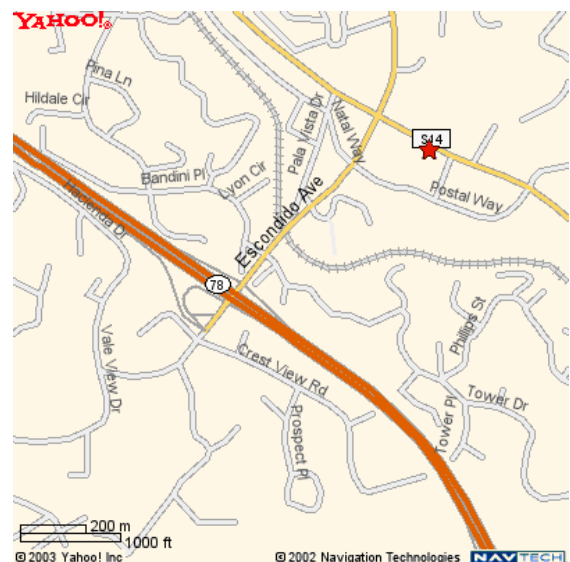
Have you checked out our San Diego Rockhoppers web site?

Our web site has all kinds of information about our club, information on all of our walks, monthly meetings, maps, as well as downloadable versions of walk brochures, and recent newsletters.

Check it out!!

Next Rockhoppers Meeting

By: Dencye Kinkead, President



The next Rockhoppers meeting will be held on **Monday October 11th, 2004** 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.

I encourage our members 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.

Pedometers are the Right Exercise Prescription

Do pedometers really work to get people walking? Yes, according to a study conducted by Dr. Steven Stovitz of the University of Minnesota in 2004. Take 2000 More Steps and Call me in the Morning.

The study split 94 sedentary patients into two groups. Both heard their physician tell them about the benefits of physical activity and got a 1-page handout and a follow-up phone call from a health educator. One group also received a pedometer and were asked to record their steps every day for nine weeks. Both groups were followed for their self-reported walking activity.

Both groups significantly increased the number of city blocks they walked per day and taking the stairs vs. the elevator, but the pedometer group was way out ahead of those without pedometers.

Those with pedometers increased their steps by about 2100 per day, or 20 minutes of steady walking, a 30% increase in daily steps. They walked almost twice as many blocks as those without pedometers.

Adding 2000 more steps per day can stop

weight gain, according to Dr. James O. Hill. Adding more steps can help reduce body fat. Walking for 30 to 60 minutes a day is the recommended minimum daily exercise by the Centers for Disease Control. A tiny investment in a pedometer, whether you buy one yourself for \$25 or less, or have it given to you by your health care provider, can be your most frugal health investment.

Couple Hiked 1,800 Miles From Washington State To U.S.-Mexico Border

By Terry Rodgers

San Diego Union Tribune
September 29, 2004

Touching the fence separating the United States from Mexico, two foot-sore but ecstatic hikers completed a 1,800-mile walk along the West Coast of the United States yesterday.

Nate Olive, 28, of Atlanta and girlfriend Sara Janes, 23, of Slidell, LA., finished the journey by sticking their legs through gaps in the rusted steel pilings to touch Mexican soil.

In a congratulatory gesture, a man on the other side of the fence handed the couple a fistful of Mexican sand.

"When we wake up tomorrow with no more miles to walk, I guess we'll have to look for another trail," Olive said. "But I don't know of any place that will match the West Coast. This has been a most beautiful and inspiring walk."

The pair, who started out June 8 at Cape Flattery at the northwest tip of Washington state, hope their odyssey will help promote the preservation and expansion of coastal trails and public access to beaches.

They estimate they spent at least 40 percent of the hike along the water's edge on sand or intertidal rocks. The rest of the time they were close enough to see or smell the ocean.

Both said they now have a deeper appreciation of citizen-inspired laws such as California's 1972 Coastal Act that guarantees public access to beaches along the high-tide line.

"You'd be surprised what's available if you're willing to take a stroll away from the roads," Olive said.

During the marathon trek, which took 2½ months to complete, the pair said they encountered unparalleled natural beauty and a random sequence of "trail angels" who came to their aid in times of need.

One evening in a remote area of Big Sur, they were out of water and becoming dehydrated when a stranger in a pickup suddenly appeared and gave them watermelon and filled their canteens.

"Doing this gave me hope," said Olive, who intends to write a book about the adventure. He's already settled on a title, "Dancing the Tidal Line," inspired by his observations of shorebirds in the sand.

The couple previously hiked the 2,650-mile Pacific Crest Trail together.

Olive and Janes, described by family members as "soul mates," have been nearly inseparable and constantly on the move since meeting three years ago while attending the University of Georgia.

Olive, who holds a master's degree in recreational ecology, has logged more than 10,000 miles of long-distance hikes, having finished the 2,170-mile Appalachian Trail and the 500-mile Colorado Trail.

"I have always seen him as an adventurer,"

said his mother, Bobbie Matthews of Atlanta. "I can't really worry about him. I just think about him and send him good thoughts every day."

During his tour of the West Coast, Olive said he was struck by the variety of ways people live along the coast, from million-dollar mansions to rustic yurts clinging to the sides of coastal slopes.

They were also amazed to find surfers at even the most remote beaches.

At a remote point near Cape Johnson, Wash., a group of congenial surfers who braved frigid temperatures offered him his first surfboard ride. The waves applied a pummeling, but he loved it.

Many interesting people - American Indians, crab fishermen and other friendly strangers - offered them rides by boat across rivers, bays and estuaries.

Once they had to swim across the numbing waters of the Sixes River in Oregon, carrying their backpacks in plastic trash bags over their heads.

"It was so cold I couldn't draw a breath when I jumped in," Olive recalled.

There were also many close encounters with wildlife, including the time when they walked within a few feet of a wild bull elk along a Northern California beach.

Although Olive's hand-written travel journals were posted on the Web by his mother, the hikers rarely saw any newspapers and didn't carry a cell phone or laptop computer.

Quoting philosopher Henry David Thoreau, Olive said he found it liberating "not being tied under the galling harness of civilization."

The most important source of information, he said, came from the moon, sun and tides.

Janes said the arduous hike boosted her self-confidence and she conquered her fear of climbing on sheer rocks.

"I overcame some mental barriers to physical challenges and found out I could do more than I thought," she said.

For Olive, the trek was more of a mental catharsis, a journey that forced him to "peel the onion" of his psyche.

"It was more than just finding myself," he said. "I feel fine-tuned and connected."

The opportunity awaits others to follow in their footsteps, he said.

"Here at the edge of the continent, it's all out there for people to learn about and make a connection with the forces of nature."

Getting Back To Nature **On Iron Mountain**

By: MARGA KELLOGG - Staff Writer

North County Times - September 24, 2004

POWAY ---- Whether you're looking for a moderately challenging training hike or an outing to share with your kids, the trails leading to Iron Mountain offer something for everyone.

Located along Highway 67 at the nexus with Poway Road, the area is rebounding from October's wildfires. The hills were once covered with chaparral, flowers, oaks and manzanita. Now, hikers can see their rejuvenation, as tiny flowers of all colors push up from the blackened soil and new leaves sprout from burned limbs.

Hikers can choose between two routes. For a longer route, head out from the Ellie Lane staging area, which is about 3/4-

mile north of the Poway Road parking area. From Ellie Lane, the 6.3-mile trail winds up and down hills through the back-country area east of Highway 67, culminating at the Iron Mountain summit, which offers panoramic views of the county from 2,700 feet above sea level.

Visible peaks include Lyon's Peak, Tecate Peak (near the town of Tecate), Otay Mountain, Cuyamaca, Double Peak and Mount Whitney in San Marcos, Mount Soledad and the Mexican Coronado Islands.

If you're looking for a less-strenuous hike, start from the Poway Road parking area and hike to the summit about 2.5 miles away.

Whichever you choose, the back-country trails around Iron Mountain and the peak itself offer a chance to get away from the county's urban areas and reconnect with nature.

If you go:

WHAT: Hiking on Iron Mountain

WHERE: Poway

DIRECTIONS: From I-8, take Highway 67 north past Lakeside. Just before the Poway Road signal light, see the first parking area and signs on the right. Park on either side of the highway. Alternative parking area is at Ellie Lane, 3/4 mile farther north. From I-15, take the Poway Road exit and head east until you connect with Highway 67.

Valley Lake adds another facet

ounded by more than 13,000 acres of open space known as the Southwest Riverside County Multispecies Reserve. The preserve is home to at least 16 sensitive, endangered or threatened native California bird, animal and plant species.

So, in addition to taking in views of the new lake at one point along the trail, hikers will be surrounded by dramatic views of nature along the trail.

North Hills Trail fronts the northern edge of the lake and connects two 5-acre trailheads. Because of its length and rugged terrain, it is rated by the

► GO, B-2



THE CALIFORNIAN FILE PHOTO
Karen Ewing, left, of Canyon Lake, and Lee Ryzewski of Temecula took advantage of Diamond Valley Lake's 6.5-mile trail when it opened in late June.

■ **WHAT:** North Hills Trail at Diamond Valley Lake

■ **WHERE:** From Winchester Road, turn right on Domenighoni Parkway and then right on Searl Parkway. The northwest trailhead can be accessed from Construction Road directly off Winchester. The northeast trailhead is near the east marina entrance.

■ **HOURS:** Open sunrise to sunset, but subject to closure or reduced hours as posted

■ **INFO:** Visit www.dvlake.com

backup water supply for Southern California. No body contact is allowed with the reservoir's water and only sailboats, human-powered and boats using clean-burning fuel are allowed on the water.

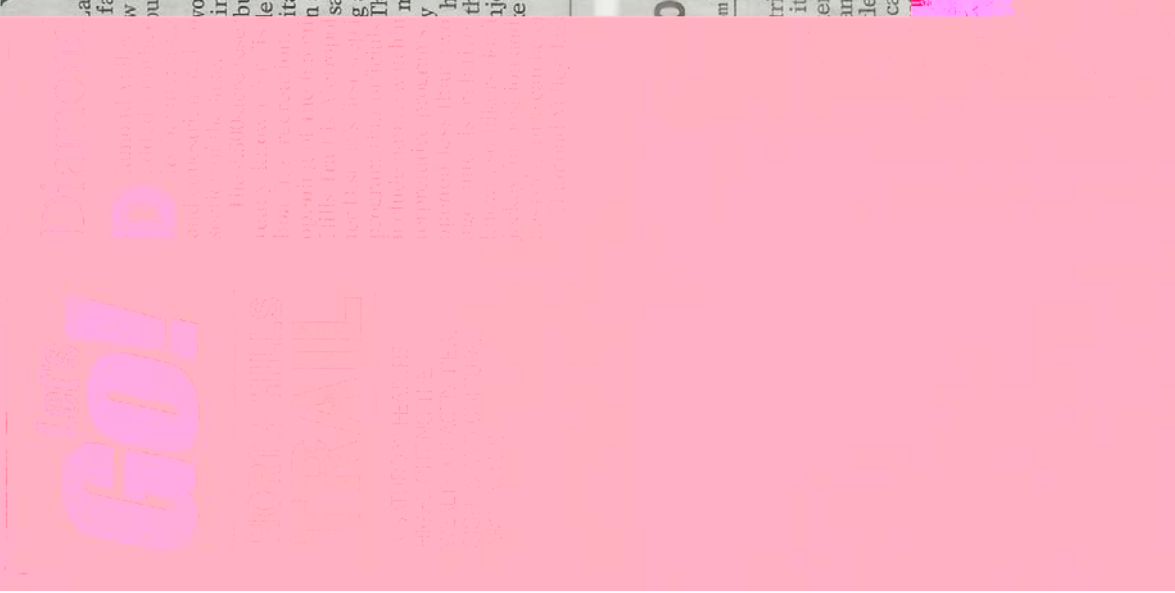
The trail uses a honor system to collect fees. Equestrians pay \$5 and hikers pay \$2 in envelopes and ranger mailboxes at the trailheads. The trail is open from sunrise to sunset, but subject to closure or limited hours as posted, Metropolitan spokesman Bob Muir said.

Other hiking options may be on the horizon as well. Water district officials hope to open another trail, a 21-mile loop that will surround the lake, as early as the end of

erict as a strenuous it is recommended ers wear sturdy and bring a hat and le with them.

can access the trails ions: the northeast near the east mari-off Searl Parkway. st trailhead can be om Construction hwy 79.

ilheads include s and parking. provides views of and natural sur-but is far enough serivoir to protect



San Diego County Rockhoppers

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
- The club contributes one-half of the cost for the Christmas (Holiday) Dinner

Last Name _____ First Name _____

Last Name _____ First Name _____

Last Name _____ First Name _____

Last Name _____ First Name _____

Street Address _____

City _____ State _____ Zip Code _____

Phone Number () _____ Email Address _____

New Application Renewal

Individual Membership (\$6.00 per person)

Family Membership (\$12 per family)

Total amount enclosed \$ _____ Makes checks to **The San Diego County Rockhoppers**

I am interested in helping the club put on events. Please consider me for:

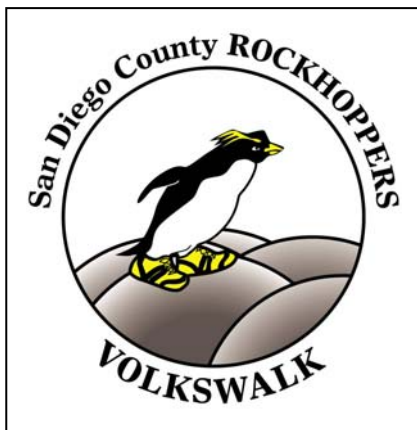
- Helping at the start table at a walk
- Helping at a walk check point
- Helping to prepare event brochures
- Helping to distribute event brochures
- Helping to design event awards
- Helping to lay out a walking route
- Other _____

Send Completed Form To:

**San Diego County Rockhoppers
c/o Noby Sederholm
2592 Daily Drive
Fallbrook, CA 92028**

San Diego County Rockhoppers

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IMPORTANT NEWS INSIDE