

**Your Rockhopper Volunteer
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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

**Saturday
December 10, 2005**

During the annual Holiday
Party/Luncheon.

See below.

Mark Your Calendars

We will have our Rockhoppers
Club Holiday Luncheon/Party at
the Sizzler Restaurant in
Escondido at noon on
Saturday December 10th.

Last year we had more than
30 members join us for this fun
annual event.

Please mark your calendars
so you can keep this
time and date free.

More detailed information will be
provided in the next issue of
your newsletter.

New Year Round Event

Trailmaster **Tom Escher** has created a
great new Year Round Event that winds
around the Old Town San Diego area.

All the paperwork has been submitted to
AVA, the brochures and maps have
been printed. The walk will be officially
available for credit starting at the
beginning of next year.

Tom is already working on some other
new Year Round events as well.

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

Slow Walking Burns More Calories, Easier on Joints

From Wendy Bumgardner

Walking slowly not only burns more calories per mile, it may also save wear and tear on the joints of those who are obese.

Burn More Calories per Mile at 2 MPH

- Researchers at the University of Colorado at Boulder confirmed that people burn more calories per mile walking a very leisurely 2 miles per hour than walking a moderate to brisk 3 to 4 miles per hour. Researcher Ray Browning also noted a surprise finding, that obese people have modified their body movement so that they are energy-efficient walkers. While they burn more calories per mile due to moving more weight over that distance, the calories burned per pound of body weight was similar to lean people.

Slower Walking is Easier on the Joints

- More good news is that strolling slower also reduces the loads on the knee joints by 25%.

This can be an important factor as obese people take up an exercise program to burn calories while reducing the risk of injury. "The message is that by walking more slowly, obese individuals can burn more calories per mile and may reduce the risk of arthritis or joint injury," said Ray Browning in a press release. Walking with fitness poles has a similar effect, burning more calories per mile while taking pressure off of the knees and joints.

Add Low-Impact Cardio Exercise

- Slower walking has one drawback, it doesn't give the aerobic training effect produced by walking fast enough to raise the heart rate. Browning recommends adding other vigorous lower-impact activities like swimming, cycling, step routines and elliptical training workouts.

Why Do You Burn More Calories at Low Speed?

- At low speeds, you lose the efficiency of already being in motion - momentum, as one step is the

springboard to the next step. This makes your muscles work a little harder with each step.

2005 Upcoming Events

Year-Round – Carlsbad (SDCR)

Year-Round – Oceanside (SDCR)

Sep 24 – Oceanside (SDCR)

Oct 15/16 – Norco (LDR)

Oct 22/23 – Sierra Madre (HST)

Nov 5/6 – Calimesa (GVG)

Nov 12 – Ojai (HST)

Dec 10 – Long Beach (HST)

Dec 10 – Holiday Luncheon (SDCR)

Dec 17 – Corona (LDR)

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GVG – Green Valley Gaiters

HST – Hollywood Star Trekkers

LDR – Low Desert Roadrunners

**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

Volkswalk Mission San Luis Rey Walk

September 24, 2005 (One-Day Only)

Start Location: At the Ralphs Supermarket in the Ralphs/Lowes Shopping Center – On the west side of Old Grove Road, between Mission Ave. and Route 76. Oceanside, CA

Trail Description: Both the 5K and 10K trails are rated a "1", level and on pavement, suitable for wheelchairs and strollers.

This walk takes you past the Mission and the ruins of some of the early outbuildings. The 10k walk continues past the Heritage Village Park, past a quaint bakery/restaurant, to the bike/pedestrian path along the San Luis river. You then have a choice of taking an elevator instead of the stairs in a shopping center..

Fees: This walk is a credit-only walk

Miscellaneous: Restrooms and water are available at the start point, and at least one point along the walk.

Dogs are allowed, on a leash, with clean-up.

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 September 24th at noon at the start table.

Mission Information: Mission San Luis Rey de Francia, located in Oceanside, California, is the eighteenth in a line of twenty-one California Missions. Founded on June 13, 1798 by Fr. Fermin de Lasuen and currently operated by the Franciscan Friars of California, the mission provides both guided and self-guided tours, a museum, gift shop, Franciscan Retreat

Center, and Cemetery as well as various functions and events.

Walking through the Sunken Gardens or along the arched colonnade, you will be transported to the past, imagining the everyday life of the Franciscan Friars and Indians who inhabited the Mission more than two centuries ago.

Directions: From I-5 north or south, exit at Route 76 and head east. Turn right at Old Grove Road. Turn right at the first light into the Ralphs/Lowes Shopping Center on the west side of Old Grove Road, between Mission Avenue and Route 76. The start point is at the Ralphs Supermarket.

From I-15, exit at Route 76 and head west. Turn left at Old Grove Road. Turn right at the first light into the Ralphs/Lowes Shopping Center on the west side of Old Grove Road, between Mission Avenue and Route 76.

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



Backpack Generates Power From Walking

WASHINGTON (Reuters) -- A backpack that converts a plodding gait into electricity could soon be charging up mobile phones, navigation devices and even portable disc players, U.S.-based researchers said on Thursday.

Their backpack design converts mechanical energy from up-and-down movement of the backpack's cargo to electricity during normal walking.

Fueled by a snack, hikers can put the spring in their steps to good use, the researchers write in Friday's issue of the journal Science.

The backpack is deliberately designed to shake around a bit. The up-and-down movement of the backpack's cargo compartment against the frame of the pack turns a gear connected to a generator.

The simple magnetic coil generator is similar in principal to those seen in hand-cranked radios, flashlights that work after a rhythmic shaking and other devices.

Humping along just under 85 pounds (38 kg) of weight in the backpack can produce up to 7 watts of electricity, Lawrence Rome and colleagues at the University of Pennsylvania report.

This is more than enough electricity to simultaneously power an MP3 music player, a personal digital assistant, night vision goggles, a handheld global positioning satellite navigation device, and a mobile telephone.

The not-so-graceful human gait is a big help in making the pack work, they reported.

Human hips rise and fall about 2 inches (5 cm) with each step and a backpack

worn by a person who is walking rises and falls as well, they said.

"As humans walk, they vault over their extended leg, causing the hip to rise 5 to 7 centimeters on each step. Since the backpack is connected to the hip, it too must be lifted 5-7 centimeters," Rome said in a statement.

"It is this vertical movement of the backpack that ultimately powers electricity generation."

But nothing is free, so what does this energy cost the hiker?

Little more than a snack, said Rome.

"Metabolically speaking, we've found this to be much cheaper than we anticipated. The energy you exert could be offset by carrying an extra snack, which is nothing compared to weight of extra batteries," Rome said.

"Pound for pound, food contains about 100-fold more energy than batteries."

Calories burned per mile by walking

		Weight in Pounds							
		Pounds	100	120	140	160	180	200	220
Speed	2.0 mph	65	80	93	105	120	133	145	
	2.5 mph	62	74	88	100	112	124	138	
	3.0 mph	60	72	83	95	108	120	132	
	3.5 mph	59	71	83	93	107	119	130	
	4.0 mph	59	70	81	94	105	118	129	
	4.5 mph	69	82	97	110	122	138	151	
	5.0 mph	77	92	108	123	138	154	169	
	6.0 mph	86	99	114	130	147	167	190	
7.0 mph	96	111	128	146	165	187	212		

**Two Year-Round Walks
Carlsbad, CA**

14K (8.7 miles)
10K (6.2 miles)

January 1 to December 31, 2005

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, 2005

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.

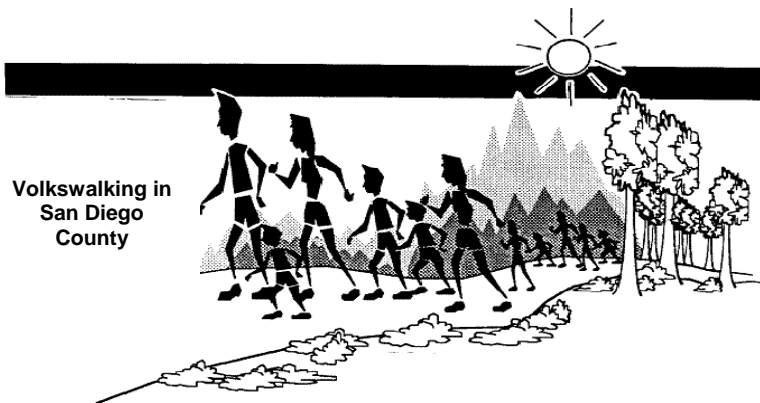
We request that you walk from dawn to dusk only.

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

September/October 2005



Volkswalking in San Diego County

Important News

➔ The next Rockhopper scheduled walk is at the Mission San Luis Rey in Oceanside on **Saturday September 24th**. Details inside....

- **Holiday Lunch/Party** December 10, 2005. Details inside....
- The next Rockhoppers Club meeting will be held December 10, 2005. Details inside.....

THE *Spirit* OF WALKING

San Diego County Rockhoppers

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IMPORTANT NEWS INSIDE