

**Your Rockhopper Volunteer
Officer Roster**

President:
Steve d'Adolf
sdadolf@san.rr.com
(858) 451-2130

Vice President:
Eartha Johnson
earthlj@aol.com
(760) 724-0754

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

Treasurer:
Philomena Stein
(760) 945-0016

Secretary:
Lucy Nelson
countersink@cox.net
(760) 294-6321

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

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

The next Rockhoppers meeting will be

**Monday
October 9, 2006**

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.

5K YRE's Approved

Shirley Lindberg
AVA President

I have just returned from the IVV
meeting in South Tyrol. As you may be
aware, AVA and the Canadian
Volkssport Federation jointly brought a
motion that would allow a 5k option at
YRE/Seasonal events. The motion
passed with 38 in favor, 8 opposed and
2 abstentions.

That means that clubs MAY offer a
"small" distance between 5 and 9
kilometers along with their 10k event,
and that can be advertised. Since we
are well into the events for 2006, the
new ruling will take effect for events that
begin in January, 2007. Sanctioning is
being done now for 2007, and
brochures and routes are being
prepared.

I know there has been a lot of interest in
this so I wanted to get the
information to you as soon as possible.

This signifies a huge change of opinion
in the IVV regarding YRE/Seasonal
events, and I'm pleased for all that
requested that I could help make this
available.

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

2006 Upcoming Events

Year Round - San Diego
Downtown/Waterfront (SDCR)

Year Round – Old Town (SDCR)

Year-Round – Carlsbad (SDCR)

Year-Round – Oceanside (SDCR)

Oct 7/8 – Tustin (LTSW)

Oct 9 – Club Dinner Meeting

Oct 14/15 – Upland (LDR)

Nov 4/5 – Loma Linda (GVG)

Nov 12 – Poway (SDCR)

Dec 9 – Long Beach (HST)

Dec 9 – San Diego Rockhoppers
Holiday Luncheon
(Tentative Date)

GVG – Green Valley Gaiters

HST – Hollywood Star Trekkers

LDR – Low Desert Roadrunners

LTSW – Laguna Turf & Surf Walkers

SDCR – San Diego County
Rockhoppers

A great list of all scheduled California walks can be found at the California Volkssport web site.

<http://www.walkcalif.info/>

Walking Achievements

Congratulations to the following members on their walking achievements/awards:

Sharon Fritz - 350 events

Sharon Fritz - 4000 KM

Volkswalk Poway Street Fair

SUNDAY ONLY

November 12, 2006

Start Location:

Poway Community Park
13094 Civic Center Drive
Poway, CA 92064

Start Time: Between 8:00 a.m. and Noon

Finish Time: Must be off the trail by 3:00 p.m.

Pets:

Pets are OK on a leash with cleanup.

Trail Description:

The trail goes through the downtown area of Poway, then through the semi-annual Poway Street Fair, then by Old Poway Park with its train barn and 1907 Baldwin No. 3 Steam Engine, 1 1938 Fairmont Speeder and ore cars, a 1894 L.A. Yellow Trolley, and a San Francisco Cable Car.

The trail goes by the Dearborn Memorial Park and qualifies for credit for the Spirit of Walking Cemetery Stroll Award.

The walk is mostly on sidewalks. Stroller and wheelchairs are welcome.

The walk is rated 1+. There is one hill to walk up.

Fees:

This walk is a credit-only walk

Credit Only: \$3.00 (For either pre-registration, or on the day of the event.)

Miscellaneous:

Water and restrooms can be found at the start point and at various locations along the route.

Directions:

From I-15 North or South, exit at Poway Road and head east. Go 4 miles and turn right on Civic Center Drive, which is the street just before the Poway Library (on the right). Go 1 block and turn right, into the park. The start point is in the area near the parking lot. (Look for the AVA signs).

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

The Fall Poway Street Fair theme represents the ideals of our community.

Poway – “The City in the Country” with it’s unique blend of health, home, family, and Community.

The Sunday November 12th street fair is expected to attract 15,000 people and 200-plus vendors to Midland Road between Poway Road and Hilleary Place.

How Not to Train for a Marathon

From Wendy Bumgardner

You sign up to do a marathon with a charity marathon program, with only six months to both train and to raise thousands of dollars. Marathon directors warn that they see the price people pay for this.

Beginners Take 18 Months, Not 18 Weeks

- If you are a stranger to regular exercise, you need to build a base mileage first, before beginning marathon training. It is wise to take a full year to first start regular walking or running before starting a marathon training program. My own Marathon Training Program is 19 weeks long, but it assumes that you have been walking regularly for up to six miles before you begin it.

The Risks of Marathon Training

- Walking or running over six miles requires both a base - months of building up - plus cautions. Longer mileage has more risks of simple things like blisters and overuse injuries such as iliotibial band syndrome, stress fractures, and plantar fasciitis. Marathon directors say they see as much as 75% dropout from those who register from a commercial marathon training program or a charity marathon training program, far higher than the dropout rate of individuals who register for their marathons.

Too Much, Too Fast - The first problem seen are those who try too much, too fast - they are not regular runners or walkers, but they leap into marathon training as part of a charity program or as a fitness goal. Without the base, they are at more risk of injury.

Not Training Enough - Stick With the Schedule - The second problem are those who enter these programs, but don't strictly follow the schedule. A sound marathon training program is based on heavier weeks and lighter weeks, alternating. Some people never put in long enough sessions - it is common to hear them say they haven't trained beyond a half-marathon distance. This is a set-up for injury. Others skip weeks entirely and try to walk distances too great for their level of training, again with greater risk of injury.

Burn Out - Fatigue is also a big factor when people enter a marathon training program without enough preparation. The commitment it takes to train properly means that one day every weekend must be dedicated to longer mileage and time away from family.

The Charity Trap - Some charity marathoners drop out because they are unable to raise the dollars to participate in their charity program. They may have trained physically but are behind in the fundraising. They could drop out of the charity program and do a marathon on an individual basis, but feel guilty about failing to meet the fundraising requirements.

More dangerous are those who have raised the funds, but not done the walking or running training. They feel required by their donors to go and finish a marathon they are not prepared for physically. It is wise for a charity marathoner to only promise to complete what they can do safely, without sacrificing their own health.

Choose the Half-Marathon Instead

- Those who want a good training goal who have only six months in which to begin training should choose a half-marathon. The 13.1 miles of a half-marathon is a challenge for both walkers and runners, yet it is a safer achievable goal for beginners. Many charity programs are awakening to this and adding half-marathons to their list of choices.

Year-Round Walk Downtown San Diego/Waterfront

10K (6.2 miles)

June 1 to December 31, 2006

Credit Only

Start Location:

Holiday Inn On The Bay
1355 North Harbor Blvd.
San Diego, CA

Ask for the Walking Box at the bellman
or concierge desk in the hotel lobby.

Railroad Friendly

(3 blocks from the Amtrak Santa Fe
Trolley/Coaster Station)

Pets:

Dogs are allowed, on a leash, with
clean-up. However, it is probably not a
good idea to take a dog along through
the busy and crowded area in the
Gaslamp Quarter and Seaport Village.

Trail Description: The trail starts at the
Holiday Inn Hotel, goes along the San
Diego Waterfront to the east end of the
airport runway, then through Balboa
Park, around Petco Park the home of
the San Diego Padres, through the
Gaslamp Quarter, up over the
Convention Center, through Seaport
Village, past the USS Midway Museum,
the cruise ship docks, past the Star Of
India sailing ship, and back to the
Holiday Inn.

The walk is rated 2 due to the hill when
going from the waterfront to Balboa
Park.

**This walk qualifies for both College
Walk and Railroad Walk credit.**

Directions:

From I-5 Heading South: Exit at Front
Street / Civic Center. Continue a few
blocks to Ash Street. Turn right (west).
Proceed about 8 blocks to Harbor Drive.
Turn left. The Holiday Inn On The Bay
is on the left.

Year-Round Walk Old Town San Diego

10K (6.2 miles)

January 1 to December 31, 2006

Credit Only

Start Location:

Best Western Hacienda Hotel Old Town
4041 Harney Street
San Diego, CA

Parking:

Available at the Old Town Trolley Station,
Old Town State Historical Park, an along
area streets.

Railroad Friendly

The Coaster and San Diego Trolley stop at
the Old Town Station.

Amtrak stops in downtown San Diego,
where the trolley can be used to get back
to Old Town.

Pets:

Leashed pets are allowed on the walk.

Trail Description:

The trail starts at the Best Western
Hacienda Hotel, goes through Heritage
Park, and then goes uphill for about 1/2
mile on sidewalks through Heritage type
residential area to Mission Hills Nursery
which was started in 1910. The route
continues through more Heritage type
areas, Presidio Park, and along old San
Diego State Historical Park.

The walk is rated 2 due to the hill at the
start of the walk.

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: Exit at Old Town Avenue,
Once on Old Town Avenue, proceed to
San Diego Avenue and turn left. Go to
Harney Street and turn right. Go back
1/2 block to the Best Western Hacienda
Hotel Old Town on your right.

Two Year-Round Walks Carlsbad

14K (8.7 miles)

10K (6.2 miles)

January 1 to December 31, 2006

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

10K (6.2 miles)

January 1 to December 31, 2006

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.

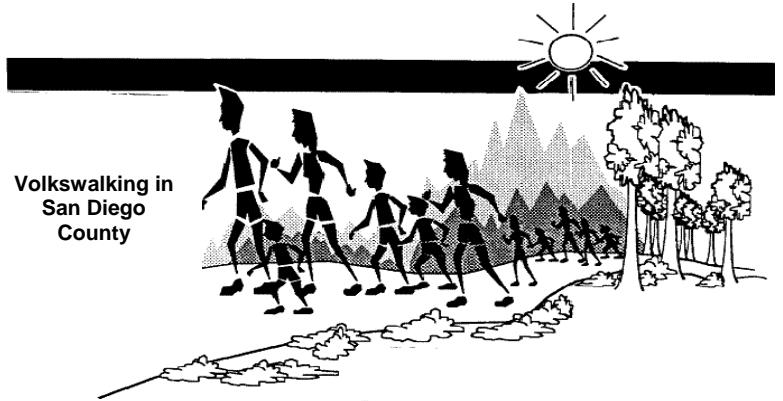
We request that you walk from dawn to
dusk only.

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 2006



Important News

- The next Rockhopper scheduled walk is on **Sunday November 12** in conjunction with the **Poway Fall Street Fair**. Details inside...
- The next Rockhoppers Club meeting will be held **Monday Oct. 9, 2006**. Details inside....

San Diego County Rockhoppers

Steve d'Adolf – Newsletter Editor
17852 St. Andrews Drive
Poway, CA 92064
sdadolf@san.rr.com



IMPORTANT NEWS INSIDE