

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

The next Rockhoppers meeting will be

**Monday
September 10, 2007**

The Picket Fence Restaurant
945 S. Santa Fe Avenue
Vista, CA 92083
760-945-4357

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.

Sony Environmental & Healthy Lifestyles Expo

The last weekend in May the
Rockhoppers were invited to participate
in a health fair put on by a few dozen
organizations, and held at the large
Sony plant in Rancho Bernardo.

Your editor and wife Pat manned our
Rockhoppers booth and had a nice time
talking to the employees of Sony who
expressed an interest in walking.

We collected some 60 names of people
that we added to our list of folks we
notify of upcoming walks. Hopefully,
we'll benefit by adding some new
walkers, and possibly some new
Rockhopper members.

5 Km Year Round Walks

**All of our San Diego
County Rockhopper
walks now have
a 5Km option.**

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

2007 CVA Convention

Your Rockhoppers were the hosts for the 2007 California Volkssport Convention the first weekend of May. It was a great success.

Lunch and Business Meeting

We had 65 people attend the lunch and business meeting. This worked out great as we had 60 attendees who had pre-registered. The caterer prepared food for the 60, plus enough for an additional 5 people. So, the additional 5 who signed up at the convention meant the caterer was happy to be paid for all 65 meals, and the CVA came out exactly as planned...came out even. No loss of money for lunches, which had happened in the past.

Prizes

During the lunch and meeting we gave away 65 prizes...enough for every attendee to have one item. The prizes were donated by six (6) of the CVA member clubs.

The prizes ranged from a \$165 set of Cobra Radios, a few sets of \$50 binoculars, a number of different pedometers, sports timer watches, shirts, volkswalk plates from Germany, to some smaller items like cloth patches, and AVA logo items.

Attendees By Club

The Hollywood Star Trekkers won the award for having the largest number of attendees (from out of town).

Walkers

Walk #1 - 78 paid walkers, plus 5 free walkers, and 1 new member coupon

Walk #2 - 81 paid walkers, plus 10 free walkers

Walk #3 - 74 paid walkers, plus 5 free walkers, and 2 new member coupons

Walk #4 - 38 paid walkers, plus 1 free walker, and 1 new member coupon

Total 271 paid walkers, plus 21 free walkers, and 4 new member coupons

Saturday Evening Dinner

A total of 30 people got together for a nice dinner and conversation at the Cafe Merlot.

Some anecdotal humor

Two people got lost on the 5Km trail of Walk #2 and called for assistance. Your editor tried to help them as best as I could by phone, but was unsuccessful. I later found out the two ladies ended up flagging down a motorist and were able to get a ride back to the start point. Surprisingly, the trail for walk #2 was the only one marked with the red AVA streamers.

Some of our out-of-town attendees apparently still needed some exercise even after doing 4+ walks over 2 days so they stopped on the way to the airport to do the San Diego Downtown/Waterfront Year 'Round Walk.



2007 Upcoming Events

Year Round - San Diego
Downtown/Waterfront (SDCR)

Year Round - Old Town (SDCR)

Year-Round - Carlsbad (SDCR)

Year-Round - Oceanside (SDCR)

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Sept 10 - Club Dinner Meeting

Sept 22 - Catalina Island (HST)

Oct 6/7 - Riverside (LDR)

Oct 13/14 - Mission Viejo (LTSW)

Oct 21 - Escondido (SDCR)

Dec 29/30 - Sierra Madre (HST)

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HST - Hollywood Star Trekkers

LDR - Low Desert Roadrunners

LTSW - Laguna Turf 'N 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/>



Escondido Street Fair Walk Sunday October 21st

Our next scheduled walk will be in Escondido on Sunday October 21st as part of the Escondido Street Fair.

The start point is expected to be at the Post Office on Escondido Blvd.

The trail will take walkers through Grape Day Park, the Escondido Civic Center area, and through the Escondido Street Fair. The Rockhoppers will have a booth at the Fair to hand out information to prospective new walkers, and to act as the checkpoint for our scheduled walk.

Everyone is encouraged to participate in this great walk. The Escondido Street Fair will have over 600 booths, live entertainment, arts and crafts, and food from around the world.

This is the second largest street fair in the state, and is always great fun for the whole family.

Note: The street fair runs from 9 a.m. to 5 p.m.

More detailed information will be available and sent to everyone in early October.

Year-Round Walk Downtown San Diego/Waterfront

10K (6.2 miles) & 5K (3.1 miles)

January 1 to December 31, 2007

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) & 5K (3.1 miles)

January 1 to December 31, 2007

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) & 5K (3.1 miles)

January 1 to December 31, 2007

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) & 5K (3.1 miles)

January 1 to December 31, 2007

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.

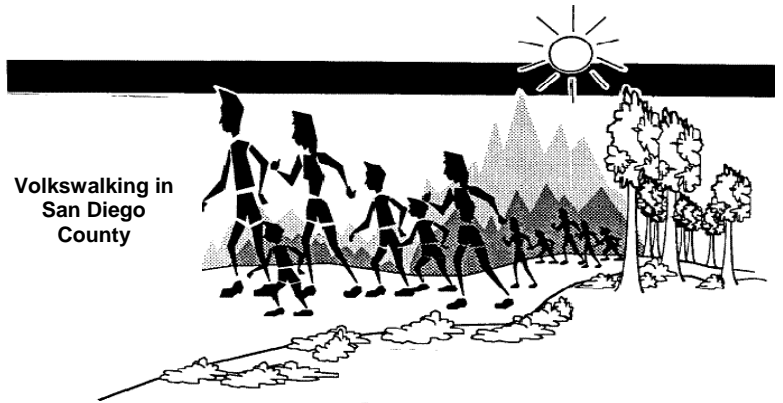
We request that you walk from dawn to
dusk only.

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 2007



Important News

- The next Rockhopper scheduled walk is on **Sunday October 21st** as part of the **Escondido Street Fair**. Details inside...
- The next Rockhoppers Club meeting will be held **Monday September 10th**. Details inside....

San Diego County Rockhoppers

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IMPORTANT NEWS INSIDE