

SWEAT GAZETTE



March

1984 Celebrating 25 Years 2009

2009

Sacramento Walking Sticks
P.O. Box 191834
Sacramento, CA 95819-7834

SacramentoWalkingSticks.org

President
Gale Hughart

Vice President
Steve Hughart

Secretary
Janet Riley

Treasurer
Gail Samcoff

Newsletter Editor
Gale Hughart
gigiwalks@yahoo.com

Next Walking Sticks Meeting:

May 14, 2009

SMUD Customer

Service Center
6301 S Street

Forestview 1 - First Floor
7:00 p.m.

A 5k walk starts at 5:00, meet at the front of the building.



We walk for fun, friendship and fitness! Walk with us!

President's Greeting

Are you loving the longer days? I know I am. More daylight time for walking! Who doesn't love that? There are tons of walking events coming up in the next few months so we're going to need those extra hours of daylight.

The Pi Day walk last Saturday (3/14) was a big success. We had 67 walkers and nearly half of them were new "fun walkers." It was really wonderful to see so many new faces. They all seemed to have a fun time so I hope maybe they'll walk with us again! We had Pi Day buttons and plenty of pies. If you missed this year's walk - there's always next year. We'll have the same buttons and the same left-over pie...no, just kidding about the pie! The route was developed by Myrna Jackson. Thanks, Myrna, for all your hard work. I'd also like to thank the others who were there to work the table and talk to the walkers: Steve Hughart, Renee Spain, Nancy Alex, and Janet Riley.

The first weekend in April is the Redding Extravaganza. The Shasta Sundial Strollers have planned 4 new walks for this event. It should be a great weekend. For more information contact The Shasta Sundial Strollers President, Cynthia Turbin, at 530-246-4130.

Our April Membership meeting has been cancelled. A change of date and venue to another day in April to discuss our upcoming walk event at "Howard Ranch" in Rancho Seco Park, April 18th & 19th, but having been sick all week I haven't been able to make arrangements to find a meeting place. Instead, Our Webmaster, Steve Hughart, has posted a sign-up sheet on our website for anyone interested in working the tables and/or the BBQ. Please sign up to help if you can.

This Friday night, March 20, is our second Planning Meeting for our 25th Anniversary Event. I am looking for a chairperson to take

on this event. If you would like to attend, email me at gigiwalks@yahoo.com and I'll send you a map to my house.

Did you attend the Placer Pacer's event at

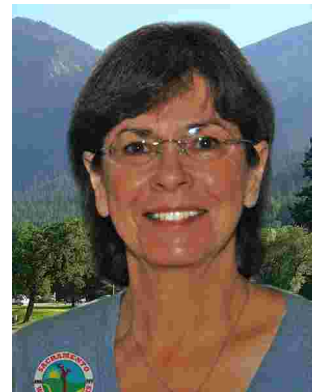
Spenceville last weekend? Steve and I walked the 8k and had a great time. What a beautiful walk. It spit a little rain, but otherwise everything was so beautiful and green. At the turn-around point of the 8k there is a really pretty waterfall. We were able to stamp our Walking Waterfalls Special Programs book with our first stamp. Pretty exciting.

Will you be attending this year's 2009 AVA convention in Richardson, Texas? Barbara Nuss is the delegate for our club and will be attending the meetings and voting on important AVA issues. Our own Wayne Holloway is running for AVA Vice President. Good luck, Wayne!

Now is the time to start planning for 2010 events. Do you have a route in mind that would make a great sanction or YRE walk? We have a couple new ideas in mind, but if you have one or two, now's the time to let us know.

We're looking for a chairperson our club elections Nominating Committee. The offices open so far are President and Secretary. If you are interested in chairing this committee, running for office, or have someone to nominate, for now, call me at 916-364-5063.

See you out walking.
Gale



WELCOME

Priscilla R. Fife
 Kerry Hasa
 Martin Hasa
 Monica Moriarty
 Page O'Connor

New Members!

Gail Ohanesian
 Carol Klein
 Fran Leistikow
 James Leistikow
 Michael Leistikow



April

01 Marsha Robinson
 03 Jenny Wong
 06 Nancy Diehl
 06 Myrna Johnston
 09 Page O'Connor
 12 Helen Alexander
 12 Steve Lavezzo
 12 Canndy Mero
 12 Steve Sherman
 13 Susanna A. Marks

16 Barbara Nuss
 17 Gail Schurr
 18 Lewis Wakefield
 20 Bettie Mah
 21 Nancy Tellefson
 23 Karlene Brown
 23 Marilyn Neubauer
 28 Catherine M. Holzer
 29 Lorraine Talbot

ANNIVERSARIES

4 years:

Elizabeth Biggert
 Phil Hickey
 Carol Jauregui
 Sherry Reed
 Teri Steinman

3 years:

Jim Heston
 Rose Heston
 Martha Korff
 Sam Korff
 Steve Lavezzo
 Elizabeth Orr
 Kendall Smeeth
 Catherine Wieder
 Terry Wieder

2 years:

Nancy Alex
 Marie Hall
 Lorraine Talbot

1 year:

Diane Goodwin
 Margaret Jaramillo
 Sidney Modiste
 Martha Morris
 Ronnie Morris
 Diane Schultz
 Marilyn Vogler



UPCOMING WALKS



March

- 19 10:00 am Fair Oaks East (TWITT Walk)
 Fleet Feet 8128 Madison Avenue Fair Oaks 95628
- 19 6:00 pm Sacramento - Ashton Park (Evening Walk)
 Ashton Park 4251 Ashton Drive Sacramento 95864
- 21-22 8:00 am Davis (Davis Dynamos Sanctioned Event)
 Davis Senior Center 646 A Street Davis 95616
- 24 10:00 am Sacramento - Pocket Area (TWITT Walk)
 UPS Store 7485 Rush River Drive Sacramento 95831
- 26 10:00 am Sutter Creek (TWITT Walk)
 Best Western Amador Inn 200 S Hwy 49 Jackson 95642
- 26 6:00 pm East Sacramento - Fab 40's (Evening Walk)
 East Portal Park 1120 Rodeo Way Sacramento 95819
- 28-29 8:00 am Mokelumne Hill (Sierra Gold Striders Sanctioned Event)
 Wendell's, 9036 West Center St Mokelumne Hill 95245
- 31 10:00 am Stockton (TWITT Walk)
 McDonald's 4515 Pacific Avenue Stockton 95207

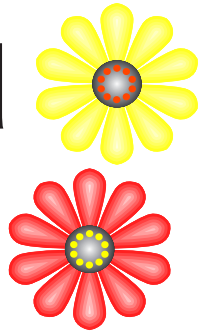
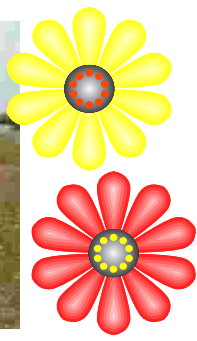
April

- 2 10:00 am Sacramento - East Fab 40's (TWITT Walk)
 Mercy Hospital 4001 J Street Sacramento 95819
- 2 6:00 pm Carmichael-Ancil Hoffman Park (Evening Walk)
 Bella Bru Cafe 5038 Fair Oaks Boulevard Carmichael 95608
- 3 - 5 Redding Extravaganza!
 Whiskeytown Nature Walk #1
 Whiskeytown Nature Walk #2
 Shasta Dam Nature Walk #1
 Shasta Dam Nature Walk #2
- 7 10:00 am Yuba City (TWITT Walk)
 Bonanza Inn 1001 Clark Avenue Yuba City 95991
- 9 10:00 am Sacramento - American River (TWITT Walk)
 Big Lots 8700 La Riviera Drive Sacramento 95826
- 10 9:00 pm Davis - University Arboretum (Full Moon Evening Walk)
 Fleet Feet Sports 615 Second Street Davis 95616
- 11 8:00 am San Francisco - Mission Delores
 Douglass Playground 26th St & Douglass St, San Fran 94131
- 14 10:00 am Davis (TWITT Walk)
 Fleet Feet Sports 615 Second Street Davis 95616
- 16 10:00 am Gold River - Lake Natoma (TWITT Walk)
 Starbucks 12195 Tributary Point Drive Gold River 95670
- 16 6:00 pm Sacramento - CSUS (Evening Walk)
 Scottish Rite Temple Parking Lot 6151 H St Sac 95819
- 18-19 8:30 am Rancho Seco Park - Sacramento Walking Sticks Sanctioned Event!
 Rancho Seco Park 14962 Twin Cities Road Herald
- 21 10:00 am Elk Grove - Laguna West (TWITT Walk)
 Starbucks 5060 Laguna Blvd Elk Grove 95758
- 23 10:00 am Ione (TWITT Walk) Ione Market
 313 Preston Ave (along Hwys 104 & 124) Ione 95640
- 23 6:00 pm Elk Grove Regional Park (Evening Walk)
 Shopping Center Parking Lot, Emerald Park Dr & Elk Grove Florin Rd, Elk Grove 95624
- 25-26 8:00 am Vacaville - Lagoon Valley
 Digger's Deli 866 Alamo Drive Vacaville 95688
- 28 10:00 am Citrus Heights (TWITT Walk)
 SAS Shoe Store 7247 Greenback Lane Citrus Heights 95621
- 30 10:00 am Natomas (TWITT Walk)
 Natomas Bike Shop 3291 Truxel Road Sacramento 95833

Rancho Seco Park Howard Ranch Trail

May 10 & 11, 2008

PA08 #80624



Special Programs - US Authors and Literary Landmarks

Description: A 5 and 11k loop nature trail next to Rancho Seco Lake. The trail meanders through the ever-changing habitat of southeastern Sacramento County.

The nature trail is the product of a partnership between SMUD and The Nature Conservancy. The Nature Conservancy purchased 12,000 acres of the Howard Ranch in 1999 from the heirs of Charles Howard, owner of the famed racehorse Seabiscuit. The conservancy placed permanent protective restrictions on the property and resold the land to a local cattleman.

Check out the vernal pools, seasonal wetlands that are ecological havens, as well as riparian and marsh habitat. Vernal pools are crucial to the life cycle of federally listed threatened and endangered species, such as the California Tiger Salamander, vernal pool fairy shrimp, and vernal pool tadpole shrimp,

Take in the colorful flora and dramatic views of oak woodland habitat and the Sierra Nevada Mountains in the distance. Each season has unique beauty.

The Howard Ranch remains a working private cattle ranch, so please stick to the trail and leave the dogs and bikes at home.

NOTE: There is a \$5.00 per car fee to enter Rancho Seco Park.

Miscellaneous:

- Enjoy a lunchtime BBQ hosted by The Sticks in the park
- Rest Rooms at start/finish only
- Water at start/finish only
- Strollers/Wheelchairs: Not appropriate
- Pets not allowed on trail

Start/Finish Times: 8:30 - 12:00, finish by 3:30pm

Start Location: Rancho Seco Park, 14962 Twin Cities Road Herald, CA 95632

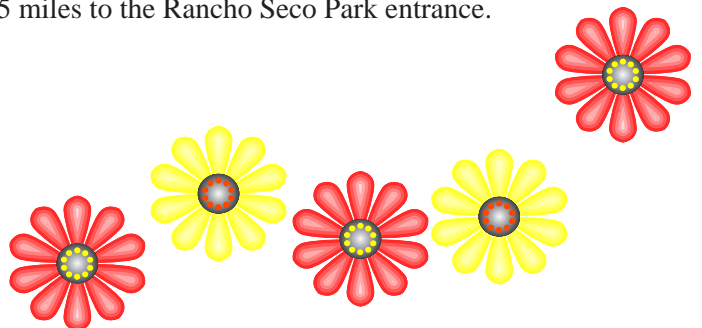
Driving Directions:

Take SR 99 south from Sacramento and exit at SR 104 (between Elk Grove and Galt). Go east for 15 miles to the Rancho Seco Park entrance.

Contact:

Myrna Jackson
(916) 481-6714

Steve Hughart
(916) 364-5063



What's In Your Fanny Pack?

by Bob Wright (article from *The American Wanderer*)

Do you wear a fanny pack? Are these items included in yours?

Personal Safety

Items you carry day-to-day merit a place:

- Identification, including special medical conditions
- Cell phone (save frequently used numbers in memory)
- Whistle (good when disoriented in the woods or to frighten off a wood-be assailant – three short blasts means “I’m in trouble”)

For a walk in the woods, consider items hikers carry:

- Map of the area designed for hiking (these have plenty of detail)
- Compass
- GPS device - global positioning system devices include maps (be sure you have the right area) and use the military’s satellite-assisted navigation system to tell you where you are and help you backtrack when needed.

Spending Money

To grab a bite to eat and drink along the way, buy a postcard, book about the local area, or do light shopping, carry what you need. Leave the rest at home or locked in your car.

- Small amount of cash
- Credit card (MasterCard and Visa are widely accepted)

Fortification

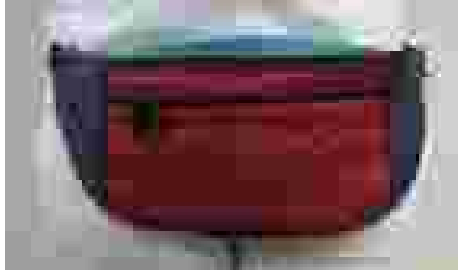
If you might want or need a snack (diabetes, etc.), carry it. You can’t always buy something when you need it.

- Water, carry more the hotter the day (unless you’re walking long and hard, you won’t need mineral replacement such as found in Gatorade, Propel, etc.)
- Energy bar (watch the calories: bars designed for marathoners have too many for shorter exercise)
- Candy (not chocolate, it melts)

Mini medicine cabinet

Be prepared for common problems.

- Antiseptic wipes for cleansing
- Pills for inflammation, pain or headache relief, etc.
- Band aids to protect small wounds



- Insect repellent to ward off bugs; “deep woods” varieties have longer staying power
- Moleskin for sensitive areas on your feet
- Sun screen with UVA/UVB protection. Don’t overlook personal medical conditions.
- Bee sting kit
- Medicine for allergic reactions, heart condition, etc.
- Insulin kit

Odds and ends

What else might you carry?

- Small flashlight for reading directions and illuminating the way at dusk and in dark places.
- Information about Volkssporting and your club to hand to people who ask what you’re doing

No-nos

Some things are better left at home, or at least in the car

- Cigarettes (it might be against the law where you walk)
- Alcohols (it’s not good for you during or immediately after exercising)

Slim down

Fanny pack too stuffed?

Prioritize needs. Carry what you need most.

- Carry a small quantity, like a few pills or all-purpose size band aids (enough to finish your activity).
- Use sunscreen and insect repellent that remains effective for a few hours; apply before walking, and leave the rest in your car.

Smart planning will enhance, not detract from, your Volkssport experience.

Start Saving Your Stuff!



Already doing some Spring cleaning? Need to get rid of some stuff? The Sticks are having another Yard Sale August 22, 2009 at Myrna’s. We’ll have a walking event leaving from there too.

Start saving your stuff. Proceeds from the sale this year will go towards funding our 25th Anniversary Event in November.

We’re also looking for volunteers to work the sale. We’ll keep you posted as the time draws near.