



# Footprints



Placer Pacers' Newsletter, PO Box 142, Auburn, California 95604

August 2010

## CELEBRATING NATIONAL WIN WITH CIVILITY MONTH WHAT A CROCK!

### Don's Discourse

#### Plan Ahead For Fun Fitness Friendship Food

Here it is August, already, and we are planning for the month of September. A group of Placer Pacers and others are planning a trip up to Washington State to attend the Whidbey Walking Festival being held on September 10-12. This should be a fun time with five walks planned over the three days. We will be caravanning up to Whidbey Island with stops to walk in Ashland, Oregon; Silver Falls State Park in Oregon; and Mt. Rainier in Washington. Anyone interested in joining in on the fun, please get in touch with Wayne Holloway or me (the more the merrier).



Also in September, the Placer Pacer's will celebrate their 20<sup>th</sup> Anniversary by hosting 3 events on September 24-26. There will be hot dogs and hamburgers on both Saturday and Sunday with a cake on Saturday. If you know of a Placer Pacer (former member or present) that hasn't shown up for our walks or meetings recently give them a call and let them know about our anniversary and what promises to be a great time.

We will be doing a workers walk for each of the three events, one walk on Wednesday Sept. 22, one walk on Thursday Sept. 23, and the third walk on Friday morning, Sept. 24. We will be doing some trail marking during these worker walks. To make it easier for you to decide where you want to help out, I have the signup sheets online for you to look over and email me your choice of time and location. This is a three day event and we need all the help we can get. Thanks in advance for making our Anniversary an event to remember. *Don*

### Dues Due

#### A Message From A.J.

Hello everybody, this is A.J. begging you to send in your dues. Every year I have to call people over and over asking members to pay. Last year I was still begging in December. New members that joined this year probably don't owe anything; if you are not sure please call me at 530-637-4633 and I will let you know. To the rest of you, I would really, really, appreciate it if you put a check in the mail today. Remember, it's \$10.00 for individuals & \$15.00 for family. If for any reason you're not continuing your membership please call and let me know. Remember to make your check out to Placer Pacers & mail to A. J. Bohanon, 1007 Sage Road, Colfax, CA 95713.

### Placer Pacer Wonderings

#### Palo Alto's Baylands Park

The bus may have been cancelled, but thanks to Jay LaCroix and his 11 passenger van, the Placer Pacers were well represented at the South Bay Striders' wonderful walk around Palo Alto's Baylands Park nature preserve.

Accompanying Jay in the van was Sheila Steinberg, Judy Stroud, Grace & Wayne Holloway, Herb M. Webber, Herb E. & Pam Webber, and A.J. & Jim Bohanon. (Yes, that is only 10. There was an empty seat.) They were joined on the trail by fellow Placer Pacers Jill & Bud Simmons, JoAnn & Dave Pelz, Pat Lucero, Jean Lucas, Doug Rathgeb, Betty Howland, and Charlie Fowble who found their own transportation. All were



there to trod the rustic and otherwise trails around the outstanding Baylands Park wildlife sanctuary, attentively watching the various and numerous water fowl...and other things (talk about walking at a snail's pace), all the



while carefully considering placement of their footwear to avoid the gifts left by geese and dogs whose owners didn't comprehend the many signs explicitly stating that dogs should be kept on leash and have their poop scooped. The

proximity of Stanford University doesn't ensure that every resident of Palo Alto is literate. The birds can be forgiven their behavior (it's their park and they can poop where they want to), and they were there in abundance, responding, we were told, to the direct order of South Bay Striders president Holly Pelking. The white pelicans were especially impressive...not to mention Holly.

The weather was outstanding, as was the food and fellowship at the Mexican restaurant where we went for lunch.

Travelling and walking with friends is a good thing. We should do it more often. Hey, try out that Whidbey thing; read about it below.

## Pacer Nuggets

The following Placer Pacers were acknowledged in the Aug/Sep edition of *The American Wanderer* as having attained the IVV Award milestone indicated.

### Events

Grace Holloway	1400
Wayne Holloway	1400
Betty Howland	750
Jan Jerabek	400
Jean Lucas	475
JoAnn Pelz	450
Qeldas Pickett	325
Doug Rathgeb	425
Don Ratliff	1000

### Distance (Kilometers)

Jan Jerabek	4500
Jean Lucas	5000
JoAnn Pelz	3500
Qeldas Pickett	3500
Doug Rathgeb	4500
Marillyn Ratliff	9000

# Club Events

## Placer Pacers Hosts Exceptional Events

The Placer Pacers are noted Nationally for their events, having earned the American Volkssport Association's Trailblazer Award in 2009. The selection of quality and interesting trails, well marked and/or with faultless directions and friendly, competent, motivated and helpful staffed Start, Finish, Specialties tables, and Checkpoints, sets the standard for conducting events. The signup sheets for the Club's next walk, Auburn (September 24-26) is on the Club's website at: <http://www.placerpacers.org/FL-workers.htm>.

### Auburn

The Placer Pacers' twentieth anniversary walk is scheduled in Auburn, the location of the Club's first walk, on September 24 through 26; three days for three walks. The start point will be the Auburn Dam Overlook. The walks are the Canyon, Town and Confluence to Lake Clementine. There will be a barbecue and cake. Don & Marillyn are the Walkmeisters.

### Apple Hill

The annual "happening" at Apple Hill continues on the weekend of the second Sunday of November, the 13<sup>th</sup> and 14<sup>th</sup>, under the able Walkmeistering of Bette & Ron Haskell and gracious support of Brad Visman and Boa Vista Orchards. Distances of 5, 10 and 13 kilometers will be offered, primarily on narrow paved roads past Christmas tree farms, and several of this area's World Famous apple orchards and bake shops, where you may find calories galore. Brad and Boa Vista Orchards donates the cider for the spiced hot cider at the checkpoint, and has done so for 25 years...buy their fruit and pastries.

### Rocklin

Rounding out the year is the Christmas walks in Rocklin on December 18. Judy Stroud and Marillyn Ratliff have volunteered to be the Walkmeisters. Consideration is being given to having one start window, in the afternoon, which will accommodate both the day and evening walk. Such tactics would reduce the manpower requirement while still offering a great walking opportunity. Consideration is also being given to offering only one walk. This may be the last year for this walk. The lights are getting dimmer.

### Next Year - 2011

You may firm up your 2011 walk schedule by inking in Hidden Falls (Apr 2-3), Silver Lake (Jul 29-31) Apple Hill (Nov 12-13), and Rocklin – or somewhere - Dec 10). The Friendship Walk schedule is under construction and will be heading your way one of these months.

# More Info on Coming Events

## Out of State Road Trips

We have written the last couple of months of major events that have the potential for extended travel and multiple event wonderings: the annual Volkssport weekend at the Crazy Horse Monument near Custer, South Dakota, the Columbia River Gorge Festival at Cascade Locks, Oregon, and the Whidbey Island Volkssport Festival at Coupeville, Washington. Only Whidbey remains for 2010.

## Whidbey Island

Visit beautiful Whidbey Island for a Volkswalking Extravaganza! See Washington's second oldest town with its Victorian homes and small town stores. Walk across farm fields and to the beach. Fabulous Puget Sound and Mountain views on all walks. And we haven't forgotten the fourth F in Volkswalking—Food! After the special Mayor's walk on Friday, join us for a walkers' meet 'n' greet. On Saturday walk to the BBQ at Jenne Farm and take the bus back into town and on Sunday the Town of Coupeville invites you to a free concert in the park and a Salmon BBQ.

All walks start at the Coupeville Recreation Center, and they are:

**Whidbey Coast-to-Coast.** Walk on paved and dirt paths and along country roads, across Ebey's Landing Historical Reserve to Ebey's Landing beach. Watch for eagles, whales, otters, and submarines. Views overlooking Puget Sound to Port Townsend and the Olympic Mountains.

**Historic Town of Coupeville.** Walk around Coupeville seeing many Victorian homes and along main street to the much photo'd Penn Cove Dock. Views of Mount Baker and the Cascade Mountains. Look for artists in the Plein Air Painters' US Open around town and the Reserve. Join Mayor Conard on Friday evening for a special walk on this route.

**Farm Heritage.** Walk along rural roads and across farm fields to Jenne Farm. Visit our agricultural heritage past and present. See historic Jenne Farm and pause for views across farmland to the Puget Sound, Cascades and Olympics. Take your time and enjoy a bratwurst while you are at the farm. Catch a special bus back to Coupeville Recreation Hall.

**Fort Ebey.** Ride the bus to a special drop-off point at the edge of the woods in Fort Ebey State Park. The first five km is through the woods and along the bluff to the Artillery Bunkers. Return along the paved trail to Coupeville. Views of the Puget Sound and Olympic Mountains.

**Penn Cove.** Jump on the bus at the Coupeville Recreation Hall and ride it 6.2 miles to the start of this walk which will take you all along Penn Cove. Fabulous water and mountain views the entire walk. Look for wildlife and Penn Cove Mussel beds.

**The Caravan.** Currently a caravan of 17+ families is driving north to the Whidbey Island Festival in September. We are planning to overnight in Ashland and Salem, OR, and Packwood, WA, on the way, and do one of the Year Round Walks near each location – Ashland, Silver Falls State Park (Silverton), Mt Rainer. Upon arrival on Whidbey Island, we will take on the Deception Pass Year Round Walk.

Travel Times:

**Ashland** - Sacramento to Ashland, 300 miles, 4:45 travel time.

**Silver Falls** - Ashland to Silverton, 252 miles, 4:10 travel time.

**Mount Rainer** - Silverton to Ohanapecosh, 194 miles, 3:39 travel time. Several of us in the caravan has senior passes to national parks. Make sure that you have yours, or you have someone in your car has one...borrow an old person.

**Deception Pass** - Ohanapecosh to Oak Harbor, 184 miles, 4:19 travel time.

Plan of Travel:

Monday, Labor Day: Depart Safeway Shopping Center, 405 South Highway 65, Lincoln at 8:00 AM, or local area in time to reach Ashland around 2:00 PM to check in/set up and walk that afternoon/evening. Stay overnight in Ashland.

Tuesday: Drive to Silverton, check in/set up and walk Silver Falls State Park that afternoon/evening. Stay overnight. Some of us are staying in Salem, about 12 miles away.

Wednesday: Drive to Ohanapekosh (Mt Rainer), check in/set up and walk that afternoon/evening. Stay overnight. Some are staying in or near Packwood, about 17 miles away from the walk start point.

Thursday: Drive to Whidbey Island, check in/set up and walk Deception Point that afternoon/evening.

Info on motels – Some of us are staying at:

**Ashland** La Quinta Inn, 434 Valley View Rd., Ashland, OR 97520, Phone: 1-541-482-6932, for September 6.

**Salem** La Quinta Inn, 890 Hawthorne Ave SE, Salem, OR 97301, Phone:1-503-391-7000, for September 7.

**Packwood** Inn, 13032 US Highway 12, Packwood, Washington 98361. (877) 496-9666 (toll free), (360) 494-5500, for September 8th. Also in Packwood: Crest Trail Lodge, just down the street from Packwood Inn. 800-477-5339.

Info on RV parks. Marillyn Ratliff has found these.

**Ashland** - Glenyan RV (541) 488-1785 Water and Electric (no sewer) \$26.36

**Salem** - Phoenix RV (800) 237-2497 Full Hook Up \$29.54

**Packwood** - Packwood RV (only rated 1 star) (360) 497-1100 Full Hook Up \$32.91

Some of the points of contact have provided information on their walks.

From Marie Jewett: If you haven't done the "new" Ashland Town Walk I would highly recommend doing that one, both walks are new last year. The town walk is our high light for Ashland. I think you would enjoy it. We would be delighted to meet and walk with you and will put the word out to our members and see how many we can bring along. Have a good and safe trip; see you on the 6th of September and again on Whidbey Island. Marie

From Millie Haupt on the Mt Rainer walk: I'll be there to greet you and see if some of our other members can come, too. Mt. Rainier's natural trail is rough in places, with hills, rocks, tree roots, etc.,--in other words whatever you'd find in the mountains. But it has breathtaking scenery and the trail is hard-packed. I'd be glad to lead a group on a 5K--there's a point where the trail comes to a "T" and those who want to can return to the campgrounds. Walking sticks are good, too. Looking forward to seeing you on 9/8. Millie

Here's the poop on the walks...that doesn't sound right...information from the *Starting Point*:

**Ashland.** The recommended Park and Town walk is a revised walk due to the change in start point. It goes through the plaza area, with its many interesting restaurants and shops. You will be walking on bark paths, sidewalks, through Lithia Park on paths not traveled in the past. It takes you past Shakespeare theatres and onto the campus of Southern Oregon University. The walk starts at the Stratford Inn, 555 Siskiyou Boulevard. Take exit #19 to Ashland and follow the signs into town, approximately 4 blocks at old Highway 99 turn left, this road changes names from Highway 99 to North Main in the process, continue on North Main to where it intersects with Siskiyou Boulevard. Two lights past the intersection is Sherman Street. The Motel is on the left corner of Sherman and Siskiyou across from the Safeway store, park on street or in the Safeway parking lot. This is a 10k walk, rated 2+.

**Silver Falls State Park.** This route walks the whole canyon trail from South Falls to North Falls. View nine spectacular waterfalls. Trails are bark dust, natural and paved. Wear sturdy shoes and carry water. There is a 1k add on (easy) to do the 10th waterfall. Registration is at the Safeway Grocery Store 301 Westfield Street, 918 North First Street (Highway 214), Silverton. From the south on I-5, take Market Street exit #256 (Salem). Follow the signs east along Hwy 213 to Silverton. At the traffic light turn right on Westfield Street. Go straight up the hill. Safeway is on the right. The box is just inside the first door to your right. After registering, you will drive 14 miles along scenic Silver Falls Loop Highway to the trail-head within Silver Falls State Park. We might consider carpooling to the park. There is a \$3.00 State Park entrance fee per car. This is an 11k walk, rated 3+.

**Mt. Rainier National Park.** The walk route is mostly dirt trails and many short hills. Rough nature trail (roots) in

places with beautiful view of Silver Falls and Grove of the Patriarchs. Registration is at the Ohanapecosh Campgrounds Visitor's Center. The walk box is at the Information Desk. Northbound: From Portland, take I-5 north to exit 68. Take Highway 12 East through Packwood to junction with Highway 123. Turn left on Highway 123 and turn left at Ohanapecosh Campgrounds sign. Park in the Day Use Only area. We may want to carpool from Packwood. Don't forget the Senior Passes. This walk is rated 3.

**Deception Pass State Park.** The walk is on improved forest trails almost entirely within the park. Views include Puget Sound, San Juan Islands, Olympic Mountains and Deception Pass Bridge. Walk through old growth forest, sand dune environment and marshland habitat. Beach combing, photo ops, and picnic opportunities abound. No day use park fees in Washington State Parks. Registration is at Seabolt's Smokehouse, 40928 SR 20, Oak Harbor. From I-5 north or south, take exit 230 (SR 20/Burlington) and follow SR 20 west (left, if you are going north). Follow SR 20 for 11 miles toward Anacortes and turn left when SR 20 turns left towards Oak Harbor. Continue another 6 miles to Deception Pass Bridge. Cross the Bridge and pass through first stop light. The walk is rated 2+ (2C for Canadians).

## Next Meeting

The next Placer Pacers business meeting will be at 7 PM, August 10, 2010, at the Round Table Pizza Restaurant in Auburn Town Center, 370 Elm Avenue, a block north of Interstate 80. Come early for your favorite table, to eat and make gossip.

**Rescue Wisdom:** Life ain't about how fast you run, or how high you jump. It's about how good you bounce.

**“Lord, you pick ‘em up and I’ll put ‘em down.”**

### I found the Fallen Leaf Lake photos!

