



MileMarker Newsletter ----- Volume 2 ----- Issue 4 ----- April 2010 ----- www.OC-Hiking.com

Wilderness Wildflowers Bloom

*By Suki Reed, OCHC President, as
Published in the Orange County Register
March 2010*

One of the less traveled wilderness areas in Orange County is the Thomas F. Riley Wilderness Park.



Sticky Monkey flower, Photo by Bob Allen

Riley offers beautiful hiking trails and vistas and is between Mission Viejo and the Cleveland National Forest. It also has rolling hills rich with wildflowers, oak trees, grasslands, seasonal streams and wildlife.

During the spring season, there's an abundant display of wildflowers.

Here are a few of the many wildflowers that can be found at Riley: Sticky monkey flower, Indian milkweed, black sage, telegraph Weed, Coast live oak tree, white Sage, California Buckwheat, and the San Diego tar plant.

Don't leave home without your camera, the OC Register/OC Hiking Club Wildflower Photo Contest begins March 24 and ends April 20. (The online contest link will be published soon). Amenities at the park include a seasonal butterfly garden (most active during July and August), hiking/bike and equestrian trails, picnic area, interpretive center and interpretive programs. Although horses are welcome, no dogs are permitted.

The 475-acre gem was once grazed by cattle, and was bought by the County of Orange from Richard O'Neill. in 1983. The park opened to public use in 1994.

The park is east of Mission Viejo, six miles east of the 5 Freeway on Oso Parkway. The park entrance is 100 feet before the corner of Oso Parkway and Coto de Caza Drive, right side, just outside the community of Coto de Caza.

Park Hours: 7 a.m. to sunset.

Thomas F. Riley Wilderness Park

30952 Oso Parkway

Coto De Caza, CA 92679

949-923-2265

REI SPECIAL FOR OCHC MEMBERS ONLY!

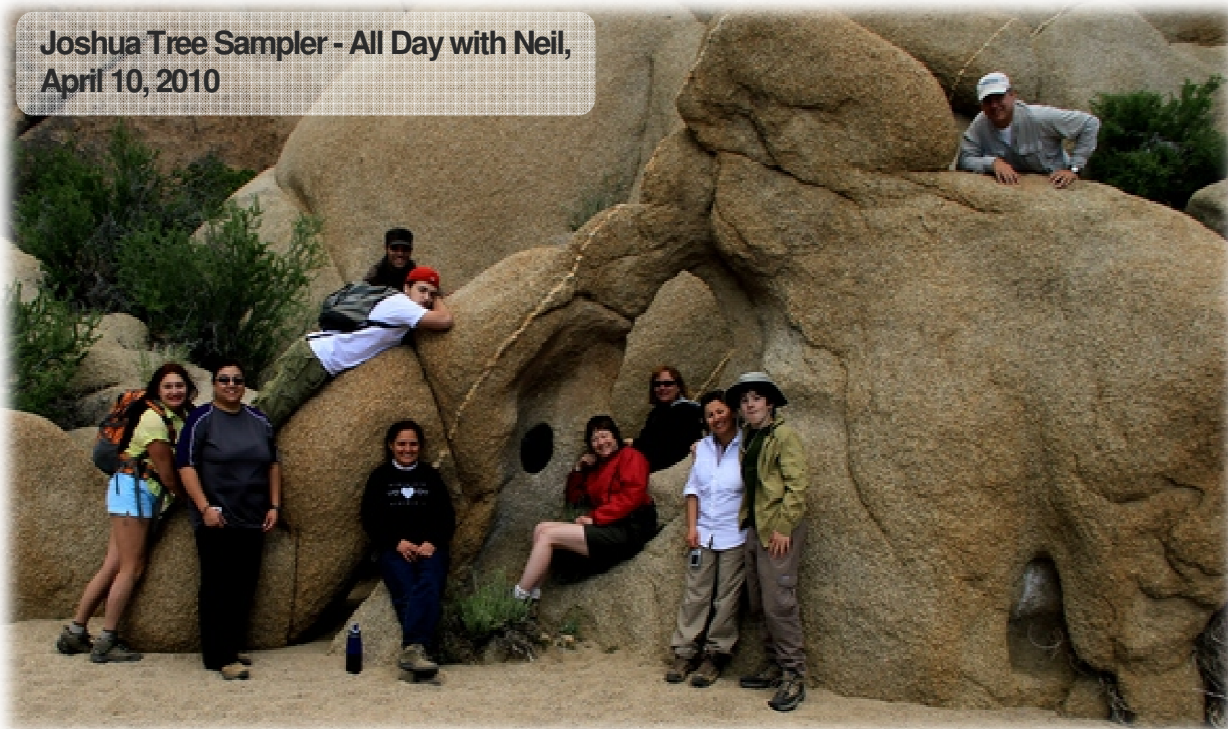
Learning to backpack for the first time? OC Hiking Club Members receive 25% off the cost of cost of first time equipment rental at REI.

*Members must provide a printout of the OC Hiking Club event posting at the time of rental.

Bank of America®



Joshua Tree Sampler - All Day with Neil,
April 10, 2010



Over-the-counter (OTC) Pain Medicines-Quick & Easy!

by Laura V., OCHC Member

Many of us will increase our activity on the trails during the Spring and Summer months, embracing the beautiful California climate and weather. More activity may lead to more body aches and pain for some. Therefore, many hikers may turn to OTC medications to help relieve aches and pains. OTC pain meds are easily accessible; however, they can cause harm if not used as directed and with caution.

Some BASIC GUIDELINES for the two most popular types of OTC pain medications:

Acetaminophen (Tylenol)-The benefit of this class of medication is that it is gentle on the stomach. It can decrease pain, but does not decrease inflammation. Unfortunately, its gentle nature can lead to accidental poisoning if taken in high doses or over a long period of time. Always consult your pharmacist or provider if you take other medications or drink alcohol on a daily basis. **DO NOT USE** if you have a liver condition or disease.

Nonsteroidal anti-inflammatory drugs (NSAIDs)-This class includes aspirin, ibuprofen, and naproxen. Its benefit not only decreases pain, but decreases inflammation. You should take with food, as this medication is hard on the stomach. Overdosing can lead to kidney failure. You should avoid this med if you have a history of stomach ulcers or kidney disease. Again, always consult with your healthcare professional if you are taking other medications.

References:

<http://www.mayoclinic.com/health/drug-information/DR601885>

http://www.medicinenet.com/nonsteroidal_antiinflammatory_drugs/article.htm

EVENT RECAP

CATALINA SAFARI - 2010! March 19 - 21

The Catalina Island OCHC Safari event was hosted by Hike Organizer Jim VT and President Suki Reed.

What our members had to say....

"Best camping trip ever! Had more fun than should be allowed, met the two coolest amigas on the planet and made lots of new friends - this is such a warm and welcoming group. Catalina was spectacular - it could not have been more beautiful. I can't wait to hike and camp with you all again!!" -Vanessa Ryan

"This was a wonderful weekend on my favorite and very special island. I have been to Catalina many times but have never seen it so beautifully green and lush. I enjoyed a wonderful 6-7 mile hike on Saturday followed by relaxing kayak tour. I enjoyed meeting and making new friends. Thanks to Jim VT & Neil for their knowledge and hospitality and to those sitting at our table Saturday night who sang happy birthday to me! My memories... breath taking scenery... T J's 21 seasoning... cave singing. All and all a very enjoyable weekend!" - Gwen

"I had a great time meeting some of the new members, as well as reconnecting with some old ones. I loved tent site #8. This is a great trip to introduce a newbie to camping...not too hardcore and a ton of activities. I look forward to hiking/camping w/ everyone again." - Vic

"Had a great time at Two Harbors with the OCHC group, met made some new friends and saw a few from last year's trip. Neil and Jim VT did an excellent job. Never did see the hyena's but there was a pack semi-wild women close by that made the memorable. Sign me up for next year." - Bill



When I first joined the OC Hiking Club a little more than a year ago, I was a little discouraged. Everyone was very friendly, but I was overweight and out of shape and had difficulty keeping up with the group. Then last summer I attended the beginner hikes at Turtle Rock with Harish. Harish was very patient but also very encouraging and would push me to do a little more each time. This became a regular weekly hike for me. After just a few weeks I began to notice a difference in myself, not just on the scale or my endurance, but also my attitude. Since then, I have lost 25 pounds and 2 dress sizes. I now make hiking a regular part of my exercise routine and often hike 4 times per week. I am still losing weight and building my endurance, and enjoying every minute of it. For those who are just starting out I would like to encourage you to stick with it. Before you know it you too will notice a difference, and hiking is much more fun than working out in a gym. Thanks OC Hiking!

- Katherine Woodhouse, MA, BCBA, ATC
AKA: "Kathy Sue"

THANKS OC HIKING CLUB



Before

Now

Suki Reed in the OC Register!



Suki Reed, President of OC Hiking Club, is a writer for the Orange County Register. Past articles include topics such as hiking for stress relief, camera tips, and favorite local hiking spots. Look for her articles on the back page of the Outdoor Section every Monday. Past articles can be found at:

<http://www.ocregister.com/fi/search/?q=suki+reed>

Interested in Advertising?

Ad space is now available

For more information please contact:
Suki Reed, President
Newsletter @ OC-Hiking.com

 **OC parks**

Costume Hell

A BIG thank you to Costume Hell for their generous sponsorship of the MileMarker newsletter!

Special Thanks To Our Business Partners:

