



MileMarker NEWSLETTER

- Written by Hikers for Hikers -

MileMarker Newsletter ----- Volume 1 ----- Issue 6 ----- August 2009 ----- www.OC-Hiking.com

Show Your Love

By Sheila Refoy

You may have seen on the calendar for August a request from our President Suki to support the club financially. You may also be wondering why the club needs any money and are thinking that it runs itself. Funds are needed on an ongoing basis to support the website, educational programs, fundraising, member assistance, insurance fees, legal fees, a part-time assistant, developing partnerships with the community such as the "Kids in Need" program, and other expenses that a non-profit corporation incurs.

If you have not done so in awhile, please check out the website for new features such as OC Hikes which details some of our popular hikes, with more to come as we develop them. There is an Expert Advisory Board with vast knowledge and experience. The CA Hike Safe page is worth checking out for its tips on altitude sickness, snakes, bugs, etc. There is a lot of quality work going on behind the scenes that is invaluable to our members and takes funding to develop and continue. There are also future items to be developed such as the Organizers Handbook, as an example. I think you will be amazed at what the website has on it if you have not seen it lately. The development of our non-profit requires considerable financial expense and your donation will help support it.

Please consider the value that you have received from being in the OC Hiking Club in terms of friendships, health, and gorgeous scenery. Your donation will enable the OC Hiking Club to continue along its path and get us all outdoors safely. Donations can be made through your Meetup profile or at: <http://www.oc-hiking.com/donations.htm>

Many thanks to Shelia and all OC Hiker's for being a part this and building a club that will be here for years to come – OC Hiking Club

– Shelia Refoy

For more information and to make a donation, please visit: <http://www.oc-hiking.com/donations.htm>



REI SPECIAL FOR OCHC MEMBERS ONLY!

Learning to backpack for the first time? OC Hiking Club Members receive 25% off the 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.

HIKE ORGANIZERS WANTED

Would you like to share the outdoors with others? We are accepting applications for:

1. Dog Walks
2. Out of town hikes
3. Beginning to moderate hikes

Please click on the link below, fill out the Hike Organizer Application and email to:
Newsletter@OC-Hiking.com

<http://www.oc-hiking.com/volunteers.htm>

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>



All Ages, Cultures Embrace Hiking

Written by: Suki Reed, President of OC Hiking Club, for the Orange County Register, July 2009

Put down your tennis racquet and come play in the dirt. Hiking is one of, if not the largest outdoor activity, in the United States, but why do so many people want to walk on dirt? Some reasons might be that hiking appeals to all ages and cultures, refreshes the soul, is accessible and is intertwined with other outdoor activities. Hiking's popularity can be partially attributed to its appeal to a broad range of ages, from the young to 80-plus and of all walks of life and cultures.

It is a sport that can be started before children learn to walk by papoosing on their parents back and is often easier on the body than other outdoor activities allowing hikers to continue their hiking careers well into retirement. Most of the hikers I know who are in the age range of 70-plus can "kick my tail" on the trail, because retirement allows these human mountain goats abundant time to hike.

Hiking also is a family-style activity that allows different age groups and cultures to mingle socially on the trail and supposed age barriers drop away. Many times over I have seen supportive family-style friendships develop on the trail with age gaps of more than 20 years.

Hiking allows all ages and cultures to connect and experience nature. The lasting value of time spent in the outdoors is the topic of a book that is receiving attention from experts: "Last Child in the Woods" by Richard Louv. The book focuses on children and the importance of the unexplainable magic and benefit of time spent outdoors. This "outdoor magic" is applicable to adults.

Accessibility also plays into the popularity of hiking. Many trails are within an hour or less locally and across the United States. Hiking is intertwined with running, biking, kayaking, rock-climbing, etc.... because these enthusiasts must often cross terra firma to participate in their sport.

The love of hiking unifies assorted groups and ages creating a stimulating outdoor social environment. If you would like to trade-in your tennis racquet for hiking boots to experience the magic of social hiking, go to www.OC-Hiking.com



SITUATIONAL AWARENESS WITH NEIL - Take it with you everywhere you go!

**"THE BODY CAN TAKE DARN NEAR ANYTHING.
IT'S THE MIND THAT NEEDS TRAINING!"
Reno – NAVY SEAL INSTRUCTOR**



From "Lone Survivor: The Eyewitness Account of Operation Redwing and the Lost Heroes of SEAL Team 10" by Marcus Luttrell

Sometime ago, I was approached by our OC Hiking President, Suki Reed, to be interviewed, along with other members, about the art and practice of hiking.

She asked me what I considered to be the primary goal of any hike. My answer was, "To return safely," it is the fundamental principal of outdoorsmanship, so fundamental that it sometimes forgotten by us as walkers, hikers, backpackers and peakbaggers.

"THE GOAL THAT MUST OVERRIDE ALL OTHERS IS TO RETURN SAFELY."

In Jon Krakauer's book, *Into Thin Air*, the non-fiction account of a disaster on Mt. Everest, the author cites the accomplishments of the great mountaineer, Ed Viesturs.

Krakauer states that the outdoorsman's greatest skill is his willingness to stop and turn around, if for no other reason than "it doesn't feel right."

How do we ensure the goal is realized? While we stress the importance of technique, preparation, and communication, such as carrying the "[10 essentials](#)," there is a prime essential, a way of perceiving and assessing that can be learned called Situational Awareness.

http://en.wikipedia.org/wiki/Situational_awareness

Situational Awareness is:

Being aware of where you've been, where you are, where you're going, and making an accurate, honest assessment of the environment plus the abilities of all companions on the trail. We must always be aware of our own and our companion's mental abilities and physical limitations. After assessing the situation, if we find ourselves lacking, we must communicate clearly, halt our activities, set aside other goals and take steps to optimize our situation to achieve the goal of safe return.

Our number one goal is to return safely. There are other important factors that assist our safe return such as: communication between members, physical conditioning, carrying the "[10 essentials](#)," 1st Aid Training and all members of an event studying/carrying trail maps and descriptions, etc. This is the responsibility of each and every individual. Help should never be considered to be a cell phone call away.

An Air Force Survival trainer, in a e-mail newsletter circulated some years ago asserted that each person should assume that their leader, the individual in a group with the most training and experience, the drive and the will, the proper gear and the know-how will become incapacitated and you will be on your own. As in the 1972 film [Deliverance](#), the capable, heroic lead (Burt Reynolds) becomes the injured and the average, frightened everyman (Jon Voight) must rise to the occasion. We will not likely be stalked by in-bred hillbillies, but a bad start and a bad day, on local hike or a High Sierra peak, still is a bad start or a bad day.

Achieving a new peak is fun, but safe return is the higher goal. Keep this in mind on your next outing.

Neil Fricke – Vice President, OC Hiking Club



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Suki Reed, President
Newsletter@OC-Hiking.com

-- GORP --



GORP is a traditional mix of "Good Old Raisins and Peanuts," also known as trail mix. In New Zealand and Australia, it is known as "scroggin." In Canada it is known as "Pink Buggie." It has evolved over the years to include a combination of dried fruit, grains, nuts, and sometimes chocolate, developed and used as a snack food to be taken along on outdoor hikes.

If you're looking for a snack mix to provide you with the energy your body needs on a long hike, remember to incorporate carbohydrate rich food like cereals into your GORP so you have a balanced mix of fat and carbs.

Happy Snacking!

Boat Canyon Sunset View Yoga Hike with Lily!

DATE: AUGUST 9, 2009
TIME: 5:30 PM

LOCATION:
Boat Canyon
Dunnegan and Dartmoor St.
Laguna Beach, 92651



This is a "relaxing" conditioning hike and a great yoga practice outdoors. The ocean views from the cliff at the end of Boat Canyon are like Hawaii, absolutely stunning!

For more info:
<http://www.meetup.com/OC-HIKING-com/calendar/10400091/>

Do you have non-profit bookkeeping skills? Although we have a CPA, we're also in need of a bookkeeper and Treasurer. Please email the club if you'd like to help out and increase your own business in doing so.

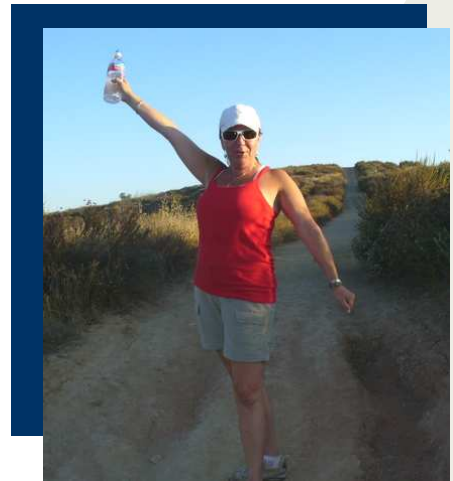
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During The Summer Months Drink Plenty of Water...Oh, and Don't Forget The Electrolytes!

Laura Vasquez, RN/RD



During the summer months there are many cases reported across the country of illnesses and death due to dehydration and electrolyte imbalances. A handful of these cases come from healthy individuals participating in outdoor physical activities. Approximately 60% of an average adult's weight consists of fluid (water and electrolytes, the main electrolytes being sodium and potassium).

Age, gender, and body fat influence this percentage. Young adults having a higher percent of body fluid versus older adults; men with a higher percent than women; and generally, lean individuals have a higher percent than those who are obese.

The average active healthy adult can meet their hydration needs by letting their thirst be their guide; and can consume adequate sodium and potassium with their dietary intake. Men require approximately 3.7 liters of water per day (125 ounces); and women 2.7 liters of water per day (91 ounces). Approximately 4 gm of salt and 5 gm of potassium are needed daily. In general, most Americans consume enough water, 80% coming from drinking water and beverages; and 20% from eating food.

Fluid and electrolyte imbalances can occur with prolong physical activity and increased perspiration; and with environmental factors; specifically, heat, humidity, wind, and altitudes greater than 8,200 feet. Water and sodium (a component in salt) requirements increase with excessive perspiration. Potassium needs increase for those individuals heavily perspiring not acclimated to heat.

If excessive water is replaced without sodium during strenuous exercise and/or excessive perspiration, then there is a risk for developing hyponatremia (low sodium in the blood). Early signs of this condition include muscle cramps, altered taste, weakness and lethargy. Moderate to advanced signs include headache, personality changes, nausea and vomiting, abdominal cramping and seizures

If not enough water is replaced during strenuous exercise with or without sodium replacement then dehydration can occur. Early signs of dehydration are excessive thirst, weakness and fatigue, dizziness, and a speedy heart rate during rest. Moderate to advanced signs include a dry tongue and sticky mucous membranes, cold extremities, altered level of consciousness, and coma.

If potassium is not replenished for those individuals not acclimated to heat and perspiring heavily, then hypokalemia (low potassium in the blood) can occur. Early signs include fatigue, muscle cramping, tingling or numbness, and general weakness. Moderate to advanced signs include anorexia, nausea and vomiting, shallow breathing, and increased urination.

Preparation and knowledge are the keys when planning any outdoor physical activity. Be well hydrated prior to the activity; and plan on taking adequate fluids for the duration of the activity. Several studies have revealed that six liters water or more are needed to meet the hydration needs for active individuals exposed to hot weather.

In addition, be sure to include sodium and potassium during strenuous activity, especially during the summer months.

There are various sports drinks with added electrolytes; and/or you can take along plain water with snacks containing sodium and potassium such as trail mixes with dried fruits and nuts, meal bars; or fruits high in potassium such as melons, bananas, oranges; coupled with snacks containing sodium such as crackers, pretzels, etc. (Note: the sports drinks and the mentioned snack ideas contain simple carbohydrates which is also needed during prolong exercise in order to feed your muscles promptly).

Continued on next page....

The above are only general guidelines. By all means, do not hesitate to engage in outdoor activities this summer. Know your exercise limits and increase your knowledge base about adequate hydration and electrolyte replenishment during physical activities.

Laura Vasquez, RN/RD
Registered Nurse/Dietitian
(OC Hiking Club Member)

References:

1. "Dehydration" MayoClinic.com <http://www.mayoclinic.com/health/dehydration/DS00561/DSECTION=prevention>
2. "Recommendations for Water, Sodium, and Potassium" and "Athletes and Water, Sodium and Potassium" Sports Medicine. Quinn, E. Feb 6, 2008
http://sportsmedicine.about.com/od/hydrationandfluid/a/060704_2.htm
3. "Disorders of Fluid Volume, Osmolality and Electrolytes" Wilson, L. Pathophysiology-Clinical Concepts of Disease Process. Mosby, 6th ed. 2003.

Hike Organizer of the Month Barb Wolak

Barb loves the outdoors, "There's no better way to see the world than to hike"! She has hiked Mt. Kilimanjaro, Machupicchu, 100 miles around Mt. Blanc (Italy, France, and Switzerland), The Great Wall, Zion, Bryce, and Mt. Whitney to name a few. She grew up hiking as a child and has been hiking, camping, and backpacking for the past 20 years. She has led over 100 hikes for OC Hiking Club and is active in Suki's Kids in Need Program and organizes the very popular Turtle Rock BBQ on Mondays. To learn more about Barb's hikes visit: <http://www.meetup.com/OC-HIKING-com/calendar/>

~ Thank you Barb! ~



A BIG thank you to Irvine Web Consulting for their generous sponsorship of the MileMarker newsletter!



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