



MileMarker Newsletter ----- Volume 2 ----- Issue 1 ----- January 2010 ----- www.OC-Hiking.com

Remembering the Past, Looking To the Future

2009 was an unforgettable year for the Orange County Hiking Club. Compiled by the Board of Directors, the list below details the new programs and accomplishments OCHC achieved in 09:

- Started with only one document, waiver
- 2,000+ to over 5,000+ new members
- One page website that redirected to Meetup; now please view us at:
<http://www.oc-hiking.com> !
- Kids in Need Hike Program
- Incorporation and nonprofit status - 501c3
- Facebook
- Hike Safe
- Advisory Board
- Insurance
- Newsletter
- Hike Brochures
- Hike Organizer Handbook
- Corporate sponsorship - REI sponsorship, OC Park Sponsorship and more...

Turtle Rock Sunset Hike - A scene better than the steps in Philly, two champions atop French Hill.



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.



Ready, set, go take a hike!

By Suki Reed, OCHC President, as Published in the Orange County Register, December 2009

Are you ready to get out on the local trails in 2010 – or how about climbing Mount Whitney? If so, follow the simple steps below to find yourself on a mountain peak come summertime, or possibly 10 to 30 pounds thinner and healthier.

Before you go

Set your personal goal (not someone else's goal).

Check your hiking equipment and purchase new items as needed.

Begin your training program.

Doctor visit. Get a medical checkup and confirm you are ok to hike. Do not hike with injuries.

When you go

Build gradually. For beginners, start with short walks around the block to assess your ability. Experienced hikers will be better able to assess their physical condition.

Zero Injury. The motto "No pain – no gain" is defunct. The new motto is, "Pain = injury." If you feel pain, back off and stop. Do not reinjure old injuries. If you create an injury, it will slow down or possibly put a stop to hiking. Injury stops most all exercise programs. Listen to your body and practice zero injury.

Rest required. For fastest results and zero injury give your body 48 hours rest in between hikes (take more time off if needed).

Rocket fuel. To increase fitness faster, feed your muscles the right fuel. Eat lots of veggies, fruits, nuts and protein. Eliminate refined sugar and refined carbs.

Take long slow distance hikes. Progress gradually and build up to long slow distance. Do not attempt hiking at higher altitudes until your muscles and cardio vascular system are ready.

Be positive. Notice your progress and be happy with it. Keep the mind and body in a relaxed posture and don't add any undue pressure or tension to your time outdoors.

Gentle stretching. Do gentle stretching and gentle bike rides to activate muscles that haven't been used recently. Be easy on yourself and avoid injury.

Relax and Enjoy. By setting up time for a weekly, bi-weekly or tri-weekly fitness schedule, results are achieved quickly.

Visualize Success & Celebrate. Celebrate the small milestones on the way to your goal. If it's worth doing, it's worth congratulating. Post a picture of your hiking goal on the mirror.



What you need

Park passes for cheapest parking. (see info below).

Comfortable shoes: running shoes, trail running shoes, hiking boots, 1 shoe size bigger than normal (your feet will swell), more tread for steeper inclines, if you will be traversing uneven terrain make sure the boots have ankle support.

Socks wool synthetic blend: favorites are Thorlo, smartwool or injinji toe socks.

Water: Bring water extra and hydrate frequently, add electrolytes to water.

Snacks: fruit, GORP Granola, Oats, Raisins, and Peanuts (trail mix), Fig Newton's, power bars.

Hot weather: sunscreen, sunglasses, hat, long sleeved sunproof/wicking fabric, shorts, pants or yoga style pants (Under Armour).

Cold weather wear layers: under garments, fleece, waterproof/windproof outer layers (REI softshell jacket), hat and gloves.

Small backpack: for day hikes.

Full size backpack: for overnights.

Small digital camera: (Not one with the big lenses). Gorilla pod for once in a lifetime photos. Put new batteries in before leaving the house and empty the memory card.

Small flashlight or headlamp (Petzel).

Trekking poles lightweight (some people love these and some hate them).

Have a **clean shirt or sweatshirt** waiting for you in the car.

Use **parking passes** to save money and to avoid getting tickets:
OC Parks –

http://www.ocparks.com/uploadgraphics/park_pass_info_sheet2010.pdf
CA State Parks –

<https://secure.ga3.org/03/giftmembership/n275oXEpaSi2h?>

National Parks - http://www.nps.gov/fees_passes.htm

New beginner Print & Hike Worksheets from OC Hiking Club to help you get started on the trail: oc-hiking.com/orange_county_hikes

Hike Organizer of the Month

Joel O. has loved the outdoors all of his life. Before joining OCHC his outdoor activities were mostly water sports including: deep sea and lake fishing, body surfing, snorkeling, kayaking, and skiing. He joined the club in February 2007 and quickly saw the benefits of hiking; being outdoors in a social environment while becoming fit was most appealing. Originally born in Cuba, his family immigrated to the U.S. when he was a baby and he has lived in Southern California since he was a small boy. Joel works as a Senior Manufacturing Engineer for a large manufacturer of pipe handling equipment for the oil and gas industry. His favorite place to hike/camp is Joshua Tree and although he does do a bit of hiking there, he prefers to spend his time boulder hopping and scrambling by day and cracking jokes by the campfire at night. To find out more info about Joel's upcoming hikes and events, visit: <http://www.meetup.com/OC-HIKING-com/calendar/>



The Economy Affects Our Mental Health

Respectfully Submitted By Laura V., OCHC Member, as posted on the OCHC Message Board

These difficult economic times are felt by all of us. You may be experiencing your own personal economic hardship or know someone who is. The economy will recover at some time, but not soon enough for most people.

Keeping our mental health in balance during increased stress, such as difficult economic times, is a precursor to good health and well-being. We have little control of the external environment that impacts the economy; however, we can learn to control our stress levels by using coping techniques in our day-to-day lives.

Here are some tips for coping:

Balance your needs. Stress affects our entire body; therefore, a balanced diet, sleep, physical activity, and stress management are all needed for our body to maintain balance.

Surround yourself with supportive people. Keep people you trust and have your best interest close to you for encouragement and feedback. This may be family, friends, neighbors, or colleagues.

Focus on the positive. Limit activities that dwell on stress or negative content, such as watching the news, gossip, or work politics. Make time for other activities such as listening to music, reading a book, cooking, gardening, etc.

Socialize and have fun. Participate in low cost activities with friends and family such as watching a movie, board games, walking, hiking, pot luck, volunteering, etc.

Know when to get additional support. Stay in tune with your own feelings. If your stress is interfering with your daily life then ask for additional help. Asking for help does not make us weak or mean we are crazy. You may go to a support group, family doctor, religious or spiritual advisor, or mental health professional.

Reference: "Mental Health and the Economy". Healthy Minds, Healthy Lives, American Psychiatric Association 2009

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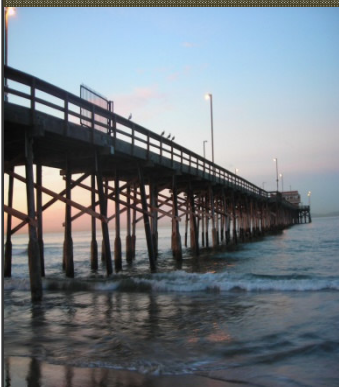
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For more information please contact:
Suki Reed, President
Newsletter@OC-Hiking.com



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www.aquaclip.com

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>

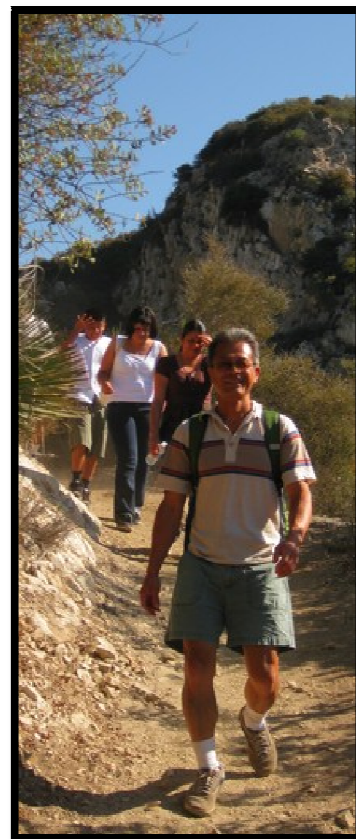
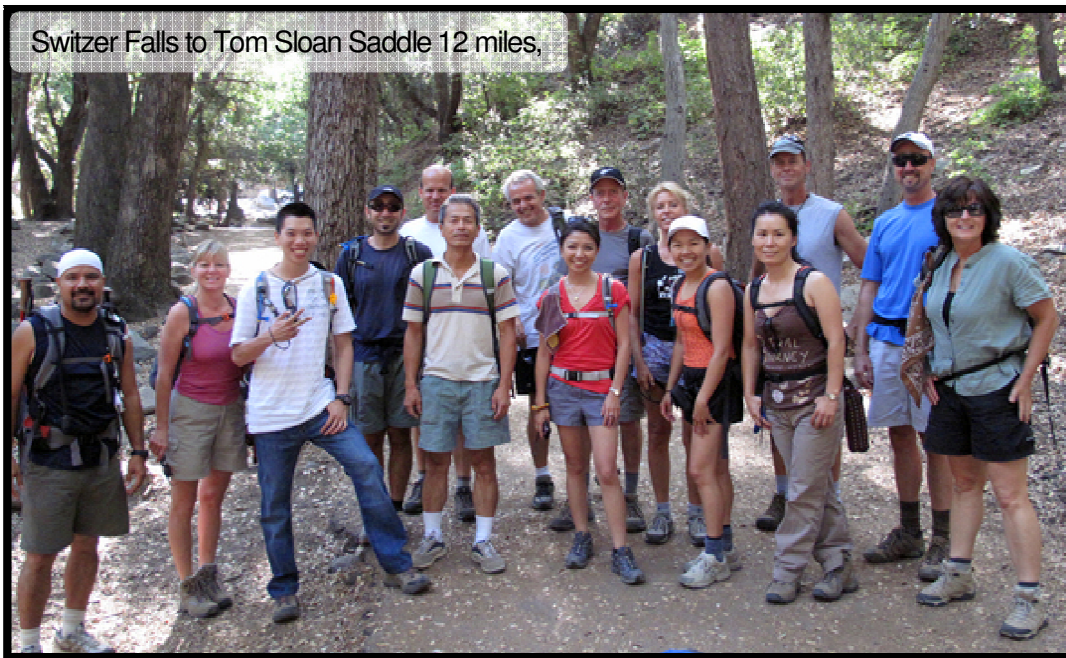
Visiting Our Veterans & Wishing Them a Happy New Year

On December 31, 2009, 60+ OCHC members joined Laura V. at the Long Beach VA Medical Center with fruit, baked goods, flowers, books, magazines, and a positive attitude in tow to wish our veterans a happy new year.

"What a wonderful way to show a little respect and do something for those who have given so much for us."

– BK, OCHC Member

Switzer Falls to Tom Sloan Saddle 12 miles,



Special Thanks To Our Business Partners:



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

