

## ***NOTHING TO LOSE BUT A FEW POUNDS***

*By Suki Reed, OCHC President, as Published in the Orange County Register January 2011*

OK, so you've already broken your New Year's resolutions or at least some of them – now it's time to set real, attainable and measurable goals to lose weight, improve your health and improve your well-being.

First, put down the TV remote to exercise something other than your fingers. Next, get up, open the door and walk outside and breathe.

The goal within 60 days will be to get to the point where you can get outside several times a week, maybe to places where there is no asphalt or rooftops to see and where the air is clean.

Physical health is just one of the benefits of spending time outdoors according to Richard Louv, author of "Last Child in the Woods" and Nancy Wells a professor at Cornell University. Both have years of research showing that increased time in nature can improve mental, physical and emotional wellness in both children and adults.

To start you might need a physical and doctor's approval and then set small goals based on your physical condition. For example, if you can walk around the block with ease, set a goal that can be achieved within two months, such as a 5-mile walk without hills. This would describe hiking Peter's Canyon in Orange.

Starting small and building up gradually will decrease the risk of injury. Allow the body 72 hours between hikes to recuperate.

The equipment needed to take a hike is modest. A pair of running shoes will do until you decide to traverse rougher terrain. Then you'll need a good pair of hiking boots with ankle support.

Carry a small backpack where you can stash basic trail supplies, such as water, snacks, sunglasses, a First-aid kit and cell phone. Wearing appropriate clothing on the trail will make your hike more comfortable and enjoyable.

*Continued below...*



A man and his dog take a stroll in Peters Canyon on a sunny day.

### **TIPS**

1. If you are out of shape, get physical.
2. Start with a short walk to assess your physical ability.
3. Set a 60-day goal appropriate for your physical condition.
4. Join the OC Hiking Club or start walking with a friend.
5. Graduate to two to three short walks per week.
6. Schedule all your walks for the first 60 days.

For cold weather, wear layers such as a fleece jacket with a windbreaker on top and a hat.

For hot weather hikes, you will want to have light-colored breathable clothing, hat, sunglasses, and sunscreen. In all weather conditions, carrying plenty of water plus electrolytes is a must.

Eating well can provide more energy. Just like putting better gasoline in the car, your body needs good natural foods. Keep your diet simple and avoid off-the-shelf processed and packaged foods. The body does not assimilate chemicals and additives easily, thus unprocessed foods and proteins can digest faster and be assimilated by muscle tissue at a higher rate.

Finding the time to get out and breathe fresh air and take your body for a walk can be challenging, but could ultimately increase your energy level and reduce stress. Sufficient fresh air and play time in the outdoors can also bring about deeper sleep in both children and adults.

And, as an added benefit, get ready to see surprising beauty. Orange County is blessed with beautiful vistas, purple sunsets, emerald coastal areas, shaded valleys, babbling streams, abundant wildflowers, and some encounters with wild life. Once you begin your new hiking hobby, you might be surprised by what you gain, including some new friends.

And, what do you have to lose, other than a few pounds?

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## DOGS LOVE HIKING, TOO!

*By Christina Casad, OCHC Member*

One of the main reasons I joined OCHC is because of the “dog-friendly” hikes that are offered. Dogs love the outdoors as much as we do. Not only is the social interaction (with people and dogs) critical for their development, so too is the fresh air and exercise. But most important of all is the time they get to spend with you on an adventure.



The saying goes, “A tired dog is a good dog”. Dogs need to get tuckered out every day. But just like with people who are new to exercising, it’s best to start gradually and lengthen the walks over time. It’s also not a bad idea to check with your vet first. But fresh air, sunshine, a chance to sniff the ground, and to be with you can’t possibly be a bad thing, so consider bringing your loyal companion with you the next time you hit the trails.

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### 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.



# How to Secure a Permit to Hike Mount Whitney

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Access to Mount Whitney by hikers is limited and permits are required from May 1 through November 1 of every year. Permits are issued first through a lottery, and then on a first-come, first-served basis. While only 60 overnight permits and 100 day hike permits are issued for each day of the regulated period, turning in an application by a February lottery deadline will help secure your hiking plans.



## Step 1

Plan your hike well in advance. If you are planning to hike Mount Whitney during the regulated period (May 1 through November 1), make your plans by February for the best chance of getting a hiking permit.

## Step 2

Download the lottery application from the Inyo National Forest website, or contact the Wilderness Permit Reservation Office to request that an application be mailed or faxed to you.

## Step 3

Fill out the application completely, including the total number of people who will be hiking with you and as many alternate dates for your hike as possible. No more than 15 people may hike in a single group.

## Step 4

Specify whether you are hiking during the day only or will be staying overnight, as the permits are different and cannot be used interchangeably.

## Step 5

Submit your application via mail by the first week of February. All applications received by February 15 will be entered into a lottery and have the same chance of receiving permits for the upcoming season.

## Step 6

Use delivery confirmation from the post office or send a self-addressed stamped post card if you would like to know when your application has arrived.

## Step 7

Expect a response to your permit request by early April if you submit your application in time for the lottery.

## Step 8

Do not submit multiple applications. Reservation fees paid for multiple applications will not be refunded.

## Step 9

Pick up the permit that has been assigned to you by noon on the day before the hike. Any permits not picked up by the deadline will be forfeited without a refund.

## Step 10

Obtain a permit after the lottery deadline on a first-come, first-served basis. After the lottery is complete, you can consult the permit availability calendar online to find out what dates permits are available and apply using the general Inyo Forest Wilderness Permit Application.



## *Love & Nature: OC Hiking Club brought us together*

*~Submitted by Lisa Nani, OCHC Member*

I joined the OC Hiking Club in March 2008 to relieve stress, get in shape, and connect with God more by relishing the beautiful nature He's provided. In return, I received friendships, better fitness and a stronger reverence for nature; however, I also received something else I wasn't expecting: love.

Chris and I met in July 2008. He was "the person" to contact for backpacking tips on OC Hiking Club's message board. I was completely oblivious to the fact that the posting was stated tongue in cheek, as Chris' photo showed him with a baby blanket as his means of layering up! After our first face to face meeting, he walked me to my car, asked for my phone number, and the rest is history.

We are to wed on April 28, 2011 in Laguna Beach. Being involved with the great outdoors has taught us something: when we love it, have respect for its beauty and treat it well, nature gives back to us something we ourselves are in need of. In Chris' and my case, it was each other.



Mt. Whitney Summit: August 2009

## - Trail Tip -

Never hike without your emergency blanket! It looks like an oversized piece of aluminum foil. I had never used it in over 20 years but over the summer I used it to stabilize a dehydrated disoriented hiker lying on the trail. Invaluable! Always be prepared and safe!

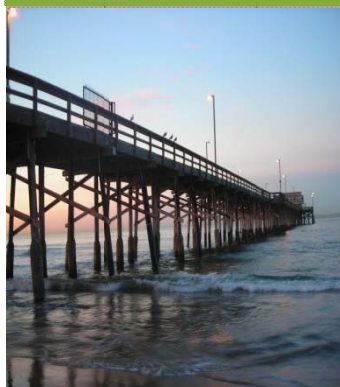
-Alex Schurawel, OCHC Member

## Did you know we have Hike Brochures available for our most popular hikes?

### Check them out:

[http://www.oc-hiking.com/orange\\_county\\_hikes.htm](http://www.oc-hiking.com/orange_county_hikes.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>



Lost Palms Oasis and Mastodon Peak with Michael S.  
December 5, 2010

## OCHC Business Directory

Reach more customers **AND** get a tax deduction! The OC Hiking Club is creating a Member Business Directory where you can promote your business or organization to more than 6,000 local customers. Contact Kate at sponsorship @oc-hiking.com for more information.

### Sponsor Kids in Need of Nature!

Is your company looking to make a difference in the life of a child? Corporate sponsorships are needed for the OC Hiking Club's Kids in Need of Nature program. Contact Kate at sponsorship @oc-hiking.com for more information. All donations are tax deductible.

## Special Thanks To Our Business Partners:



A BIG thank you to OC Parks for their generous sponsorship of the MileMarker newsletter!