

# SWEAT GAZETTE



February

1984

Celebrating 25 Years 2009

2009

Sacramento Walking Sticks  
P.O. Box 191834  
Sacramento, CA 95819-7834

[SacramentoWalkingSticks.org](http://SacramentoWalkingSticks.org)

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Gale Hughart

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## Next Walking Sticks Meeting:

**March 12, 2009**

SMUD Customer  
Service Center  
6301 S Street  
Forestview 1-First Floor  
7:00 p.m.

*A 5k walk starts at 5:00, meet at the front of the building.*



*We walk for fun, friendship and fitness! Walk with us!*

## President's Greeting

Looks like the wet weather has arrived! Great for our environment, maybe not so great for walking - but we can do it! It's only water and we won't melt, after all. If you dress appropriately for the weather your walking can certainly still be a fun-filled adventure. With that being said, I want to tell you about two of our upcoming events.

March 14 isn't just another day - it's Pi Day! We're celebrating the ratio between the circumference of a circle to its diameter - approximately 3.14. Actually, it's just another excuse to get out and walk...and eat pie! Yes, we'll have our Pi (pie) and eat it too - and *then* we walk. The walk starts 3:14 pm (registration is from 3:14 p.m. to 6:00 p.m.) at the Starbucks at 458 Howe Ave. B, Sacramento. This walk takes us through the River Park area. Nancy Alex and I walked the workers walk last Saturday. Not only was the route nice the weather was fabulous. The Placer Pacers are hosting a walk in Spenceville that same weekend, but you'll have plenty of time on Saturday to head out there for a nice walk in the country, and then back to Sactown for the Pi (pie) celebration.

April 18 and 19 we'll be hosting a walk out at Rancho Seco on the Howard Ranch trail. We walked this trail last year as a preview walk but at the wrong time of year. This year, in March, we'll be able to enjoy the vernal pools and wildflowers that make this place so unique. We'll be setting up the Start table at the trailhead and the Finish table will be in the park along with a BBQ. Sounds like fun, huh? Don't miss it! There is a \$5 fee to enter the park, so be prepared. Dogs are not allowed on the trail, so if anyone is interested in developing a 5k route in the main park for our furry friends, let me know.

I'm also appealing to the membership for volunteers to help for both of these events. There are many ways to help out at a walk.

You can help by signing walkers in, stamping books, leading a walk group or staying at the Start table for a while greeting walkers and answering

questions. All of these functions are important for a successful walk. I don't want to scare anybody away from an event by making them think they *HAVE* to help out. And you don't have to make a choice of either helping or walking, you can do both. We can use all the help we can get and the more people that help, the smoother the event goes and everybody has *FUN*. That's one of the reasons we walk, isn't it?

It's never too early to start planning events. As you know this year is our 25th anniversary. We're planning a celebration of some kind in November and we're starting the planning process now. A kick-off meeting for "event planning" will be Friday, February 27th at 6:30 p.m. at my house. If you're interested in helping out with this event, please plan to attend. If you don't know where I live, email me a [gigiwalks@yahoo.com](mailto:gigiwalks@yahoo.com) and I'll give you directions. If I find we have a lot of folks interested, we'll change the venue to another place nearby. I'll let you all know. Please be sure to include your name in your email so I know who you are. Do you have any pictures or memories to share? Do you have an idea or direction you'd like to see this event go? Would you like to chair a committee? If so, come on along and share your ideas with us. We have plenty of time to plan a fun and successful event.



See you out walking  
Gale

# WELCOME

Arlene Anderson  
Michele Cutler  
Donalee Hallenbeck  
Monica Moriarty

## New Members!

Page O'Connor  
Margaret Ravo  
Margaret Ward  
Noah Ward



### March

1 Catherine Wieder  
2 Carol Doring  
2 Lynn Johnson  
4 Richard Spangler  
4 Howard Whitver  
7 Debra Midas  
8 Jim Shelatz  
10 Michael Silva  
11 Robert L. Shipley

14 Jessie Kraettli  
17 Alice Corley  
17 Warren Questo  
17 Katie Ratliff  
22 Marian Dennison  
27 Betty D. Faciane  
27 Gale Hughart  
28 Warren Harding

# ANNIVERSARIES

#### 6 Years:

Joyce Backus

#### 5 Years:

Jean Lucas

#### 4 Years:

Pat Thomas

#### 3 Years:

Jakie Moran  
John Moran

#### 2 Years:

Nancy P. Fox  
Tahoe Harding  
Trena Harding  
Trevor Harding  
Warren Harding  
Myrna Johnston  
Daniel Maxfield  
Kelli Maxfield  
Rick Maxfield  
Joyce Romine  
Howard Whitver

# UPCOMING WALKS



### February

- 17 10:00 am Davis – Southeast (TWITT Walk)  
Common Grounds 2171 Cowell Blvd., Ste D Davis 95616
- 19 10:00 am Carmichael - Ancil Hoffman Park (TWITT Walk)  
Bella Bru Cafe, 5038 Fair Oaks Boulevard, Carmichael 95608
- 21 8:00 am San Francisco – Mission Delores  
Douglass Playground, 26th St & Douglass St, San Fran
- 24 10:00 am Elk Grove - Laguna W - Lakes (TWITT Walk)  
Starbucks 5060 Laguna Blvd Elk Grove 95758
- 26 10:00 am Jackson Historic (TWITT Walk)  
Best Western Amador Inn 200 S Hwy 49 Jackson 95642
- 28 varies Ione (Friendship Walk)  
Ione Market, 313 Preston Ave, Ione 95640

### March

- 3 10:00 am Elk Grove – Alan Kono Memorial (TWITT Walk)  
Starbucks 8868 Bond Road Elk Grove 95624
- 5 10:00 am Sacramento – Capitol (TWITT Walk)  
Sandman Motel 236 Jibboom Street Sacramento 95814
- 5 6:00 pm Gold River – Sunrise (Evening Walk)  
Starbucks, 2095 Golden Centre, Suite 10, Gold River 95670
- 7 varies Auburn (Friendship Walk)  
Flour Garden Bakery 304-C Elm Street Auburn 95603
- 10 10:00 am Roseville Sclupture (TWITT Walk)  
Fleet Feet Sports 1850 Douglas Blvd Roseville 95661
- 12 10:00 am Sacramento – Arden Park (TWITT Walk)  
Starbucks 4301 Arden Way Sacramento 95864
- 12 5:00 pm Walk before the Membership Meeting  
(meeting starts at 7:00 pm)  
SMUD Cust Service Center, 6301 S St Sacramento 95817
- 14 3:14 pm Pi Day! (Sacramento Walking Sticks Sanctioned Event!)  
Starbucks 458 Howe Ave #B Sacramento 95825
- 14-15 8:00 am Spenceville (Placer Pacers Sanctioned Event)  
Spenceville Wildlife Area see walk alert East of Beale AFB
- 17 10:00 am Vacaville Historic (TWITT Walk)  
Digger's Deli 866 Alamo Drive Vacaville 95688
- 19 10:00 am Fair Oaks East (TWITT Walk)  
Fleet Feet 8128 Madison Avenue Fair Oaks 95628
- 19 6:00 pm Sacramento - Ashton Park (Evening Walk)  
Ashton Park 4251 Ashton Drive Sacramento 95864
- 21-22 8:00 am Davis (Davis Dynamos Sanctioned Event)  
Davis Senior Center 646 A Street Davis 95616
- 24 10:00 am Sacramento – Pocket Area (TWITT Walk)  
UPS Store 7485 Rush River Drive Sacramento 95831
- 26 10:00 am Sutter Creek (TWITT Walk)  
Best Western Amador Inn 200 S Hwy 49 Jackson 95642
- 26 6:00 pm East Sacramento - Fab 40's (Evening Walk)  
East Portal Park 1120 Rodeo Way Sacramento 95819
- 28-29 8:00 am Mokelumne Hill (Sierra Gold Striders Sanctioned Event)  
Wendell's, 9036 West Center St Mokelumne Hill 95245
- 31 10:00 am Stockton (TWITT Walk)  
McDonald's 4515 Pacific Avenue Stockton 95207



April 18-19 Come to Howard Ranch. Vernal Pools and Wildflowers at Howard Ranch. For additional information go to [smud.org](http://smud.org) (key word search: Howard Ranch).



**For Sale:**  
Club T-shirts (\$14)  
sweatshirts \$20.  
Get Yours!

# Keep Walking in the Cold

By Wendy Bumgardner, About.com

Hibernating is for bears, not walkers. Here are our best tips for what to wear to keep walking no matter what the weather.



*(A view from the Column in Astoria Oregon. A little rain isn't going to deter us from this view!)*

## Dressing in Layers

**Next to the skin:** Your base layer should wick sweat away from your body to keep your skin dry. Cotton should not be used - save your t-shirts for other purposes. Good long underwear pieces are appropriate made from fabrics such as Thermion, polypropylene, Thermax, Thinsulate, and silk.

**Insulating layer:** This layer will keep you warm and can be shed once you warm up. Wool, fleece, pile, down in a jacket, shirt or vest.

**Outer layer:** To protect you from the elements, a windproof and water resistant jacket. It should be worn loosely.

**Pants:** If the weather is frigid, long underwear bottoms or tights underneath another pair of pants will keep you warm. Cotton and denim should be avoided. Running pants or running tights made of synthetics that wick moisture will keep you more comfortable in rain and snow.

**A Change of Clothes:** Bring along a set of warm and dry clothes to slip into immediately after walking to keep from getting chilled by wet walking clothes.

## Accessories

**Hat:** A hat is essential to keeping your body heat from escaping, as well as shedding rain. A polar fleece hat with ear covering is my ideal winter headgear.

**Earband:** For those whose ears get cold, earbands are the answer.

**Gloves or mittens:** Mittens will keep your hands the warmest as the fingers work together to build up warmth. Look for windproof mittens.



*(Steve Hughart walking the trail to Whiskeytown Falls at the Redding Extravaganza in 2007)*

**Water bottle:** You need water in winter as much as in summer, and drinking fountains may be turned off. Bring water along to stay hydrated.

**Scarf, neck gaiter, ski mask:** Having a scarf or similar item along to wrap around your neck when the wind turns brutal can save your walking comfort.

**Sunscreen and lip protector:** The earth is closer to the sun in December - February, protect your skin. Lips and face can chap without protection.

**Umbrella:** These are known to prevent rain when carried along on your walk. Buy a very lightweight, collapsible umbrella to carry along.

## Happy Feet

**Waterproof shoes or boots:** If your walking is wet or snowy, invest in a pair of waterproof walking or hiking shoes. Many companies including Nike and New

Walking takes longer... than any other known form of locomotion except crawling. Thus it stretches time and prolongs life. Life is already too short to waste on speed.

~ Edward Abbey

# LOOK WHAT'S COOKIN'!



## Homemade Power Bars



### Energy Bars- Unbaked

By: American Running Association Running and Fitness

1 cup rolled oats  
1/2 cup wheat germ  
1/2 cup oat bran  
1/2 cup vanilla protein powder  
1 cup crunchy peanut butter  
1 cup raisins or dried fruit and chopped  
1 cup chocolate chips  
1 cup light Karo syrup  
Mix it all well. Freeze in bar shapes.

### Chewy Chocolate Peanut Butter Protein Bars

1 C oat flour  
1 1/4 C whey protein powder  
1/4 C cocoa powder  
1/4 C nonfat dry milk powder  
1/4 C stevia blend  
1/4 teaspoon salt  
2 egg whites  
1/4 tsp super-strength chocolate flavoring (LorAnn)  
1/4 tsp super-strength peanut butter flavoring (LorAnn)  
1/4 C creamy peanut butter  
1/4 - 1/3 C water

Preheat oven to 325 degrees. Line a 9"x9" baking pan with wax paper.

Combine all dry ingredients in blender -- Process on high speed 2 minutes. In a bowl, beat eggs, flavorings, and peanut butter. Add the dry ingredients to the egg mixture. With an electric mixer, slowly add the water until dough becomes a "gooey play-dough" consistency. Pour batter in lined pan, spreading, or pressing dough to an even thickness.

Bake for about 15 minutes. Remove from pan and allow to cool slightly. Remove wax paper and allow to cool completely. Cut into 8 bars. Delicious with low-carb ice cream.

Calories: 250 Protein: 24g Carbs: 24 Fats: 7 g

### Best Brownie Protein Bars

1/4 cup oat flour ? cup whole-wheat flour  
1-cup whey protein powder  
1/4 cup stevia blend  
1/3 cup cocoa  
1/4 teaspoon baking powder  
1/4 teaspoon salt  
1-tablespoon liquid lecithin ? cup fat free cream cheese (room temperature) 2 eggs  
1/4 cup fat free Miracle Whip  
1 teaspoon super-strength chocolate flavoring (LorAnn)

Preheat oven to 325 degrees. Line a 9"x9" baking pan with wax paper.

In a bowl combine all dry ingredients. Set aside. In a large bowl, with an electric beater, combine lecithin, cream cheese, eggs, Miracle Whip, and flavoring until light and fluffy. Add the dry ingredients to the wet. Mix well. Pour batter into lined 9"x9" square pan and smooth evenly.

Bake for 15-20 minutes. Remove from pan and cool slightly. Remove wax paper and cool completely. Cut into 9 bars.

Per bar: Calories:99 Protein: 9g Carbs:9g Fats:3 g

