



# trail tales



## Loxahatchee Chapter, Florida Trail Association

November/December 2023

### ‘The heck is rucking?’

#### **CHAPTER MEETINGS**

First Monday of every month  
Social 7:00 p.m.; Program 7:30 p.m.

**Nov 6** – Bea Rogers OTLHT

**Dec 4** – Cookie Exchange

#### **OKEEHEELEE NATURE CENTER**

*Located in Okeehheele Park on Forest Hill Blvd. east of the turnpike. Follow the signs to the Nature Center.*

**EVERYONE IS WELCOME**

#### **Chapter Officers**

**Chair:** Janet Miller, 561-385-8676,  
millerjanets@gmail.com

**V-Chair:** Bill Evans, 561-352-5662  
amazonbill64@gmail.com

**Trails:** Fred Davis, 561-779-0273,  
fdavis6539@gmail.com

**Secretary:** Ruth Scott,  
561-699-0154, ruthfla@aol.com

**Treasurer:** Paul Cummings,  
561-596-4423, cummingsps@att.net

**Council Rep.:** Bea Rogers,  
561-644-0777 bznest22@gmail.com

**Activity Coord.** Scott Lunsford  
561-441-1251

tblazer7579@comcast.net

#### **Committees**

**Membership:** Mary Miller,  
561-213-2189

millerm2727@gmail.com

**Website:** Shannon Moore,  
561-422-2189, [shanroy@bellsouth.net](mailto:shanroy@bellsouth.net)

**Public Relations:** position open

**Newsletter:** position open

#### **Trail Section Leaders**

**Jonathan Dickinson:** Amy Saperstein  
561-289-5551 [amyjean214@gmail.com](mailto:amyjean214@gmail.com)

Brodie Atwater, 561-254-3366

brodo528@aol.com

**Corbett:** Rick Byrnes, 561-358-7761,  
r\_byrnes@bellsouth.net

**DuPuis:** Janet Miller, 561-385-8676

**Lake O:** Scott Lunsford, 561-441-1251

**Hobe Sound & LOX Slough:**

Bea Rogers, 561-644-0777

So last newsletter we welcomed two new activity leaders to the group and they have been going strong! No sooner had they received their



activity leader rocker patches than events were going up on Meetup. The first activity listed was “Morning Hike at Loxahatchee Slough on the OTLHT – 10 to 12 miles”. I (S. Lunsford) got the notification that it was going on the calendar and thought way to go Joe! It wasn’t long before I received another notification, “Morning Ruck Hike at Loxahatchee Slough 4 to 6 Miles” had gone on the calendar. I’m like WHAT??? I have never heard of such a thing. Fortunately, Joe read my mind and when I went on line he made it all clear in the description. So in case you missed it I thought I would share:



The heck is a rucking?

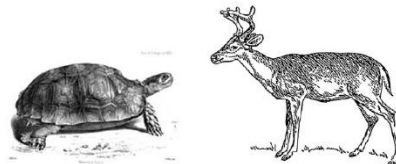
Rucking is a form of physical exercise that involves walking or hiking with a weighted backpack (rucksack). It is derived from military training, where soldiers often carry heavy packs for long distances. The term “ruck” is short for “rucksack”, which is a type of backpack.

Rucking is a full body workout that builds strength, endurance, and cardiovascular fitness. It is an effective way to increase calorie burn, develop functional strength, and improve posture. Rucking can be done by individuals of various fitness levels and can be modified to suit specific fitness training goals or needs. IE, start light and work your way up to a heavier load. Joe Ingles

So get your “ruck” on and join Joe for a hike!

Coming to the monthly meeting? Don't forget treats for the Park's critters!

(Part of our payback to the park for use of the meeting room.)





# A little of what we do.

## We Hike



Photos by first 2 Scott Lunsford and third by Chris Ehster

## We Backpack



## Volunteer - Corbett Tree Planting



Photos by Scott Lunsford

## Outreach – Tabling at REI



We gather to meet

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to eat

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to party (and eat)!



Photos by: Bett Connell



Marianne Norwood



Scott Lunsford

**CHAPTER ACTIVITIES FOR NOVEMBER & DECEMBER**

Date	Event	Location	Diff	Time	Leader or Contact	Notes
11/2	Presentation	REI PB Gardens	Leisure	6:00 p.m.	Rick Zinter	Partner w/ REI All you need to know to hike the Camino. Register thru REI web.
11/4	Walk	John Prince Park Congress Entrance	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	Keep up with Paul and walk 3 miles in an hour, or go at your own pace for a leisure walk.
11/4	FTA Table Outreach	LagoonFest WPB	Leisure	9a – 2p	Scott Lunsford 561-441-1251	Family fun day celebrating our national treasure, Lake Worth Lagoon. Stop by our table and say hello!
11/4-5	Intro Level Backpack	JDSP Kitching Creek	Moderate	Overnight	Ryan Lusk 904-891-4479	This backpack will fill fast! See Meetup or Contact Ryan for details.
11/5	Walk	Wakodahatchee and Green Cay	Leisure	6:00 a.m.	Paul Cummings 561-596-4423	2 for 1 Bring binoculars to really enjoy the birds!
11/5	Hike	Jonathan Dickinson Hobe Sound	Strenuous	8:00 a.m.	Mary Miller 561-213-2189	Our most popular hike! Bring plenty to drink. Entry fee \$4 single or \$6 w/ passengers.
11/6	Chapter Meeting	Okechee Park Nature Center	Leisure	7:00 p.m.	Janet Miller 561-385-8676	Don't miss Bea Roger's program on the OTLHT Development!
11/11	Trail Maint.	To Be Determined	Leisure	8:00 a.m.	Fred Davis 561-779-0273	Contact Fred or check Meetup for info
11/11	Hike	3 Lakes WMA Kenansville, FL	Strenuous	7:30 a.m.	Jorge Hernandez 561-346-5129	Experienced only on this 12-miler figure 8, partly on the FNST.
11/11	FTA Table Outreach	Green Cay Nature Center Boynton	Leisure	9a – 3p	Paul Cummings 561-596-4423	Family event. Why water is so important to sustaining life on the planet! Stop by our table and say hello!
11/12	Walk	Peaceful Waters Wellington	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	30-acre manmade wetlands includes a 1500' elevated boardwalk
11/18	Walk	Okechee Pk South	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	Walk of 3 to 4 miles. Note this is SOUTH, the park south of Forest Hill.
11/18	Hike	FNST Big Cypress	Strenuous	7:00 a.m.	Jorge Hernandez 561-346-5129	This 15-miler is on the FNST and side loops. Meeting on I75 rest area.
11/19	Walk	Riverbend Park	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	Walk of 3 to 4 miles. You'll do the section of OTLHT through the park.
11/24-27	Bike the Big 'O'	Lake Okechobee	Strenuous	3 days	Janet Miller 561-385-8676	A 122 mile trip around the lake. Members Only.
11/25	Hike	Dupuis Canal Point	Strenuous	8:00 a.m.	Jorge Hernandez 561-346-5129	This 11 to 14 miler is for experienced only. Meeting at Governor's.
11/25	Hike	Apoxee WPB	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	This is a 4 to 5 miler on the Apoxee trail at Grassy Waters.
11/26	Walk	Blowing Rocks Tequesta	Leisure	7:00 a.m.	Paul Cummings 561-596-4423	Meet at Coral Cove Park and walk to the rocks and back. Timed for good action!
12/2	Walk	John Prince Park Congress Entrance	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	Keep up with Paul and walk 3 miles in an hour, or go at your own pace for a leisure walk.
12/3	Walk	Wakodahatchee and Green Cay	Leisure	6:30 a.m.	Paul Cummings 561-596-4423	2 for 1 Bring binoculars to really enjoy the birds!
12/3	Hike	Jonathan Dickinson SP Hobe Sound	Strenuous	8:00 a.m.	Mary Miller 561-231-2189	Our most popular hike! Bring plenty to drink. Entry fee \$4 single or \$6 w/ passengers.
12/4	Chapter Meeting	Okechee Park Nature Center	Leisure	7:00 p.m.	Janet Miller 561-385-8676	This is the Cookie Exchange: bring your favorite and try some new ones! Program to be determined.
12/9	Trail Maint.	To Be Determined	Leisure	8:00 a.m.	Fred Davis 561-779-0273	Contact Fred or check Meetup for info.
12/9	Hike	Apoxee WPB	Strenuous	7:00 a.m.	Jorge Hernandez 561-346-5129	2 <sup>nd</sup> Annual 'Joe's Dam Hike' A 14 miler on Owahee to dam and back.
12/10	Holiday Party	To be Determined	Leisure	11:00 a.m.	Janet Miller 561-385-8676	Pot Luck. Members Only. Call Janet or check Meetup for updates.
12/16	Walk	Riverbend Park	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	Walk of 3 to 4 miles in this park full of deer!
12/17	Walk	Okechee Pk South	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	Walk of 3 to 4 miles in this hidden gem of a park. Note South side of Forest Hill Bv.
12/23	Walk	Wellington Env. Preserve	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	3 miles at Marjory Stoneman Douglas 365-acre rainwater storage habitat.



12/24	Walk	Hypoluxo Scrub NA Lantana	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	Climb the tower for a view of where the barefoot mailman lived!
12/24	Hike	Jonathan Dickinson SP	Strenuous	8:10 a.m.	Jorge Hernandez 561-346-5129	2 <sup>nd</sup> Annual Christmas Eve Hike. A 10+ miler meeting at the front lot.
12/30	Trail Maint.	Okeehetee Park Nature Center	Leisure	7:20 a.m.	Paul Cummings 561-596-4423	Join our park payback and help clean up the nature trails.

It is very likely that additional activities will be added after publication of this document. Please check our meetup site: Florida Trail Association-Loxahatchee Chapter-PBC

## And don't forget.... We Maintain Trails!



Photos by Scott Lunsford



Photos by Roy Moore and Jorge Leyro