



Hikanbyke Highlights

MEMBERSHIP POLICY

Regular member (hard mailed newsletter) **\$22/year**. **Green member** (on-line newsletter) **\$10/year**.

NOTE – hardcopy newsletter cost may vary as printing/ mailing costs increase

To submit events for the next issue of the newsletter:

Deadline for next issue: Feb. 17

By E-mail:

DLsavard at gmail dot com.

Include: Event title and description; date and time of event; rating and level of effort; meeting place and directions; contact person, phone number and/or EMAIL; and whether rain cancels. Include car pool location, time and any other pertinent information.

Membership

To receive the Hikanbyke newsletter or to renew your membership, fill out the membership application (at the back of this newsletter), or download from <https://hikanbyke.org/aMembership.htm> and forward with your check.

Please advise Charlie Uhlman -cju2 at sbcglobal dot net of any changes to your email. If your email is current in our database you will receive a reminder when your subscription is about to expire

Unless specifically invited by the event leader, no animals are permitted on events.

Hikanbyke Web Site:

<https://hikanbyke.org/>

Visit our website for club information, club policies, photos from events, and a "condensed" version of the activity schedule and more.

STATEMENT OF PURPOSE

We are a non-profit group of friends, dedicated to sharing the enjoyment of activities, such as biking, hiking, skiing, jogging, dining and camping, in a supportive, non-threatening atmosphere. Hikanbyke membership is open to everyone.

Club Coordinators

Membership / Missing Newsletters:

Charlie Uhlman (925) 370-1123
Email: cju2 at sbcglobal dot net

Special Events:

Rebecca Mallon (925) 933-8033
Email: rmallon2 at AOL dot com

Treasurer:

Niels Povlsen (510) 375-1521
Email: Hikanbyke at gmail dot com

Newsletter Compiler:

Diane Savard (925) 864-7141
Email DLsavard at gmail dot com

Club Historian

Joanne Lagerstrom (925) 922-1462
JRLager at gmail dot com



Event leader Information:

Event Leaders are encouraged to carry a **mobile phone** in case of an emergency. When signing the Waiver, it is critical that you list your EMERGENCY telephone number, not your home phone number. If something happens on the event, we need to reach a family member or friend.

EMAIL LIST: Hikanbyke maintains an ANNOUNCEMENT EMAIL LIST primarily for notification of ad hoc events, changes to listed events, special notifications, and limited other uses (see the rules on our website). This email list is open to all Hikanbyke members – but the list is self-managed, which means you must subscribe yourself, un-subscribe yourself when you wish to leave the list and update your email if you change your email!

For more help and to read our policy, visit our website:

<https://www.hikanbyke.org/>

TO SUBSCRIBE to the list, simply send an email to Hikanbyke+subscribe@googlegroups.com What is in the subject or body of the email is irrelevant. You should receive a confirmation email.

Once you are subscribed, you may post to the list.

TO POST A MESSAGE, send an email to Hikanbyke@googlegroups.com You should review our policy before posting as non-compliant emails will not post, and violations of the policy will result in being banned from the list.

TO UNSUBSCRIBE from the list, send an email to Hikanbyke+unsubscribe@googlegroups.com You should receive a confirmation email.

Bicycle Ride Rating System

<u>GRADE</u>	<u>PACE</u>
1-Flat	L-Leisurely: 10 MPH or less, with frequent stops
2-Gentle	T-Touring: 10-13 MPH, regroup stops
3-Rolling	M-Moderate: 13-16 MPH, occasional regroup
4-Some Steep	B-Brisk: faster pace may not regroup
5-Steep Hills	

Pace rating is average on level ground. Example: a bike ride rated a 3T25 = Rolling Hills, Touring Pace, 25 mile route. Helmets are REQUIRED for ALL rides!

Hike Grading System

<u>GRADE</u>	<u>Climb</u>
1-up to 6 miles	A-Less than 1,000 ft.
2-6 to 10 miles	B-1,000 to 2,000 ft.
3-10 to 15 miles	C-2,000 to 3,000 ft.
4-15+ miles	D-Over 3,000 ft.

Example: a hike rated 2B would be 6 to 10 miles, with a 1,000 to 2,000 ft. climb. Hiking boots are **HIGHLY** recommended.

EDITOR'S CORNER

Here's a Big Shoutout for the leaders in the winter months of November & December. Posted - Several bike rides and hikes to keep the heart pumping, blood flowing. And of course the book group that keeps the mind active.

Niels Povlsen	Diane Savard
Nancy Nolte	Frank Nolte
Arleen Sakamoto	Ken Karda
Dick Duker	Rose Azalde
Gretchen Hayes	Roland Flamme
Bea Hasse	John Murrell
Joanne Lagerstrom	Lynne Harris
Rebecca Mallon	Pat Perez
Jerry Gulick	Carla Den Dulk

Membership Position Available

If you enjoy working with computers, programs and have a little time on your hands, have we got a solution for you: Hikanbyke is looking for someone to handle the membership responsibilities. If you are interested, contact Charlie at cju2 at sbcglobal dot net or 925-324-2731

Upcoming Events

Annual Picnic

September 2022

Hidden Lakes Park Martinez
I know it's a LONG way off but save the date. We will be back on schedule and the Annual Hikanbyke Picnic will be September 2022. We had to wait through the pandemic restrictions and miss a whole year, but the 2021 picnic was great. Everyone was eager to see friends. 2 bike rides, a hike, and wonderful BBQ + side dishes + desserts. I hope we can do a repeat.

January Events

**A Happy
New
Year!**

New Year's Day Marina

Green/Crissy Field San Francisco Bay Walk

Saturday January 1 10:30 AM
Niels Povlsen (510) 375-1521

Start the New Year the right way with your friends with some (not too much) exercise. Meet across the street from Safeway in the Marina Green parking lot for a leisurely walk along San Francisco Bay. We'll wander through Crissy Field to Fort Point returning through the Presidio with a stop at the Log Cabin, where we'll share snacks and perhaps say a toast to our good fortune of having such wonderful friends. **Note: The Log Cabin is under new management and have done some renovations. They removed the picnic tables and we're not sure they will be moved back in time for our walk. Niels will bring folding tables, but there won't be any places to sit. I think they also removed the wall some of you used to sit on. They have put up a new wooden fence. They also removed the fireplace where we used to put the deserts and replaced it with a low brick/cement structure where we can put our food. If you want to bring folding chairs, come ½ hour early and Diane will take the chairs up to the Log Cabin with any food you**

don't want to carry on the walk. We will continue the walk through the Presidio back to our cars. Bring food/drink to share. If you don't want to carry your dish, come ½ hour early and Diane will take your dish to the Log Cabin.

Tuesday Walk and Talk Event

Every Tuesday at 9:15 am

Leaders: Joanne Lagerstrom, Nancy Nolte, and Lynne Harris

Come join us for an hour of walking along the Lafayette-Moraga Trail. It's a great way to start your day. We meet at the parking lot just to the right of Olympic and Pleasant Hill Road (the circle intersection where Pleasant Hill T's into Olympic Blvd.) We leave right at 9:15 to walk out for 30 minutes or so before returning to our cars. For more information, call Joanne at 925-922-1462. We expect everyone who participates will follow the county's health department's requirements for wearing masks and social distancing.

Lafayette Reservoir Walk

Friday, January 7 9:30 am
We will continue with the winter start time. Meet near the flagpole in the parking lot. Annual pass displayed or pay \$1.50/hour at the pay station. Current covid restrictions do not require masks outdoors, but be prepared for changes. Always carry a mask. After we walk, we gather downtown for coffee, bagels and conversation. Masks required to go in Noah's or Peets. Rain cancels. Rebecca: rmallon2@aol.com

New Bike Riding Group

11 am Wednesday January 12
Don Acamo 925-899-5030
All of you who love to bike ride, but unable to keep up with the Hikanbyke bikers due to injury or something else, will be able to join me as I am forming a new bike riding group for those type of members. Our rides will be from 10 to 12 miles round trip and 8 to 12 mph. We will ride on the Iron Horse or Canal Trail. Helmets are required. Our first ride will be January 12, and we will meet at the senior center in Walnut Creek, 1375 Civic Drive. Meet at the parking lot that is used for the ice rink. This will be an easy ride to Alamo and back with a little time set aside to get acquainted and plan future bike

rides. Rain will postpone. Let me know if you're coming.

Lafayette Reservoir Walk

Friday, January 14 9:30 am
We will continue with the winter start time. Meet near the flagpole in the parking lot. Annual pass displayed or pay \$1.50/hour at the pay station. Current covid restrictions do not require masks outdoors, but be prepared for changes. Always carry a mask. After we walk, we gather downtown for coffee, bagels and conversation. . Masks required to go in Noah's or Peets. Rain cancels. Rebecca: rmallon2@aol.com

1/T/35 Bay Trail / E-ville / Point Richmond

Friday January 14 9:45 a.m.
Arleen Sakamoto (415) 279-6248
Sakamo2@Yahoo.com
Kenneth Karda (510) 530-8389
Meet at 9:45 am for a 10:00 am start
Start Location: Berkeley - Aquatic Park Playground. We will ride to the Emeryville marina, then North on the Bay Trail for a clockwise loop to the Red Oak Victory Ship, Miller-Knox Park, Ferry Point Tunnel, & lunch @ Little Louie's. There will be an option to bypass the tunnel.

Bookgroup Discussion and Pot Luck

Monday, January 17 Noon
Jean 510 -534-5686
Domenico Starnone's Trick is about ambition, family, and old age that goes beyond the predictable. Imagine a duel of wits between a successful illustrator who feels that his reputation and artistic prowess are failing and a precocious and manipulative four-year-old grandson. Both are confined to an apartment in Naples. Call for directions

Blockbuster Tuesday

Tuesday January 18
Don Acamo 925-899-5030
We will meet at the century 16 downtown Pleasant Hill located at 125 Crescent Dr. The name of the movie, time, and restaurant will be sent out on an email about a week prior to January 16th.

Lafayette Reservoir Walk

Friday, January 21 9:30 am
We will continue with the winter start time. Meet near the flagpole in the

parking lot. Annual pass displayed or pay \$1.50/hour at the pay station. Current covid restrictions do not require masks outdoors, but be prepared for changes. Always carry a mask. After we walk, we gather downtown for coffee, bagels and conversation. Masks required to go in Noah's or Peet's. Rain cancels. Rebecca: rmallon2@aol.com

Berkeley Indian Rock Urban Walk

Saturday January 22 10:00 AM
Diane Savard 925-864-7141
Join Niels and Diane as we continue a series of Urban Walks featuring hidden stairways and walkways taking us through great neighborhoods in Berkeley and Oakland. This walk will take us into the Berkeley Hills above Solano Avenue, featuring iconic Indian Rock as well as other well-known Berkeley rock formations. The walk has wonderful views of the SF Bay Area. The walk encompasses several staircases & hidden walkways. The walk is a little over 4 miles and has about 300' of elevation. We can go to lunch along Solano Avenue afterwards if everyone wishes. We will meet at the corner of Los Angeles Avenue & The Alameda between Marin Avenue and Solano Avenue. It's right in front of Northbrae Community Church. DIRECTIONS: Coming from the Freeway (I-80 or I-580): Exit Albany/Buchanan street and go up Buchanan street which changes to Marin Avenue when it crosses San Pablo Avenue. Go up Marin Avenue about another mile until you reach The Alameda, where there will be a signal. Turn left onto The Alameda. Go right at the next street which will be Los Angeles Avenue. The chapel is on your left, the parking lot is behind it. You may also exit University Avenue in Berkeley and follow that east to Martin Luther King. Turn left there, Martin Luther King will turn into The Alameda after about a mile.

Lafayette Reservoir Walk

Friday, January 28 9:30 am
We will continue with the winter start time. Meet near the flagpole in the parking lot. Annual pass displayed or pay \$1.50/hour at the pay station. Current covid restrictions do not

require masks outdoors, but be prepared for changes. Always carry a mask. After we walk, we gather downtown for coffee, bagels and conversation. Masks required to go in Noah's or Peets. Rain cancels. Rebecca: rmallon2@aol.com

February Events

Tuesday Walk and Talk Event

Every Tuesday at 9:15 am
Leaders: Joanne Lagerstrom, Nancy Nolte, and Lynne Harris
Come join us for an hour of walking along the Lafayette-Moraga Trail. It's a great way to start your day. We meet at the parking lot just to the right of Olympic and Pleasant Hill Road (the circle intersection where Pleasant Hill T's into Olympic Blvd.) We leave right at 9:15 to walk out for 30 minutes or so before returning to our cars. For more information, call Joanne at 925-922-1462. We expect everyone who participates will follow the county's health department's requirements for wearing masks and social distancing.

Annual H&B Policy Meeting & Potluck via Zoom

Wednesday, February 2 6:00 PM
Join us for our annual H&B policy meeting via Zoom. Topics to be discussed will include financial report, special events report, calendar report, charities. If you have a topic you must log in to discuss it. Send an advance email regarding what topic you would like to discuss to Diane or Rebecca. You can only vote if you are a member. Questions? Call Rebecca at 925-323-3579.

Lafayette Reservoir Walk

Friday, February 4 9:30 am
We will continue with the winter start time. Meet near the flagpole in the parking lot. Annual pass displayed or pay \$1.50/hour at the pay station. Current covid restrictions do not require masks outdoors, but be prepared for changes. Always carry a mask. After we walk, we gather downtown for coffee, bagels and conversation. Masks required to go in Noah's or Peets. Rain cancels. Rebecca: rmallon2@aol.com

Lafayette Reservoir Walk

Friday, February 11 9:30 am
We will continue with the winter start time. Meet near the flagpole in the parking lot. Annual pass displayed or pay \$1.50/hour at the pay station. Current covid restrictions do not require masks outdoors, but be prepared for changes. Always carry a mask. After we walk, we gather downtown for coffee, bagels and conversation. Masks required to go in Noah's or Peets. Rain cancels.
Rebecca: rmallon2@aol.com

Larkspur Baltimore Canyon Waterfall Hike

Saturday February 12 10:00 AM
Niels Povlsen (510) 375-1521
Beginning our hike at Dolliver Park at the intersection of Magnolia Avenue at Madrone in downtown Larkspur./ We'll hike through Baltimore Canyon along the Northridge (the spur of Mt. Tamalpais which separates Mill Valley from Corte Madera and Larkspur), Baltimore Canyon Open Space Preserve which is home to a mixed conifer forest which includes Coast redwood and Douglas fir. In winter and spring, runoff from Mt. Tamalpais creates Dawn Falls, a popular destination for open space visitors. Another hike which is enhanced by rain! We'll picnic lunch at a spot on the trail with spectacular views. Bring food for yourself only. Directions: I-580 W toward SAN RAFAEL, Take the SIR FRANCIS DRAKE BLVD exit Continue on E SIR FRANCIS DRAKE BLVD, Take LEFT ramp onto US-101 S toward SAN FRANCISCO Take the Lucky Drive/Doherty exit, Continue on FIFER AVE Turn LEFT on LUCKY DR, Bear RIGHT on DOHERTY DR Turn LEFT on MAGNOLIA AVE, Arrive at MAGNOLIA AVE & MADRONE AVE, LARKSPUR,

Lafayette Reservoir Walk

Friday, February 18 9:30 am
We will continue with the winter start time. Meet near the flagpole in the parking lot. Annual pass displayed or pay \$1.50/hour at the pay station. Current covid restrictions do not require masks outdoors, but be prepared for changes. Always carry a mask. After we walk, we gather downtown for coffee, bagels and conversation. Masks required to go in Noah's or Peets. Rain cancels.

Rebecca: rmallon2@aol.com

Niels 70k Ride

Saturday February 19 10:00 AM
Niels Povlsen (510) 375-1521
Brickyard Landing (my place) Bike Ride 42 +/- to Oakland with a Picnic Lunch at Jack London Square. The Farmers Market is open so you can pick up lunch there. This ride takes us along the Bay Trail starting in Point Richmond, continuing along the Bay in Marina Bay, onward through Berkeley, Emeryville down to Jack London Square in Oakland featuring spectacular views of San Francisco and SF Bay. Most of the ride is either on bike trails or lightly traveled roads. Directions for start of bike ride: Hwy. 580 towards the San Rafael Bridge. Exit at Canal St. Left at bottom of exit to Cutting. Right at light. Left at Garrard. Go through the tunnel. Turn left at Brickyard Cove Road. Left at Brickyard Way. Park in the lot immediately to the right by the tennis courts. Questions? Call Niels.

San Francisco 8-Mile Hill Hike

Sunday February 20 10:00 am
Dick Duker 510-705-2447
Join us at the San Francisco ferry terminal for hike to Ft Mason via Telegraph Hill. Bring lunch for a stop at Ft Mason. RSVP to confirm the walk is still on to: dduker2001@yahoo.com. Cancelled by rain. Meet: SF Ferry Building at 10:00. Avoid driving and take the BART. Exit at the Embarcadero Station in San Francisco, then walk east on Market Street one block to the Ferry Building. Meet in front of the building, or if you arrive early, meet us behind the building overlooking the Bay. If you catch the 08:52 train from Walnut Creek, look in the 2nd to last car for other hikers on the hike, who may board at other stations.

Bookgroup Discussion and Pot Luck

Monday, February 21 Noon
Pat 925-735-8064
Joshua Greene's Unstoppable is a biography of Siggi Wilzig who was deported to Auschwitz while still a teenager. After liberation he eventually ended up shoveling snow in America. Despite only a grade school and no business contacts; from these humble beginnings, he

became Chairman and CEO of a large oil company and grew a full-service commercial bank to more than \$4 billion in assets. Call for directions

Lafayette Reservoir Walk

Friday, February 25 9:30 am
We will continue with the winter start time. Meet near the flagpole in the parking lot. Annual pass displayed or pay \$1.50/hour at the pay station. Current covid restrictions do not require masks outdoors, but be prepared for changes. Always carry a mask. After we walk, we gather downtown for coffee, bagels and conversation. Masks required to go in Noah's or Peets. Rain cancels.
Rebecca: rmallon2@aol.com

Something Old and Something New in Corte Madera and Tiburon 20+ Mile Loop

Saturday February 26 10:00 AM
Niels Povlsen 510-375-1521
We'll have a few rolling hills (some more challenging than others) as we ride through Corte Madera and Tiburon along Marin County's favorite bike route. The auto traffic will be light but we'll be accompanied by lots of other cyclists. The start is at Corte Madera's Town Park which features plenty of parking and toilets. Directions: 580 West across San Rafael Bridge. Take Sir Francis Drake Exit; South on Highway 101 to Tamalpais Drive Exit; Right on Tamalpais Drive; Right on Pixlie Avenue. Meet near the porta potties by the children's play area. Rain cancels.

HIKANBYKE MEMBERSHIP and RENEWAL APPLICATION

Hikanbyke is a non-profit group of friends, dedicated to sharing the enjoyment of activities, such as biking, hiking, skiing, jogging, dining, camping, and social events in a supportive non-threatening atmosphere. Membership in Hikanbyke is open to all. To become a member and receive our bi-monthly newsletter, complete the application below along with a check or money order payable to Hikanbyke. Mail with completed application to:

Hikanbyke Membership; 125 Lees Place; Martinez, CA 94553.

Please check one: New Membership Renewal (for renewals, only list any information that has changed)

Name: _____

Mailing Address: _____

City/State: _____ Zip: _____

Primary Phone: () _____ Other Phone: () _____

Internet email address: _____

Membership Includes 6 issues per year plus annual member directory, please check type desired. Multiple year memberships are accepted, please include correct amount.

Regular (paper, mailed) = \$22/Yr.

Green (email delivery) = \$10/Yr. * An email address is required

Hikanbyke distributes a member directory to its members yearly. Your address is not included. May we: include your Primary Phone Number? Yes No Your Email Address? Yes No

I enjoy the following: Hiking/Walking Cycling Camping Backpacking DH Skiing XC Ski

Tennis Running Other (please specify) _____

Hikanbyke
1201 Brickyard Way, #111
Point Richmond. CA 94801

Place stamp
here

Do NOT send renewals to above address



Address Correction Requested

Check the **expiration date** on your mailing label
If within 3 months, please **renew promptly**.