

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/mailling costs increase

To submit events for the next issue of the newsletter:

Deadline for next issue: April 23

By E-mail:

DL Savard 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 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:

Rita Poulsen (925) 671-9354

Treasurer:

Niels Povlsen (510) 375-1521
Email: Hikanbyke at fastmail dot fm

Newsletter Compiler:

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

Club Historian

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

Webmaster

Andi Myers Andi at Myers-clan 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@googlegroup.s.com What is in the subject or body of the email is irrelevant. You should receive a confirmation email which you need to reply to in order to complete the process. Just hit reply and send. Do NOT click on the blue box "Join This Group".

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

January February Thank You

Thanks to the January February event leaders who found the time to lead an event.

Nancy Nolte	Debbie Frederick
Don Acamo	JoAnne Lagerstrom
MaryAnn Acamo	Diane Savard
Rose Azalde	Patty Manger
David Lehrer	

Help Us Update the Website

If you lead an event you can submit photos and/or a write up to our Webmaster, Andi Myers (email on first page) and she will post it on our website.

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

Policy Meeting Notes

15 out of the 135 current members attended the Annual Policy Meeting. Hikanbyke is celebrating 31 years this year. We voted to hold an annual picnic, probably in the East Bay. The holiday party will be a potluck and a \$10.00 charge per person at the door. We have researched locations in the East Bay, however the cost of renting the facilities is much higher than Niels' Clubhouse and requirements for alcohol permitting etc. is much more burdensome so we are leaning towards going back to the Brickyard Clubhouse. Some people don't like driving in the dark so we are thinking of starting the party in the afternoon. Please send us your thoughts on all of this if you didn't attend the meeting.

The liability insurance has drastically increased therefore **we voted to increase the membership dues by \$10.00 effective May 1.** The new fee will go into effect as of the renewal date of your current membership.

Some of the brainstorming for new events came up with starting a travel group and creating a list of people who would volunteer to help other members in need of assistance, eg grocery shopping, rides to doctor's appointments or to BART, assistance with check writing, or de-cluttering your house or garage, providing meals or food preparation.

H&B Happy Helpers

Diane Savard	(925) 864-7141
Carla den Dulk	(209) 988-4365
Joanne Lagerstrom	(925) 922-1462
Helen Herzberg	(510) 909-1863
Debbie Frederick	(510) 882-1500
Arleen Sakamoto	(415) 279-6248
Marie Lawrence	(925) 820-3804
Patrick Perez	(925) 915-9554

Upcoming Events

Car-camping

Three car-camping trips are planned with four nights each: Portola Redwoods (Jun 06-10), Salt Point (Jul 08-12) and Shaver Lake (Aug 19-23).

Each trip costs \$50 and additional \$40 for a group dinner participation.

Email trip-leader for more information: Emma Yee, emmayeexzy@hotmail.com for Portola Redwoods; Joanne Lee, thethinker56@hotmail.com for Salt Point; and Ellen Potthoff, ellenpotthoff@comcast.net for Shaver Lake.

Reserve each trip with \$50 payment per person. All payments become non-refundable one month prior to first day of trip. Once reservation reaches the limit, a waiting list will be created. Participants are encouraged to carpool because of limited parking; it also allows people without cars to participate and helps reduce carbon footprint.

March Events

Tuesday Walk and Talk Event

Every Tuesday at 9:15 am
Joanne Lagerstrom & Nancy Nolte
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.

Lafayette Reservoir Walk

Friday March 1 9:30 am
Patty Manger 925-286-6501
Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$1.50/hour at the pay station. Allow 1.5 hours for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats, and more conversation.

Lafayette Reservoir Walk

Friday March 8 9:30 am
Patty Manger 925-286-6501
Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$1.50/hour at the pay station. Allow 1.5 hours for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats, and more conversation.

Mini Golf at Boomers, Livermore

Sunday, March 10 at 11am
Don & MaryAnn (925) 899-5030
Let's enjoy a fun filled day of competition at Boomers in Livermore. Location is 2400 Kitty Hawk Rd, Livermore. Cost \$15.95 per person. After, we will stop for a bite to eat at Casa Orozco in Dublin. Located 7995 Amador Valley Blvd. Please RSVP.

Lafayette Reservoir Walk

Friday March 15 9:30 am
Patty Manger 925-286-6501
Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$1.50/hour at the pay station. Allow 1.5 hours for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats, and more conversation.

Bay Trail / E-ville / Point Richmond

1/T/34
Friday March 15
Meet at 9:45 am for a 10:00 am start
Arleen Sakamoto (415) 279-6248
Ken Karda
Start Location: Brickyard Cove, Berkeley
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, bypassing the Ferry Point Tunnel, and lunch at Little Louie's. There will be an option to ride thru the tunnel.

Movie Club Tuesdays

Tuesday March 19
Don & MaryAnn (925-899-5030)
Join us for a blockbuster movie today. The name of the movie, place, host, and time will be sent out via email on hikanbyke@googlegroups email list about a week prior. We always go out for a bite to eat prior or after the movie for conversation

Book Group Discussion and Potluck

Thursday March 21 Noon
Hosts: Mary Ann and Don Acamo
Leader: F. Nolte
Michael Wallis in "The Best Land Under Heaven" recounts how the Donner Party, 'an early band of pioneers' heads west in pursuit of the American Dream. But bad decisions and a once in a generation winter

storm traps them at the base of the Sierra mountains. Grim realities soon turn a dream into a nightmare. Out of desperation, a rescue party sets out to seek help. Call for directions. (925) 899-5030

Lafayette Reservoir Walk

Friday March 22 9:30 am
Patty Manger 925-286-6501
Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$1.50/hour at the pay station. Allow 1.5 hours for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats, and more conversation.

Lafayette Reservoir Walk

Friday March 29 9:30 am
Patty Manger 925-286-6501
Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$1.50/hour at the pay station. Allow 1.5 hours for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats, and more conversation.

April Events

Tuesday Walk and Talk Event

Every Tuesday at 9:15 am
Joanne Lagerstrom & Nancy Nolte
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.

Lafayette Reservoir Walk

Friday April 5 9:30 am
Patty Manger 925-286-6501
Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$1.50/hour at the pay station. Allow 1.5 hours for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats, and more conversation.

Presidio to Sausalito Hike

Saturday, April 6
Dick Duker 510-705-2447
Join us on a San Francisco adventure as we hike from the Presidio to Sausalito; returning by ferry to San Francisco. Distance is 6-7 miles. We will catch the 09:30 Presidio Go bus (free) next to the Hyatt Regency Hotel on Market and Drumm Streets. After stopping for a quick coffee at 10 am at the Presidio Visitor's Center, we will proceed across the Tunnel Top Park to Crissy Field, then across the Golden Gate Bridge and down into Sausalito. Later we will catch the 3:10 pm ferry back to San Francisco. Refreshment stop either in Sausalito or SF after the hike. Taking BART to the Embarcadero Station is the easiest mode of transportation. SF drivers may wish to meet us at the Presidio Visitor's Center café at 10 am, and take the Presidio Go bus back to their cars after the hike. Bring: sturdy walking shoes, water, and lunch. Meet: at the Presidio Go bus stop on the corner of Market and Drumm Streets in San Francisco, in front of the Hyatt Regency Hotel, in time for the 09:30 bus. Cancelled by rain; email me at dduker2001@yahoo.com if weather is in doubt.

Movie Club Tuesday

Tuesday, April 9
Don & MaryAnn (925-899-5030)
Join us for a blockbuster movie on this day. The name of the movie, place, host, and time will be sent out on hikanbyke@googlegroups email list. We always go out after or prior for eats and conversation.

Lafayette Reservoir Walk

Friday April 12 9:30 am
Patty Manger 925-286-6501
Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$1.50/hour at the pay station. Allow 1.5 hours for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats, and more conversation.

Book Group Discussion and Potluck

Thursday April 18 Noon
Host: Bea Haase
Leader: F. Nolte
In Alex Michaelides 'The Silent Patient', Alicia was a talented painter and devoted wife until the night she was discovered still as a statue and covered in blood, having apparently killed her husband. The answer as to why has remained locked inside of Alicia, who stops speaking, following the murder. Six years later, a young psychologist is determined to get her to spell all her secrets. Call for directions. (925) 255-3421

Lafayette Reservoir Walk

Friday April 19 9:30 am
Patty Manger 925-286-6501
Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$1.50/hour at the pay station. Allow 1.5 hours for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats, and more conversation.

Niles Canyon Railway

Saturday, April 20
Don & MaryAnn (925-899-5030)
All aboard for our 2nd annual train ride followed by a pot-luck barbecue in the park adjacent to the depot. We will board the 10:30 am train. Must be there 1 hour prior. Senior tickets are \$15.00. Location is 6 Kilcare Rd, Sunol. RSVP: More information as we get closer to the date.

Lafayette Reservoir Walk

Friday April 26 9:30 am
Patty Manger 925-286-6501
Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$1.50/hour at the pay station. Allow 1.5 hours for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats, and more conversation.

Albany Bulb Art Walk

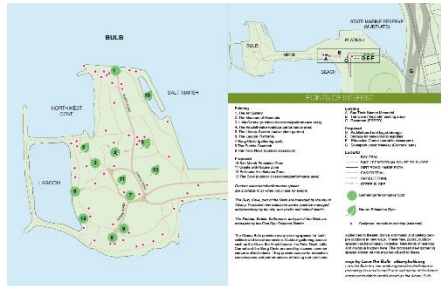
Sunday April 28 11:00 a.m.
Diane Savard (925) 864-7141



The Albany Bulb is a former construction debris landfill on San Francisco Bay where people have been making informal outdoor sculptures and

paintings for decades. Its home to 150 species of birds, huge trees, wildflowers, amazing views, and lots of walking trails.

For decades the dumping of construction debris filled in the marshes and tide flats of the Albany



Waterfront. In 1984 the dumping was stopped.

It has since been turned in to a park with art displays built by past residents. Come join me for this 4-5 mile walk where we will enjoy the beautiful views of SF skyline.

Meet at the parking lot on the bay side of Gilman Street next to the soccer field and horse



barns for the racetrack. We will walk along the shoreline by the racetrack to the Albany Bulb and back.

Bring something to eat for lunch along the way. There are no good

bathrooms at the start but there are some not far from the racetrack.

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**.