November – December 2026

Hikanbyke Highlights

MEMBERSHIP POLICY
Regular member (hard mailed newsletter) **$32/year. Green member** (on-line newsletter) **$20/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: December 20

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 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 and Renewals
Niels Povlsen (510) 375-1521
Email: Hiknbyke at fastmail dot fm

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

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@googlegroups.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

GRADE	PACE
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

GRADE	Climb
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

September October Thank Yous

Thanks to the September October event leaders who found the time to lead an event.

Nancy Nolte JoAnne Lagerstrom
Carla Den Dulk MaryAnn Acamo
Cary Hellman Don Acamo

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

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

Upcoming Events

Mark Your Calendars
Hikanbyke Holiday Party
December 5

November Events

Meatball Mondays

Monday, November 2 1:00 pm
Don and MaryAnn 925-899-5030
It's time to get together at the Old Spaghetti Factory, located at 1955 Mt. Diablo St.Concord. Every Monday the Spaghetti Factory, has put together a special for $25.00 for two people. This includes a platter of spaghetti with marinara sauce and 4 meat balls, includes 2 Soups or Salad, Half Decanter of wine or 2 Beverages (soda, coffee, tea, or milk) warm French Bread/ Butter and for dessert, 2 servings of Spumoni or Vanila ice cream. This is a Reservation Event, so call or reply to this event no later than October 30.

Tuesday Walk and Talk Event

Every Tuesday 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

November 6 9:30 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet in the parking lot just west of the flag pole. Either display the Annual Pass available for purchase at the park office or pay $3.00 for 1.5 hours for the 2.7 mile walk on the paved path. (The hourly rate for metered parking is $2.00/hr with a 2-hr max.) After the walk, we sometimes meet downtown for drinks, treats, and more conversation.

Lafayette Reservoir Walk

November 13 9:30 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet in the parking lot just west of the flag pole. Either display the Annual Pass available for purchase at the park office or pay $3.00 for 1.5 hours for the 2.7 mile walk on the paved path. (The hourly rate for metered parking is $2.00/hr with a 2-hr max.) After the walk, we sometimes meet downtown for drinks, treats, and more.

Bookgroup Discussion and Potluck

Thursday, November 19 Noon
Bea Haase 925-256-3421
In Jean Hanff's "The Plot", a writer experiencing writer's block is teaching at a third-rate MFA institution. One of his students submits a brilliant but brief story idea. When the teacher finds out the student has died, he writes a thriller based on the idea which then becomes a widely successful thriller. When he receives a series of emails threatening to expose him, he must find the source on his own before he is ruined. The source is a psychopath. Call for directions

Lafayette Reservoir Walk

November 20 9:30 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet in the parking lot just west of the flag pole. Either display the Annual Pass available for purchase at the park office or pay $3.00 for 1.5 hours for the 2.7 mile walk on the paved path. (The hourly rate for metered parking is $2.00/hr with a 2-hr max.) After the walk, we sometimes meet downtown for drinks, treats, and more.

Thanksgiving Day Miller Knox Regional Park walk and pot luck

Thursday November 26 10:00 AM
Diane Savard (925) 864-7141
Heighten your appetite for turkey dinner with a 1-2 hour walk in Miller Knox Regional Park, near Brickyard Cove, Richmond. Stay out of the way of the cooks & begin the holiday with friends.
DIRECTIONS: Niels will bring Champagne to share with everyone. This year we are asking

you to bring a snack or appetizer to share. The picnic tables are close to the parking lot. We will walk the 2-3 mile flat path around the lake taking in the beautiful views of San Francisco, Mt. Tamalpais, the Bay and Marin. From I-580, in Richmond exit at Canal Blvd. Turn South. Right onto W Cutting, left on S Gerrard & thru the tunnel where Gerrard becomes Dornan. 2nd parking entrance is closest to Marsh Hawk. Contra Costa friends could use San Pablo Dam Rd. route to I-80. GPS, Google Maps or Mapquest will help!

Lafayette Reservoir Walk
November 27 9:30 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet in the parking lot just west of the flag pole. Either display the Annual Pass available for purchase at the park office or pay $3.00 for 1.5 hours for the 2.7 mile walk on the paved path. (The hourly rate for metered parking is $2.00/hr with a 2-hr max.) After the walk, we sometimes meet downtown for drinks, treats, and more conversation.

December 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
December 4 9:30 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet in the parking lot just west of the flag pole. Either display the Annual Pass available for purchase at the park office or pay $3.00 for 1.5 hours for the 2.7 mile walk on the paved path. (The hourly rate for metered parking is $2.00/hr with a 2-hr max.) After the walk, we sometimes meet downtown for drinks, treats, and more.

Hikanbyke Holiday Party
Saturday Dec 5 12:00 to 4:00 p.m.
We are going to have a potluck party like we had last year at the Brickyard Cove Clubhouse in Point Richmond (Address for your GPS 1223 Brickyard Cove Lane Richmond). We also have it earlier so people won't have to drive in the dark. It is a great way to kick off the season with friends. It's a great price (free), great listening music, great food (you provide) and drinks (BYOB). As usual, committees welcome your help – set up, music, and cleanup. Questions?? If you can join a committee, please email Diane at DLSavard@gmail.com as to which committee you can join. Contact Diane at (925) 864-7141.

XMAS Lunch and White Elephant Gift Exchange
Tuesday, December 8 12 Noon
Don and MaryAnn Acamo 925-899-5030
Join us for a Christmas Celebration at our home. There is nothing like sitting around a cozy fire place, listening to Holiday Music and being among friends. This is a pot luck and white elephant gift exchange party. Please bring a side dish or appetizer, and beverage of your choice. MaryAnn will provide main dish and dessert. Bring a wrapped white Elephant Gift for the exchange. Our party is limited to 15 people so RSVP to MaryAnn 925-935-2723 or Don 925-899-5030. Call for Directions.

Bookgroup Discussion and Potluck
Thursday,December 10 Noon
Annual organizational meeting. If you wish to participate in the book exchange, bring an enjoyable wrapped book. Call for directions

Lafayette Reservoir Walk
December 11 9:30 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet in the parking lot just west of the flag pole. Either display the Annual Pass available for purchase at the park office or pay $3.00 for 1.5 hours for the 2.7 mile walk on the paved path. (The hourly rate for metered parking is $2.00/hr with a 2-hr max.) After the walk, we sometimes meet downtown for drinks, treats, and more.

Lafayette Reservoir Walk
December 18 9:30 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet in the parking lot just west of the flag pole. Either display the Annual Pass available for purchase at the park office or pay $3.00 for 1.5 hours for the 2.7 mile walk on the paved path. (The hourly rate for metered parking is $2.00/hr with a 2-hr max.) After the walk, we sometimes meet downtown for drinks, treats, and more.

Lafayette Reservoir Christmas Day Walk
Friday December 25 11:00 AM
Diane Savard (925) 864-7141
You have opened your presents, played with your toys, and now need some way to pass the time until Christmas dinner. Join friends for a leisurely winter's walk around the Lafayette Reservoir. Bring snacks & drinks to share. Weather permitting; we will have holiday cheer at the picnic tables at the reservoir. Don't forget what to do after you open your gifts. PLEASE NOTE: If possible do not park at the meters at the Reservoir - the 2 hours allowed is just not long enough. Instead continue on Mt Diablo Blvd toward downtown Lafayette and park in the parking lot behind the Branach Building on Risa Road. There is a sign "Public Parking". It's on the left as you leave the Reservoir heading towards Lafayette. Niels will make regular sweeps starting around 10:30 am to take people back up to the Reservoir. Of course, if you want a little extra exercise, you could walk up to the Reservoir!

Christmas Day Open House
Friday December 25
Stop in any time after 2 pm, serving turkey soup and deserts. Call for the Gate code and address or get it at Diane's Lafayette Reservoir walk. No RSVP necessary. Carla 209.988.4265

New Year's Day Fort Point and Presidio San Francisco Bay Walk

Friday January 1 10:30 AM
Diane Savard (925) 864-7141

Start the New Year the right way with your friends and some (not too much) exercise. Meet at the Fort Point parking lot for a leisurely walk along the San Francisco Bay. Park as close to the Fort as you can. We are shortening the walk a little this year by starting at the Fort. We will wander through the Presidio with a stop at a view point along Lincoln Avenue, where we'll share our traditional New Year's Day potluck and perhaps say a toast to our good fortune of having such wonderful friends. We will continue the walk through the Presidio back to our cars. Bring food/drink to share. If you do not want to carry your potluck item, come at least by 10:00 a.m. so we can shuttle the food to the lunch site. This year Niels will be joining us at the beginning and he will shuttle the food to the picnic look out and join us for libations. Diane will lead the walk.



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; 1201 Brickyard Way #111 Richmond, CA 94801.

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) = $32/Yr. ☐

Green (email delivery) = $20/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

Address Correction Requested

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