

March - April 2023



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: February 19.

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:

Niels Povlsen (510) 375-1521
Email: Hiknbyke 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

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, unsubscribe 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.

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

January February Thank Yous

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

Donita England	Nancy Nolte
Lynne Harris	JoAnne Lagerstrom
Diane Savard	Joan Friedman
Trish Hewison	Niels Povlsen
Blanche Korfmacher	Don Acamo
MaryAnn Acamo	Arleen Sakamoto
Ken Karda	Patty Manger
Sandy Filson	Roland Flamme
Dave Weiner	Stan Preftokis
Sheri Rupe	

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 above) 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

Upcoming Events

Rebecca Mallon Memorial Picnic

May 21 2 days after her birthday
We have reserved the Olive Grove site at Rankin Park, Martinez.
Activities begin around 9 am. I'll be there to take care of your coolers until you return at NOON when we'll share a potluck picnic. Bring a salad, side dish or dessert to share and bring your own drink. There's plenty of shade. Would a couple of you step up to lead a hike and a bike ride prior to lunch? The event is Free.

Directions: Heading north on 680 exit Marina Vista. TL Waterfront Rd Continue on Marina Vista then TR on Bellerresa Ave TR on Buckley St TR Glenn Drive. The park is on right From Hiway 4 turn north on Alhambra Blvd. TR on Talbot TL on Buckley TR at Glenn. Park is on Right Contact information: Rita Poulsen LNDNFOX at Comcast.net

Memorial Day BBQ Picnic

Heather Farm Park, Walnut Creek

May 29, Monday, 12 noon

Patrick Perez (925) 915-9554

patrick.perez.q4@gmail.com

Join us for this great BBQ picnic. I will have an area reserved for our group. We will be in the area that is near the San Carlos Drive parking lot. It will be easy to walk to the picnic site from where you park. I will have blue balloons and a Beachcomber banner to mark the location. I will have my cell phone with me in case you get lost. I will provide the coals, utensils, lemonade and hot dogs to grill. Bring your grill item, and beverage of choice. If you need to go to a store to purchase your food or beverage, there is a shopping center on the corner of Ygnacio Valley Road and San Carlos Drive. They have a great variety of food items and supplies for the picnic. I will have 1 table in the shade to keep your food cool. If it is warm that day, bring a swimsuit for the pool nearby. There is a beautiful rose garden on the west side of the pond to enjoy as well. Directions: The park is located on North San Carlos Drive which intersects with Ygnacio Valley Road. Our location will be on the corner of Heather Drive and North San Carlos Drive. Our location will

be next to the swimming pool parking lot. However, it will be easier to park across from our site that is more ample parking and is closer.

The Hikanbyke Car Camping Group has a trip planned for Fallen Leaf Lake near South Lake Tahoe - August 7-11 (4 nights – Mon - Fri)

Fallen Leaf Campground is situated on the north shore of Fallen Leaf Lake and adjacent to Taylor Creek. The south shore of Lake Tahoe is less than a mile away. The campsites are nestled among towering native pine, cedar, fir and aspen. Guests only need to walk a short distance to Fallen Leaf Lake. Registration costs \$50. Campers will be responsible with others for providing one evening meal (plan on spending up to \$40 for dinner food that you buy) and for providing their own breakfasts, lunches and happy hours. Campfire at night. 25 person limit. If you'd like to sign up for the wait list, please email Dave Sutton at davesutn@comcast.net

SAVE THE DATE - Dec 2, 2023

Mark your calendar for our Holiday party. We voted at the Policy Meeting to have a potluck party like we had last year at the Brickyard Cove Clubhouse in Point Richmond.. 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 – decorating and set up, and cleanup. More information will be included with a flyer in the future newsletter. Questions?? Contact Diane at (925) 864-7141.

March Events

On-going Monday Hikes

Mondays	10:00 AM
Donita England	925 339 2234
Hikers! Join me and other Hike and Bikers as we hike on Mondays. Look for updates and notices via email. Goal is to keep the hikes to 3-5 miles with little elevation gain. We will meet at the trailhead at 10 am. Call or text if you have questions.	

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.

East Bay Wednesday Rides

Rides generally start at Heather Farm Park at **10:00 AM** November through June. Rides are posted on the Hikanbyke Google groups. For specific ride information, contact Trish thewison@att.net, (925-212-7047) or Joan joanmfriedman@aol.com (925-216-7833)

Lafayette Reservoir Walk

Friday March 3 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.

Miniature Golf Competition

Friday March 3 2:30 pm
Don & MaryAnn 925-899-5030
Join us for this fun event. We will compete against ourselves and each other at the Putters Goat Track Miniature Golf. Located at 1275 S California St. Walnut Creek. Price is only \$10.00 for 18 holes. Plenty of parking. The old KFC parking lot across the street from Trader Joe's Afterwards, we will go across the street to Pizza My Heart for an early dinner. Please RSVP

Hikanbyke Movie Club

Tuesday, March 7

Our March movie will be in Hayward, coordinated for a Bay View sunset dinner, (may be timed for the sunset with dessert), at the Hayward Hills home of Debbie Frederick. Movie to be chosen closer to our date of

Tuesday March 7, (just before the Oscars, on Sunday March 5).

Our movie club works like this: Everyone volunteers to host a month in which they pick the movie, place and time. They also have a choice to host the potluck and discussion at their home, restaurant, or park when weather permits. We have members signed up to host into April. If any Hikanbyke Member would like to join our club, please email Don Acamo, dacamo55@hotmail.com

Our March 7 dinner will be a hosted/coordinated potluck at Debbie's; Debbie will send out email w/exact movie time & location, by Friday March 3. Movie club members, please RSVP directly to Debbie, (debbie254@comcast.net), no later than Sunday evening, March 5, if you plan on joining. For those RSVPing, directions to Debbie, (just below Cal St U Hayward), will be sent out on Monday March 6.

Bay Trail / E-ville / Point Richmond

Friday March 10 1/T/35

Arleen Sakamoto
Sakamo2@yahoo.com
Kenneth Karda (510) 530-8389
Meet at 9:45 am for a 10:00 am start
Start Location: NOTE CHANGE OF START LOCATION TO THE WEST SIDE OF PEDESTRIAN BRIDGE (BRICKYARD STAGING SEABREEZE CAFE, 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, Ferry Point Tunnel, & lunch at Little Louie's. There will be an option to bypass the tunnel.

Lafayette Reservoir Walk

Friday March 10 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.

Lake Bon Tempe Hike Five Mile Hike

Saturday March 11 10:00 AM

Niels Povlsen [510-375-1521](tel:510-375-1521)

Experience beauty, adventure, and variety on this hike. Tucked beneath the northwest flanks of majestic Mount Tamalpais, a duo of the Bay Area's loveliest lakes are situated in oak-wooded canyons. We are starting with Bon Tempe Lake. We'll have a picnic lunch at the picnic tables by the parking lot. We might skip Lake Lagunitas to shorten the hike. We'll be treated to plenty of views of Mount Tamalpais while wandering through oak woodland, grassland, moist forest, and dry chaparral to reach serpentine knolls laden with spring wildflowers. The lakes are stocked with trout, which augments the osprey population and ensures fishing pole sightings. Bring food that you will want for yourself only. We won't be doing a potluck. And as a bonus - the picnic tables are along the Lake Lagunitas parking lot (where we will park) so we won't have to carry the food/drink.

Directions: Go across the Richmond/San Rafael Bridge. Head north on Highway 101. Take the Central San Rafael exit. Turn left on Third Street. 2. Stay on Third. It will turn into Sir Francis Drake Blvd. 3. Stay on Sir Francis Drake until you get to the Fairfax town limits. 4. Turn left immediately after the gas station at Pacheco Ave. 5. Turn right onto Broadway Blvd. 6. At the next stop sign turn left onto Bolinas Road. 7. Continue on Bolinas Road approximately 1½ miles (you will pass the Deer Park Villa restaurant). 8. At 700 Bolinas Road there is a wooden sign on your left saying "Lake Lagunitas." Turn left at the sign onto Sky Oaks Road. 9. Go up approximately 1/4 mile and Sky Oaks Watershed Headquarters is on the left at the crest of the hill. (If you miss the Sky Oaks Road turn-off and you get to the Meadow Club golf course you have gone too far.) Bon Tempe Reservoir is about ½ mile past the entrance gate. Lake Lagunitas is about 1½ miles past the entrance gate. After about one mile, you will come to a long straightaway and T-intersection. Turn right at the intersection; within 100 yards you will be at the Lake Lagunitas parking area. Carpooling advised: Last I checked the parking fee was \$8.00 (bring exact change). You'll see the machines to your right after you pass

through the entrance to the watershed. Credit Cards accepted. Pull over, get your ticket to place in your window and proceed to the [Lake Lagunitas parking lot](#) to begin our loop around the lakes.

Pot Luck and Singalong

Saturday, March 11 6:30 PM
Montclair District, Oakland

John Murrell (510) 339-1263

John and the gang are once again hosting another of the popular potluck musical evenings at John's house in the Montclair district of Oakland. Today we will be featuring the ever popular Beatles. Song books will be provided which include over 450 songs of all genres, country, folk, rock, blues etc. Don't worry if your voice is not that great, we are here to have fun. You will be able to pick from any of the songs in our books. Bring a potluck dish to share and the beverage of your choice if you plan to join the potluck. If your last name begins with A-K bring an entree, L-T bring a salad, U-Z bring desert, and your own beverages. If you are not sure what to bring, entrees are always a good choice. Also a musical instrument if you have one. Please note that there will be a three dollar charge to cover the cost of paying for professional cleanup help after the event, and for plates, cutlery and glasses, and song books. If you would like to be removed from this email posting, please advise.

Directions. 6175 Snake Rd, Oakland. Take the Highway 13 exit toward Hayward from Highway 24 if you are coming from the Walnut Creek-Berkeley area. Go about three miles and exit at Park Bl and turn left to Mountain Bl, go left again on Mountain Bl about three blocks and turn right onto Snake Rd at the light. From Hayward, take Hwy 580 to Hwy 13, exit at Park Rd & turn left onto Mountain Bl. Be careful, Snake Rd makes a sharp left turn a short distance (300 yards) up the hill. If you see a fire station, you have missed the turn. The house is 1/2 mile up on the left opposite Drake.

Bookgroup Discussion and Potluck

Thursday March 16 Noon
Nancy 925-930-0133

Mary Roach's Fuzz is another hilarious, globe-trotting classic. When it comes to jay-walking moose, vandal gulls, or mugging macaques, Roach finds that humans are more often the problem -- and the solution. Combining wildlife biology, human behavior, and conservation genetics with a motley cast of animal-attack forensics investigators, bear managers, and laser scarecrows, Fuzz offers hope for compassionate coexistence in our ever-expanding human habitat. Call for directions

Lafayette Reservoir Walk

Friday March 17 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.

Fort Point Tour and Lunch at the Officer's Club in the Presidio

Diane Savard (925) 864-7141

Saturday March 18 10:00 a.m.
Let's meet at the Fort at 10:00 a.m. We will view a video of the Fort, shop the wonderful gift store, do a self-guided tour of the four story facility then at 11:30 join the 15 minute Ranger talk about the history of the Fort. We will learn about the Buffalo Soldiers and how they got their name. Construction began in 1851 and lasted 8 years while the Civil War was looming. Afterwards, we will drive up to the Colibri Mexican Bistro located in the Presidio Officer's Club at 50 Moraga Avenue for lunch. Our reservation will be at 12:30.

Directions to the Fort: Long Ave & Marine Dr, San Francisco, CA 94129

By car from San Francisco and points south, take Highway 101 north and exit right at the Golden Gate Bridge toll plaza before getting on bridge. Turn right at end of exit ramp and then left onto Lincoln Boulevard. Take the first left onto Long Avenue and follow onto Marine Drive. Fort Point is located at the end of Marine Drive. **By car from the north**, take Highway 101 across the Golden Gate Bridge. Stay in right toll lane and exit immediately past the bridge toll plaza. Turn right at end of

exit ramp and loop under toll plaza. At end of road, turn left onto Lincoln Boulevard. Take the first left onto Long Avenue and follow onto Marine Drive. Fort Point is located at the end of Marine Drive. **By public transit**, San Francisco Muni 28 and PresidiGo (Crissy Field Route) buses stop at bridge toll plaza.

Freaky Friday Musical

March 19 Sunday 2:30 pm

Don & MaryAnn 925-899-5030

Join us for an afternoon musical "Freaky Friday", playing at DVC College, 321 Golf Club Rd. Pleasant Hill. The musical is about an overworked mother and her teenage daughter magically swap bodies; they just have one day to put things right again. A new musical based on the celebrated novel by Mary Rogers and the hit Disney Film. Senior tickets are \$16.00. We are in Section H, seats 9 & 10. To get tickets, go online Freaky Friday Musical DVC and follow instructions. After the production, we are planning to go to Los Panchos Restaurant in Pleasant Hill. Please RSVP

Las Trampas Ridge Hike

Tuesday March 21 9:15 a.m.

Sheri Rupe 925-784-7869

Stan Wong 925-818-9332

Meet at 9:15 for a 9:30 start time. This loop hike is about 4.6 miles long with a cumulative elevation gain of 1100Ft. The uphill walk is on a wide fire trail to the Las Trampas Ridge (Elderberry Trail). After a short walk on the Ridge we walk down on a single track trail (Cuesta) and then return back to the parking lot on the Rocky Ridge Trail. Weather permitting we should have great views to Mt Diablo and the San Ramon Valley. Boots are a must for this hike and walking sticks could be helpful for those who use them. There are outhouses at the parking lot (at the beginning and the end of our hike). In case of unpredictable weather and/or serious mud problems, the hike is still on but will proceed on the Rocky Ridge View Trail which is paved. This would be an in and out hike with a good climb, but shorter than the planned loop. Rain cancels the hike. Driving directions • Take HWY 24 East, toward Walnut Creek • Merge onto I-680 south, toward San Jose. Drive

10.4 miles • Take the Crow Canyon Rd exit West, turn right onto Crow Canyon Rd. Drive 1.1 mile. Turn right onto Bollinger Canyon Rd. and drive to the end of the road, 4.4 miles. The staging area is on the left Driving directions Take HWY 24 East, toward Walnut Creek Merge onto I-680 south, toward San Jose. Drive 10.4 miles Take the Crow Canyon Rd exit West, turn right onto Crow Canyon Rd. Drive 1.1 mile. Turn right onto Bollinger Canyon Rd. and drive to the end of the road, 4.4 miles. The staging area is on the left.

Lafayette Reservoir Walk

Friday March 24 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.

Berkeley Indian Rock Urban Walk

Saturday March 25 10:00 AM
Diane Savard (925) 864-7141
Join Diane as we continue the 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 North Brae 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 March 31 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

On-going Monday Hikes

Mondays 10:00 AM
Donita England 925 339 2234
Hikers! Join me and other Hike and Bikers as we hike on Mondays. Look for updates and notices via email. Goal is to keep the hikes to 3-5 miles with little elevation gain. We will meet at the trailhead at 10 am. Call or text if you have questions.

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.

East Bay Wednesday Rides

Rides generally start at Heather Farm Park at **10:00 AM** November through June. Rides are posted on the Hikanbyke Google groups. For specific ride information, contact Trish thewison@att.net, (925-212-7047) or Joan joanmfriedman@aol.com (925-216-7833)

SF Walk Along the Waterfront

Sunday April 2 10:00 a.m.
Diane Savard (925) 864-7141
Join me in front of what used to be Louis Restaurant at 902 Pt. Lobos

Avenue SF 94121 overlooking Seal Rock for a leisurely 3 mile walk along the waterfront. (It is just below the gift store, Ranger station) You can park in the Ranger Station parking lot or across the street from the tiny restaurant. Make sure you do not have anything showing in your car as this is a spot known for smash and grab.

Lafayette Reservoir Walk

Friday April 7 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.

Sunol Diesel Train Ride

Saturday April 8 9:40 am
Don & MaryAnn 925-899-5030
Join us for another fun event when we will board the Diesel Train which will take us to the little town of Niles. Our train will leave **promptly at 10:30 am**, be there about 40 minutes in advance, allowing time for parking and picking up your tickets. Tickets are \$15.00 round trip for seniors. Address is 6 Killkare Rd in Sunol. Purchase tickets online at Niles Canyon Railway. We will be having a potluck following the train ride at the Sunol Depot Gardens.

Brushy Peak Hike approx. 6.5 miles

Tuesday April 11 9:30 a.m.
Stan Wong (925) 818-9332
Sheri Rupe (925) 373-7869
We will meet at 9:30 for a 9:45 am start. We will meet at Brushy Peak Regional Preserve Staging Area 2234 Laughlin Rd, Livermore, CA 94551. This is moderate hike, boots and poles recommended. We will stop for lunch break. Rain will cancel this hike.

Bookgroup Discussion and Potluck

Valerie 707-652-4089
Thursday April 13 Noon
Rozanne Gay's An Untamed State is a harrowing, suspenseful novel about the connection between sexual violence and political rage, narrated in

a voice at once traumatized and eerily controlled. This is an astute observation of Haitian society and a deeply sympathetic, unflinching chronicle of the compromises people make in order to survive under the most extreme conditions. Call for directions.

Lafayette Reservoir Walk

Friday April 14 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.

Martin Luther King Regional Shoreline Bike Ride (1T19)

Sunday April 16 10:00 AM
Niels Povlsen (510) 375-1521
If you want an easy ride with fantastic views, then this is the one. This is an easy and nearly flat bike ride, about half on paved trails free of traffic and nearly all with bay front views! And we have short cuts if 19 miles is too much. We'll follow the ML King path around the San Leandro Bay and then shoot down to the San Leandro Marina where you can almost reach out and touch the jets landing at OAK. We'll return via the Oyster Bay regional shoreline bike path and then circle Bay Farm Island, completing our loop by crossing over to Alameda briefly before completing our loop back to the start. See:

<http://www.regionalparksfoundation.org/document.doc?id=263> for a description and map. Driving Directions: We begin at the Tidewater Boating Center. From I-880 in Oakland take the High St. exit and drive west towards the bay. Just before the High St. Bridge, turn left on Tidewater Avenue. Look for the Tidewater Boating Center sign 1/8 mile ahead on the right. Turn right and continue to the end of the street. There is no charge for parking, there are restrooms and water. It is also a short distance from the Fruitvale BART station.

Lafayette Reservoir Walk

Friday April 21 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.

Ring Mountain Hike

Saturday April 22 10:00 AM
Diane Savard (925) 864-7141
Join Diane on very picturesque hike, Ring Mountain in Corte Madera. If you have not done this hike, it has a 360 degree view of the entire Bay. Bring a sandwich. We will stop for a quick bite at the top of the hill so we can take in the spectacular view. The trailhead is on the right side of Paradise Road, about one mile past Aegis of Corte Madera.

Lafayette Reservoir Walk

Friday April 28 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.

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

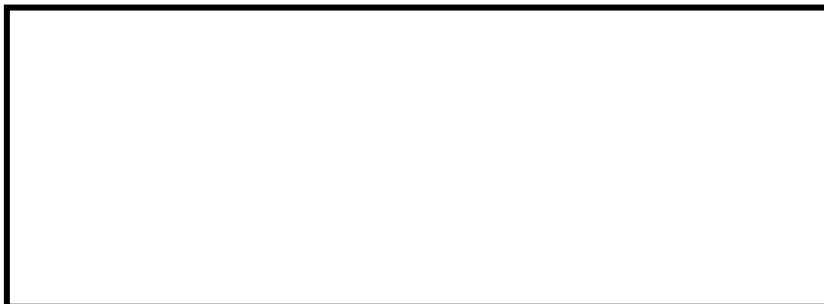
I enjoy the following: Hiking/Walking Cycling Camping Backpacking DH Skiing XC Ski

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**.