



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: December 23.

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 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

<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

July August Thank You

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

Nancy Nolte	Valerie Suzawa
Lynne Harris	JoAnne Lagerstrom
Diane Savard	Patrick Perez
Dave Weiner	Patty Manger
Frank Nolte	John Murrell

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

Upcoming Events

Hikanbyke Holiday Party

Saturday Dec 2 6:00 to 10:00 p.m.
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 – set up, music, and cleanup. Questions?? If you can join a committee, please email Diane at DL.Savard@gmail.com as to which committee you can join. Contact Diane at (925) 864-7141.

November Events

Lafayette Reservoir Walk

Friday November 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.

Event Planning Meeting and Potluck

November 6th, 2023 at 5 p.m.
Bev Preslik
Location: Pleasant Hill
Bring your ideas for new activities to invigorate our club. We'll brainstorm and then volunteer to plan and make them happen.
I'll make a main dish. Bring a side dish to share and the drink of your choice. Please RSVP by November 4th to BPreslik@juno.com so I know how many to expect. Directions will be sent via email.

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.

Lafayette Reservoir Walk

Friday November 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.

Book Group Discussion and Pot Luck

Thursday November 16 6:30 PM
Bea 925-255-3421
Linda Rutledge's West with the Giraffes is based on a true story of the cross-country road trip America's first giraffes took in 1938. It is also a coming-of-age story that demonstrates the positive influence caring friends and gentle animals can have on a young man's life. Call for directions.

Lafayette Reservoir Walk

Friday November 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.

Thanksgiving Day

NOTE CHANGED LOCATION

Point Pinole Regional Park

Thursday November 23 10:00 AM
Niels Povlsen (510) 375-1521
Heighten your appetite for turkey dinner with a 1-2 hour walk in Point Pinole Regional Park. The journey is as scenic as the destination at Point Pinole Regional Shoreline, a 2,315-acre parkland right next to densely populated Pinole, Richmond, and San Pablo. Trails lead through breezy meadows, through aromatic eucalyptus woods, and along bluffs and beaches on San Pablo Bay. There are beautiful views of Mt.

Tamalpais, the Marin shoreline, and San Pablo Bay with its sailboat and shipping traffic. Stay out of the way of the cooks & begin the holiday with friends. DIRECTIONS: GPS Address is [3000 Atlas Road, Richmond, CA 94806](https://www.google.com/maps/place/3000+Atlas+Road,+Richmond,+CA+94806). Take Richmond Parkway exit from Highway 80 turn right at Atlas Road. Park entrance is at the end of Atlas Road. Plenty of free parking. Make sure you go to the newer entrance, not the original one. The address is key. The parking lot may be full as there is usually a race that day. You can park on the street and walk in.

December 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. 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 December 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.

Tree Lighting

Friday, December 1 5:30 to 8:00 pm,
Todos Santos Park Concord
Pat Perez (925) 915-9554

Join me to watch the city of Concord light up the tree in Todos Santos Park. There is a holiday festival the ceremony will kick off at 5:30 and the festival goes to 8:00 pm. We may have an optional meal after the festival at The Old Spaghetti Factory next to the park. It is on Mt Diablo Blvd on the west side of the park. There is free parking at the garage at the corner of the park. Most of the

meals are around \$20. Call me for directions.

Hikanbyke Holiday Party

Saturday Dec 2 6:00 to 10:00 p.m.

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 – 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.

Book Group Discussion and Pot Luck

Thursday December 7 6:30 PM
In Samuel Taylor Coolidge's "The Rime of the Ancient Mariner" a mariner stops a man on his way to a wedding and begins to tell a story. The guest's reaction turns from bemusement to impatience, to fear, and fascination as the story progresses. This is also our annual book gift exchange. If you wish to participate, bring a wrapped book that someone will enjoy reading. Call for directions.

Holiday Luncheon/San Francisco

Saturday December 9 1:00 pm
Rose Azalde 925-890-5259
Jan Preston n 925-900-8146

Saturday, December 9 at 1:00 pm, we will enjoy a tasty lunch at Delancey Street Restaurant. From Walnut Creek BART Station, we will board the 10:23 am train to the Embarcadero Station and get on the first car. We will arrive at 10:57 am. We will wait for the group by the main door to the Ferry Building and then go inside where we can get a cup of coffee/tea and walk around until 12:30 pm. At 12:30 pm we will once again meet at the front door to start our walk to the restaurant. Yes, we can order off the menu and individual checks will be given. To confirm your reservation, we will need to receive a \$10 check no later than Saturday, November 25. Check to be made out to either Jan or

myself and to be mailed to: Rose Azalde 1977 San Miguel Dr., Walnut Creek, CA 94596 or Jan Preston 553 Garden Creek Pl., Danville, CA 94526. Cancellations will be accepted up to 48 hours in advance of the event, otherwise, that \$10 will be donated to the Delancey Street Foundation. For those attending, your checks will be destroyed. After lunch, we will walk up Market Street to visit the Palace Hotel where previously they have had beautiful decorations. At that point, we can decide if we want to walk to Union Square. No set return time.

Lafayette Reservoir Walk

Friday December 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.

Lafayette Reservoir Walk

Friday December 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 Christmas Day Walk

Monday December 25 11:00 AM
Niels Povlsen [\(510\) 375-1521](tel:5103751521)

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 on

Village Ct. It's the first right turn as you leave the Reservoir heading towards Lafayette. Park along Village Ct and I 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! There is also a public parking lot across the street. Look for a "P" sign.

Lafayette Reservoir Walk

Friday December 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.

New Year's Day Marina

Green/Crissy Field San Francisco Bay Walk

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

**A Happy
New
Year!**

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**.