

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: June 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: Hikanbyke 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

March April Thank You

Thanks to the March April event leaders who found the time to lead an event.

Nancy Nolte	JoAnne Lagerstrom
Carla Den Dulk	Diane Savard
Cary Hellman	Don Acamo
MaryAnn Acamo	Bea Haase
Dick Duker	Emma Yee
Frank Nolte	

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
Patrick Perez	(925) 917-6460

Upcoming Events

May 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.

Larkspur Smart Train to Marin Civic Center to Tour the Frank Lloyd Wright Building

Date TBD in May
Diane Savard (925) 864-7141
Email DLSavard at gmail dot com
I haven't scouted this yet so I am putting it as a potential event with an unassigned date on a Friday in May. I will scout it out and send out a Google Groups announcement when I have the final details. They have docent led tours on Fridays at 10:30 a.m. Tickets for 65+ cost \$10.00 and need to be purchased in advance. You can call or email if this sounds like something you would like to do. The Smart Train is free for 65+. The tour is 75-90 minutes and covers about 1 mile of walking. Be prepared to walk or stand for 90 minutes for the tour and walk to and from the Smart Train station which is .8 miles each way. There are a few places with chairs or benches to sit in.

Lafayette Reservoir Walk

May 1 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

May 8 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.

Rosie the Riveter Museum and Lunch

Saturday May 9 10:00 a.m.
Diane Savard (925) 864-7141
Situated within the historic Ford Assembly Plant complex, the Rosie the Riveter Visitor Education Center occupies the former "Oil House," a smaller building that once supported the plant's operations. As you approach from Harbour Way South, you'll see the expansive Ford Assembly Plant building on your left. Look for the large brick entry sign (in photo) and a small guard gate marking the entrance to the complex. Proceed slowly through the guard gate and drive around the building to the back (1414 Harbour Way South). If a guard is present, they will usually wave you through, otherwise, simply mention that you're visiting the park. Admission to the visitor center is free.



The museum opens at 10:00 a.m. We will watch 2 movies, 10:30 Home Front Heroes which is 20 minutes and at 11:00 another 16 minute film called The War at Home. Before and after the films you can walk around

on your own to view the museum and gift shop. We can walk along the shoreline to the Rosie the Riveter Memorial and then decide if we want to go to Pt. Richmond for lunch. There are a number of choices.

Lafayette Reservoir Walk

May 15 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.

Book Group and Discussion and Potluck

Thursday, May 21 Noon
Frank and Nancy (925) 998-2807
In Karim Dimechkie's "The Uproar" hurried choice leads to a bruising conflagration where best laid plans meet worst-case scenarios again and again. Call for directions

Lafayette Reservoir Walk

May 22 9:00 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Note change of start time beginning today through the summer months. 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-nahr max.) After the walk, we sometimes meet downtown for drinks, treats, and more conversation.

Lafayette Reservoir Walk

May 29 9:00 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.

June Events

Larkspur Smart Train to Santa Rosa to Tour the Charles Schultz Museum.

Date TBD in June
Diane Savard (925) 864-7141
Email DLSavard at gmail dot com
I haven't scouted this yet so I am putting it as a potential event with an unassigned date in June, probably on a Monday. I will scout it out and send out a Google Groups announcement when I have the final details. The Smart Train ride will be 1 hr. 10 minutes each way and is free to seniors' over 65. The distance from the Smart Train station to the museum is .7 miles. The docent led tour is 45-60 minutes and they recommend spending 60 minutes walking around the museum on your own. We have to reserve tickets 3 weeks in advance. Tickets for 65+ is \$13.00.

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

June 5 9:00 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

June 12 9:00 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.

Book Group Discussion and Pot Luck

Thursday, June 18 Noon
Don and Mary Ann (925) 899-5030
Historian Hampton Sides in Hellhound on his Trail relates what follows an assassination and becomes the largest manhunt in American history. Call for directions

Lafayette Reservoir Walk

June 19 9:00 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

June 26 9:00 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.

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

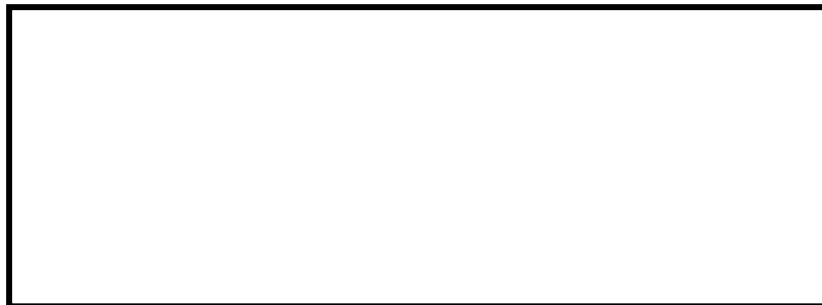
Hikanbyke distributes a member directory to its members yearly. Your address is not included. May we: include your Primary Phone Number? Yes No Your Email Address? Yes No

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**.