



# 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/mailling costs increase

To submit events for the next issue of the newsletter:

**Deadline** for next issue: October 25

### 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 and Renewals

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, 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](mailto: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](mailto: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](mailto: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's**

Thanks to the July August 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    | Orrel Lanter      |
| Howie Herskowitz | Maria Lawrence    |
| Dave Weiner      | Ellen Potthoff    |
| Pat Baran        |                   |

### **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**

### **Hikanbyke Holiday Party**

Saturday Dec 5 12:00 to 4:00 p.m.  
Mark your calendar for our Holiday party. 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 [DL.Savard@gmail.com](mailto:DL.Savard@gmail.com) as to which committee you can join. Contact Diane at (925) 864-7141.

## **September Events**

### **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**

September 4 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.

### **Lafayette Reservoir Walk**

September 11 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.

### **Happy Hour And Hike**

Tuesday September 15 5:00 pm  
Don & MaryAnn Acamo  
[\(925\) 899- 5030](tel:9258995030)  
We will meet at Howe Homestead Park, [2950 Walnut Blvd, Walnut Creek](#) at the picnic tables. Bring happy hour food to share and your own drink. MaryAnn will lead the hike at 5:00 pm, while Don will secure the table. Happy Hour will begin 6 pm. Please let us know you're coming.

### **Lafayette Reservoir Walk**

September 18 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 September 24 Noon  
Pat Baran 925-735- 8064  
Allen Levi's "Theo of Golden" is a story of giving and receiving, of seeing and being seen, as well as the power of creative generosity, the importance of wonder to a purposeful life, and the invisible threads of kindness that bind us to one another. Call for Directions

### **Lafayette Reservoir Walk**

September 25 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.

## **October 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**

October 2 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**

October 9 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**

October 16 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.

### **Block Buster Movie & Dinner**

Tuesday October 20 TBA

Don & MaryAnn Acamo

[\(925\) 899-5030](tel:9258995030)

We will see a movie on Tuesday, October 20, at the Walnut Creek Movie Theater and then go to a restaurant following the movie. Name, show time and restaurant will be announced through Google Groups at a later date. Please send us an email or text to notify us if you plan to join us.

### **Lafayette Reservoir Walk**

October 23 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. **Note later start time.**

### **Lafayette Reservoir Walk**

October 30 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. **Note later start time.**

## 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**.