

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: August 25/

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 May June 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	Frank Nolte
Nancy 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

July 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

July 3	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

July 10	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.

Free Beatles Tribute Band Music

Friday July 10 6:30 PM - 8:30 PM
Livorna Park (Livorna Road At Miranda Avenue, Alamo, CA 94507)

Come and join your friends, meet new friends, have a chance to socialize, and in true community/party fashion (RB/HikanByke), bring something to drink for yourself and we suggest you bring some outstanding finger food to share, a chair and blanket to sit on. The reason... an evening of music and dancing. One of our favorite groups, The Sun Kings, a great tribute band celebrating the music of the Beatles. Playing such music classics as "Eight Days a Week," "Ticket to Ride," "Nowhere Man," "Come Together," and "Ob-La-Di Ob-La-." Come and enjoy as they serve up a generous helping of rock and roll goodness. Come early as this group is a crowd favorite. Look for us on the right side as you are standing on the stage. Best parking is for those who come early. Your host for the evening: David Weiner (cell: 925-382-3381) Maria Lawrence (cell: 925) 820-3400).

Bookgroup Discussion and Potluck

Thursday July 16	Noon
Orrel Lanthers	(510) 381-5533

Solito: A Memoir by Javier Zamora recounts his harrowing solo journey at age nine from El Salvador to the United States to reunite with his parents, a trip that took two months instead of the expected two weeks. Told from a child's perspective, the memoir details the perilous 3,000 mile trek. Call for directions

Lafayette Reservoir Walk

July 17	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.

Car Camping at Mt. Madonna near Gilroy

Join us for 4 nights of camping at Mt. Madonna County Park July 20th to July 24th. Tent or yurt camping is available. Check in time is 3:00 pm and check out 1:00 pm. Mt Madonna

is near Gilroy, about 2 hours south of the Bay, in the Santa Cruz mountains. Redwoods dominate the park, with many miles of trails available for rambling. The Visitor Center has several educational exhibits, including those about the Ohlone Indians and Henry Miller, a local cattle baron, who spent his summers there. Horses are available for horseback riding through the park. The cost of the trip is \$50. There is an additional payment of about \$40 for your share of a group dinner. Reserve a spot on this trip (max 10 people) with a \$50 check made out to Hikanbyke and sent to: Howie Herskowitz, 2171 Overlook Dr., Walnut Creek Ca 94597. All payments become non-refundable one week prior to the first day of the trip. A waiting list will be formed when more than 10 payments have been received. Carpooling is encouraged to reduce the carbon footprint and to avoid paying overflow parking fees (more than 2 cars per site). Email trip leader for more information: Ellen Potthoff at ellenpotthoff@comcast.net

Lafayette Reservoir Walk

July 24 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-nahr max.) After the walk, we sometimes meet downtown for drinks, treats, and more conversation.

Lafayette Reservoir Walk

July 31 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.

August Events

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Joanne Lagerstrom & Nancy Nolte
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The Full Monty

Thursday, August 6, 2026 7:00 pm
Don & MaryAnn Acamo 925-899-5030
Join us for the preview showing of The Full Monti, playing at the Woodminster Theater located 3300 Joaquin Miller Rd, Oakland. Gates open at 7 pm and show starts at 8 pm. Tickets are \$30 dollars. We will be having a potluck dinner, inside the gate a little after 7 pm. Please bring something to share, drink of choice, plate and dinner ware. This is a RSVP Event, so let us know you're coming no later than Sunday, August 2. The Full Monty is a comedy drama following six unemployed steelworkers who form a unique male stripper troupe to pay bills and regain dignity.

Lafayette Reservoir Walk

August 7 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

August 14 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.

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

August 17 Train Departs 10:48 a.m. and arrives 11:58 Return trip 3:09 or 3:41 arriving 4:22 or 4:54.
Diane Savard (925) 864-7141
The Smart Train ride will be 1 hr. 10 minutes each way from Larkspur to Santa Rosa North and is free to seniors over 65. The distance from the Smart Train station to the museum is .7 miles. We walked it but some may want to order a Lyft or Uber. We will this time. 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. Email DLSavard at gmail dot com if interested. We found a decent Thai restaurant across the street from the center.

Bookgroup Discussion and Potluck

Thurs. Aug. 20 Noon
Pat Baran (925) 549-1843
Theo of Gjolden is a story of giving and receiving, of seeing and being seeing and 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

August 21 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

August 28 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

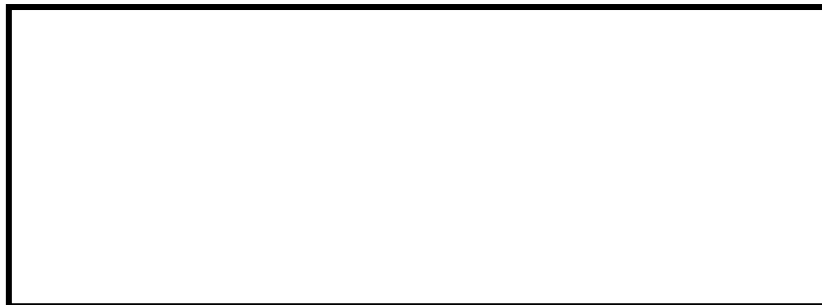
Hikanbyke distributes a member directory to its members yearly. Your address is not included. May we: include your Primary Phone Number? Yes No Your Email Address? Yes No

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**.