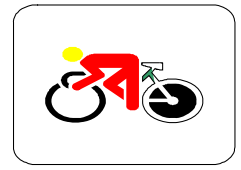


July - August 2021



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/mailling costs increase

To submit events for the next issue of the newsletter:

Deadline for next issue: June 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), or download from <https://hikanbyke.org/aMembership.htm> 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:

Rebecca Mallon (925) 933-8033
Email: rmallon2 at AOL dot com

Treasurer:

Niels Povlsen (510) 375-1521
Email: Hikanbyke 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



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.

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

A Big Thank You to those who stepped up to lead events as the state began loosening the restrictions we have been under for WAY too long. It was fun to gather with friends without having to wear a mask and social distance because we got our vaccine coverage. Some regular in-person events reappeared, like the Sing Along at John Murrell's home. Book Club discussions in person were a lot more fun than the Zoom version - Especially when the potluck part resumed! Hikes, bike rides and BBQs completed the calendar.

Joanne Lagerstrom	Nancy Nolte
Frank Nolte	Lynne Harris
John Murrell	Diane Savard
Niels Povlsen	Rebecca Mallon
Don Acamo	MaryAnn Acamo
Dick Duker	Pat Perez
Jean Tokarek	

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



Go to

<http://511cc.org/go>

To sign up for this contest.

Upcoming Events

The Car Camping group is spending 4 nights at Fallen Leaf Lake in August. Since we haven't gone camping since 2019, the trip is overbooked. Look for future opportunities to join this group.

"Annual" H&B Picnic

September 19, 9 AM Bike or Hike - Noon Potluck
Hidden Valley Park in Martinez
The picnic has been an annual event since our beginning in Moraga Commons Park. Due to pandemic restrictions, we missed the event last year and we missed all our friends. But...finally we can schedule a picnic and get back to our routine. The picnic is a treat for our members. Membership forms will be available at the picnic for new members to join that day for \$10. When you sign the release form, it is assumed you are fully vaccinated. If so masks would not be required. Following tradition, before the potluck, I hope someone will lead a bike ride in the vicinity. There is a trail from Hidden Valley Park to Hidden Lakes Park. 2 miles each way. But it is possible to walk a shorter distance on hard pack trail to see the lake, returning to the picnic site. This will be a potluck event with something on the BBQ for you. More information to follow by Google Groups announcements.
Questions? rmallon2@aol.com

Holiday Party

December 4, 6pm-10pm
Sycamore Clubhouse in Danville
At this time, we anticipate the Holiday Party will take place as usual. Same location, same food and drink, same ticket price. We are

waiting for the Sycamore Association to confirm they will lift all the pandemic restrictions and host events. Then a flyer will be available to members with the important details.

Questions? rmallon2@aol.com

Save the Date for a Holiday Lunch

Saturday December 11 @ 12:30 PM
Rose M. Azalde 925 890-5259
More details at a later date.
FOLLOW YOUR DREAMS, MAKE NEW FRIENDS AND CREATE FOND MEMORIES!!

July 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. 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. We expect everyone who participates will follow the county's health department's requirements for wearing masks and social distancing.

Lafayette Reservoir Walk

Friday July 2, 9:00 AM
Note the new start time for the summer months. Meet near the flagpole in the parking lot. We walk clockwise on the 2.7 mile paved path. The parking lot requires an annual pass. Pay stations are available for parking by the hour. \$1.50/hour. After we walk we gather downtown for coffee, bagels, etc.
Rebecca: rmallon2@aol.com

Lafayette Reservoir Walk

Friday July 9, 9:00 AM
Note the new start time for the summer months. Meet near the flagpole in the parking lot. We walk clockwise on the 2.7 mile paved path. The parking lot requires an annual pass. Pay stations are available for parking by the hour. \$1.50/hour. After we walk we gather downtown for coffee, bagels, etc.

Rebecca: rmallon2@aol.com

Tilden Park Hike

Saturday, July 10 10.00 am
John Murrell (510) 339-1263
Meet at the Brazil Building. From there we will take the Selby trail to the Lake Anza and Wildcat Gorge trail, then up Meadows Canyon, then down the Curran trail back to Wildcat Gorge and the parking area. About 5 miles. The Brazil building is near the junction of Wildcat Canyon Rd and Shasta Rd in Tilden Park.

Book Group Discussion and Potluck

Thursday, July 15 6:30 PM
Pat 925 735 8064
Brit Bennett's *The Vanishing Half* grapples with that American racial chimera known as passing for white. Bennett asks: What is the cost, to the individual and to a community, of the passing person's estrangement from family, friends, culture and identity --all sacrificed to maintain an assumed whiteness? What toll might such a decision take on those left behind? Bennett explores these questions through 20 years in the lives of twin sisters, one of whom chooses to pass while the other does not. Call for directions

Lafayette Reservoir Walk

Friday July 16, 9:00 AM
Note the new start time for the summer months. Meet near the flagpole in the parking lot. We walk clockwise on the 2.7 mile paved path. The parking lot requires an annual pass. Pay stations are available for parking by the hour. \$1.50/hour. After we walk we gather downtown for coffee, bagels, etc.
Rebecca: rmallon2@aol.com

Berkeley Indian Rock Urban Walk

Saturday July 17 10:00 AM
Niels Povlsen 510-375-1521
Diane Savard 925-864-7141
Join Niels as we continue the new series of Urban Walks, inaugurated by Lois Switzer, 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 Northbrae 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 July 23, 9:00 AM
Note the new start time for the summer months. Meet near the flagpole in the parking lot. We walk clockwise on the 2.7 mile paved path. The parking lot requires an annual pass. Pay stations are available for parking by the hour. \$1.50/hour. After we walk we gather downtown for coffee, bagels, etc.
Rebecca: rmallon2@aol.com

Lafayette Reservoir Walk

Friday July 30, 9:00 AM
Note the new start time for the summer months. Meet near the flagpole in the parking lot. We walk clockwise on the 2.7 mile paved path. The parking lot requires an annual pass. Pay stations are available for parking by the hour. \$1.50/hour. After we walk we gather downtown for coffee, bagels, etc.
Rebecca: rmallon2@aol.com

Pot Luck and Singalong

Saturday, July 31 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. Some restrictions will apply because of the Covid. All participants will need to show their CDC Vaccination card when checking in. Windows and sliding glass doors will be left open to ensure plenty of ventilation. 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. 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 (200 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 St.

August Events

Greenbrae Around China Camp 22 mile+/- Bike Ride

Sunday August 1 10:00 AM
Niels Povlsen (510) 375-1521
We'll meet in Greenbrae for a very scenic ride through China Camp State Park. This is the perfect ride for strong beginners featuring two (not too long) real hills and a bunch of rollers. And remember the H&B motto: "We've never met a hill we couldn't walk" Since this is a very popular Marin County route drivers

are well trained in driving with cyclists. We'll visit the historic China Camp fishing village along the way. Perhaps we'll retreat after the ride for some refreshments at the Marin Brewing Company. DIRECTIONS: Cross Richmond San Rafael Bridge; take Sir Francis Drake Blvd exit. Cross under Hiway 101, take the first left and park along the park (on the left). Restrooms in the shopping center.

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. We expect everyone who participates will follow the county's health department's requirements for wearing masks and social distancing.

Lafayette Reservoir Walk

Friday August 6, 9:00 AM
Note the new start time for the summer months. Meet near the flagpole in the parking lot. We walk clockwise on the 2.7 mile paved path. The parking lot requires an annual pass. Pay stations are available for parking by the hour. \$1.50/hour. After we walk we gather downtown for coffee, bagels, etc.
Rebecca: rmallon2@aol.com

Lafayette Reservoir Walk

Friday August 13, 9:00 AM
Note the new start time for the summer months. Meet near the flagpole in the parking lot. We walk clockwise on the 2.7 mile paved path. The parking lot requires an annual pass. Pay stations are available for parking by the hour. \$1.50/hour. After we walk we gather downtown for coffee, bagels, etc.
Rebecca: rmallon2@aol.com

Napa to Sonoma Loop

Saturday, August 14 10:00 am
Road Ride Pace 2 /level B/hills B
Join us for a bike ride in rural Sonoma as we ride through wine country. The ride will be 32 miles on mostly flat terrain with some rollers. Bring or buy lunch at our stop in downtown Sonoma. If temperatures are forecast to be in the 90s, the ride will be relocated to the Tiburon Loop. So be sure to rsvp to confirm where the ride will be located (dduker2001@yahoo.com). Bring: bicycle, pump, helmet, water, money.
Meet: Parking lot at the end of Cuttings Wharf Rd in Napa at 10:00 am. Return: to cars by 4:00 pm.
Directions: Take Hwy 29 north from Vallejo (or take Hwy 12 from Hwy 80), continue toward Napa, then left at the Hwy 121/12 intersection (there is a traffic light there) and head west toward Sonoma. After about a mile take a LEFT onto Cuttings Wharf Road and drive 2 miles to the parking lot at the end of the road. Restroom available in the parking lot. If you encounter problems during transit, call my cell at (510) 705-2447.

Book Group Discussion and Potluck

Thursday, August 19 6:30 PM
Gretchen 510-530-3557
Niall Williams's, "This Is Happiness" harkens back to a simpler time. It is a tender portrait of a community --its idiosyncrasies and traditions, its paradoxes and kindnesses, its failures and triumphs -- and a coming-of-age tale like no other. Anchored by roots running deep into the earthy and everyday .it is the power of stories: Their invisible currents that run through all we all do, and the transforming light that they throw onto our world. Call for directions

Lafayette Reservoir Walk

Friday August 20, 9:00 AM
Note the new start time for the summer months. Meet near the flagpole in the parking lot. We walk clockwise on the 2.7 mile paved path. The parking lot requires an annual pass. Pay stations are available for parking by the hour. \$1.50/hour. After we walk we gather downtown for coffee, bagels, etc.
Rebecca: rmallon2@aol.com

Lafayette Reservoir Walk

Friday August 27, 9:00 AM
Note the new start time for the summer months. Meet near the flagpole in the parking lot. We walk clockwise on the 2.7 mile paved path. The parking lot requires an annual pass. Pay stations are available for parking by the hour. \$1.50/hour. After we walk we gather downtown for coffee, bagels, etc.
Rebecca: rmallon2@aol.com

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**.