

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: August 29

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:
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 which you need to reply to in order to complete the process.

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

Note: This newsletter is for July August and the first few weeks in September as we will be unable to send out the September October newsletter until mid-September.

Thanks to May June Leaders

So many people to thank this time around. May-June warmer weather brought out more leaders with more activities. The usual walks, hikes, book club meetings and sing-along continued. Car Camping Thanks is new this newsletter. The Annual Picnic was the BIG event. I hope 'annual' doesn't have to fall on the same date every year. Last September picnic was a huge success so we bumped it up to occur sooner this year. Special Thanks to Niels, Charlie, Ginny who led an activity prior to the potluck BBQ. Thanks Stan P (the BBQ Man), Pat and Maggie who always help with serving, Rita & Rebecca who spent hours prepping, setting up and shutting down & all those who helped on each end.

Niles Povlsen	Diane Savard
Dave Sutton	Nancy Nolte
Frank Nolte	Lynne Harris
Joanne Lagerstrom	Don Acamo

MaryAnn Acamo	Arleen Sakamoto
Ken Karda	John Murrell
Charlie Uhlman	Ginny Bruski
Pat Perez	Stan Wong
Sheri Rupe	Rita Poulson
Rebecca Mallon	Blanch Korfmacher
Pat Baran	Maggie Davis
Jean Tokarek	Stan Preftokis

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

Labor Day BBQ Picnic – Heather Farm Park

September 5 Monday 12 p.m.
Pat Perez (925) 915-9554
Email: Patrick.perez.q4@gmail.com
Join us for this great BBQ picnic. I will have an area reserved for our group. We will be in the area that is near the North San Carlos Drive parking lot. It will be easy to walk to the picnic site from where you park. I will have blue balloons and a US and Canadian flags to mark the location. I will have my smart phone with me in case you get lost. I will provide the coals, utensils, some beverages and hot dogs and chicken to grill. Bring your side dish choice and beverage and \$2 to cover the picnic supplies. Also bring your lawn chairs or blanket whichever you prefer and don't forget the sunscreen. The park offers ample parking, and an Olympic sized pool, a great rose garden, children's play area, short hiking areas, and a lot of open space for those of you who have equipment for volleyball, croquet, etc. Dogs are welcome but they must be on a leash. No smoking please.

Annual Holiday Party ??

Dec. 3, 2022, 6:00pm - 10:00 pm
Sycamore Clubhouse Danville
Stay Tuned ... We hope to return to the regular 'annual' schedule and host the wonderful party with passed appetizers, bar with beer, wine & soft drinks, buffet dinner, and music for dancing & mingling. And of

course the conversation room by the fireplace will be open. All for \$25 - again! Proof of vaccine will be required. The clubhouse is reserved. The caterer is waiting for our order. We just have to be sure covid protocol allows us to proceed. Committees always need help so let the setup, decorating, bar and food committees know if you can assist. Rebecca rmallon2@aol.com

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 Walks

Friday July 1, 9:00 AM
NEW SUMMER SCHEDULE
Because summer days get pretty hot we will start at 9:00am in July and August. Meet near the flagpole in the parking lot. Either display an Annual Pass available for purchase at the Park Office or pay \$1.50/hour for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats and more conversation. Current Covid restrictions do not require masks outdoors. Proof of vaccine is required to participate. Rebecca at rmallon2@aol.com

Lafayette Reservoir Walks

Friday July 8, 9:00 AM
NEW SUMMER SCHEDULE
Because summer days get pretty hot we will start at 9:00am in July and August. Meet near the flagpole in the parking lot. Either display an Annual Pass available for purchase at the Park Office or pay \$1.50/hour for the 2.7 mile walk on the paved path. After the walk we meet downtown for

drinks, treats and more conversation. Current Covid restrictions do not require masks outdoors. Proof of vaccine is required to participate. Rebecca at rmallon2@aol.com

Bay Trail / E-ville / Point Richmond 1/7/35

Friday July 8 9:45 a.m.
Arleen Sakamoto
Sakamo2@Yahoo.com
Kenneth Karda (510) 530-8389
Meet at 9:45 am for a 10:00 am start. Meet at the Berkeley - Aquatic Park Playground We will ride to the Emeryville marina, then North on the Bay Trail for a clockwise loop to the Red Oak Victory Ship, Miller-Knox Park, Ferry Point Tunnel & lunch at Little Louie's. There will be an option to bypass the tunnel.

Alameda Creek Trail Bike Ride 1A

Sunday July 10 10.00 a.m.
John Murrell 510-390-4863
Join us for a safe and pleasant bike ride off busy streets, along Alameda Creek in Fremont to the Bay, and along part of the Bay until we arrive at the National Wildlife Refuge for lunch. After lunch, we may explore the Visitor Center before our return. Trip length is a mostly flat 25 miles, with one hill and an unpaved stretch along the Bay front. Helmets are required. Water and a spare inner tube are recommended. Afterwards, we may stop at the Bronco Billy's for refreshments. Directions: From Hwy 880 south at Union City, take the Niles Bl exit and continue for 3 or 4 miles until you come to Bronco Billy's Pizza in old Niles town, Fremont at 37651 Niles Blvd,. We'll meet at the Niles Depot Museum across the street from Bronco Billy's Pizza, at 10.00 am.

Lafayette Reservoir Walks

Friday July 15, 9:00 AM
NEW SUMMER SCHEDULE
Because summer days get pretty hot we will start at 9:00am in July and August. Meet near the flagpole in the parking lot. Either display an Annual Pass available for purchase at the Park Office or pay \$1.50/hour for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats and more conversation. Current Covid restrictions do not require masks outdoors. Proof of vaccine is required to participate.

Rebecca at rmallon2@aol.com

Friday Evening Concert

Friday July 15 6:30 PM - 8:30 PM
Meet at Livorna Park, Livorna Rd & Miranda Avenue, Alamo
Cost: Free

Come and join your friends, have a chance to socialize. In true H&B fashion bring something to drink for yourself and some outstanding finger food to share, a chair and blanket to sit on. The reason, an outdoor evening of music and dancing. A local's favorite, The Sun Kings- A tribute band to the Beatles. Whether you're a "Long And Winding Road" or a "Let it Be" fan this Classic Rock band will serve up a generous helping of rock and roll goodness. Your co-hosts for the evening: Roland Flamme, Maria Lawrence and David Weiner (cell: 925-382-3381).

Niels 40 mile Ride

Sunday July 17 10:00 AM
Niels Povlsen (510) 375-1521
Brickyard Landing (my place) Bike Ride 42 +/- to Oakland with a Picnic Lunch at Jack London Square. The Farmers Market is open so you can pick up lunch there. This ride takes us along the Bay Trail starting in Point Richmond, continuing along the Bay in Marina Bay, onward through Berkeley, Emeryville down to Jack London Square in Oakland featuring spectacular views of San Francisco and SF Bay. Most of the ride is either on bike trails or lightly traveled roads. Directions for start of bike ride: Hwy. 580 towards the San Rafael Bridge. Exit at Canal St. Left at bottom of exit to Cutting. Right at light. Left at Garrard. Go through the tunnel. Turn left at Brickyard Cove Road. Left at Brickyard Way. Park in the lot immediately to the right by the tennis courts. Questions? Call Niels.

Bookgroup Discussion and Pot Luck

Thursday July 21 Noon
Pat 925-735-8064
William Krueger's "Ordinary Ordinary" is set in 1961 Minnesota, a time of innocence and hope for a country with a new young president. But for thirteen-year-old Frank Drum, a preacher's son, it was grim summer in which death visited frequently and assumed many from:

accident, nature, suicide, and even murder. This is an account of a boy standing at the door of young manhood, trying to understand a world that seems to be falling apart around him. Call for directions

Lafayette Reservoir Walks

Friday July 22, 9:00 AM
NEW SUMMER SCHEDULE
Because summer days get pretty hot we will start at 9:00am in July and August. Meet near the flagpole in the parking lot. Either display an Annual Pass available for purchase at the Park Office or pay \$1.50/hour for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats and more conversation. Current Covid restrictions do not require masks outdoors. Proof of vaccine is required to participate. Rebecca at rmallon2@aol.com

El Cerrito Plaza BART to SF via Ferry Hike

Saturday July 23 09:00 am
8 Miles
Join us for a scenic walk from the El Cerrito Plaza BART station to the Bay Trail, then along the Bay Trail to the Pt Richmond Ferry (6 miles total), where we will catch the noon ferry to San Francisco. Bring your lunch and we will eat it at the park across from the SF Ferry Building. After lunch, we will discuss options for further exploration (my suggestion is to visit the NPS Maritime Historic Park), followed by a beer/wine stop. Return is via BART to your car. Be sure to RSVP at dduker2001@yahoo.com to be sure the hike is on. Bring: Water, lunch, Clipper Card, and National Park Pass (if you have one). Meet: El Cerrito Plaza BART station at 09:00 am.

Pot Luck and Singalong

Saturday July 23 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. 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. Bring 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, 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.

Spring Lake Park Car Camping

Sonoma County Regional Park in Santa Rosa
July 24-28 - Sun -Thurs (4 nights)
Enjoy camping near this lovely lake located near Santa Rosa and adjacent to Annadel State Park. Swimming, hiking, fishing and boating are available. Great place for biking! There are also boat rentals for small craft (canoes, etc.). No gas powered boats allowed; electric motors OK. Tent camping only at our group site; no RVs or trailers allowed. Restrooms with electrical outlets, flush toilets and showers. See

<https://parks.sonomacounty.ca.gov/visit/find-a-park/spring-lake-regional-park>. Each person will be responsible for preparing one dinner meal with others or working with the morning coffee team and for providing your own breakfasts, lunches and happy hours. Campfire at night. 25 person limit so reserve now. Reservations up to 2 weeks prior to trip. Refunds if cancelling 3 or more weeks prior. Trip cost is \$50/person + up to \$40 for your

share of dinner food that you purchase. Send \$50 check MADE OUT TO Howard Herskowitz and send to Dave Sutton, 3731 Barrington Dr, Concord 94518. PLEASE INCLUDE YOUR ADDRESS, EMAIL and HOME & CELL PHONE #s. Carpooling encouraged. For info, contact Dave Sutton at davesutn@comcast.net

Lafayette Reservoir Walks

Friday July 29, 9:00 AM
NEW SUMMER SCHEDULE
Because summer days get pretty hot we will start at 9:00am in July and August. Meet near the flagpole in the parking lot. Either display an Annual Pass available for purchase at the Park Office or pay \$1.50/hour for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats and more conversation. Current Covid restrictions do not require masks outdoors. Proof of vaccine is required to participate. Rebecca at rmallon2@aol.com

August 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.

Thursday Evening Concert

Thursday, August 4
Time: 6:30 PM - 8:30 PM
Location: Moraga Park - Moraga Commons
Cost: Free
Come and join your friends, have a chance to socialize. In true H&B fashion bring something to drink for yourself and some outstanding finger food to share, a chair and blanket to sit on. The reason, an outdoor

evening of music and dancing. A local's favorite, Aja Vu, a tribute band to Steely Dan & Chicago. Whether you're a "Ricky Don't Lose That Number", "Reelin' In the Years" or a "Saturday in the Park, 25 or 6 to 4" fan, this Classic Rock band will serve up a generous helping of rock and roll goodness. If you are standing on the stage looking out at the audience, we will try and be on the right-hand side of the audience. Your co-hosts for the evening: Maria Lawrence and David Weiner (cell: 925-382-3381).

Lafayette Reservoir Walks

Friday August 5, 9:00 AM
NEW SUMMER SCHEDULE
Because summer days get pretty hot we will start at 9:00am in July and August. Meet near the flagpole in the parking lot. Either display an Annual Pass available for purchase at the Park Office or pay \$1.50/hour for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats and more conversation. Current Covid restrictions do not require masks outdoors. Proof of vaccine is required to participate. Rebecca at rmallon2@aol.com

Berkeley Indian Rock Urban Walk

Saturday August 6 10:00 AM
Niels Povlsen [510-375-1521](tel:510-375-1521)
Join Niels as we continue the series of Urban Walks, 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 North Brae 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.

Sunday Afternoon Piano Concert in El Sobrante

August 7 2:00 PM
Our next piano concert features Squeek Steele direct from Virginia City. A pianist, composer and a music teacher, Squeek has performed nationally & internationally. She plays a variety of musical genres especially ragtime, early show tunes, and old western tunes always offering a lively performance. Blanche Korfmacher is hosting this event. We serve sandwiches and other goodies at the intermission. *Advanced registration is required.* The cost of the concert is \$25.00 to cover the musician fee and refreshments. To register send a check with your e-mail address to John Ulrich, 4184 Garden Lane, El Sobrante, Ca.94803. The concert is held at this address. Parking is available in driveways on the property or in the street. Register ASAP as seating is limited. Arrive early, concert begins promptly at 2:00 PM. Covid-19 vaccine cards showing you are fully vaccinated are required for this concert, no exceptions. For more information, call or text Blanche Korfmacher at 415 265-3387.

Bookgroup Discussion and Potluck

Thursday, August 11 6:30 PM
Gretchen 510-530-3557
Nathan Harris's "The Sweetness of Water" is set in the waning days of the Civil War. Two brothers, freed by the Emancipation Proclamation, seek refuge on the homestead of George Walker and his wife Isabelle. The Walkers, wracked by the loss of their only son, hire the brothers to work their farm. The brothers plan to save money for the journey north. Parallel to their story runs a forbidden romance between two Confederate soldiers. The young men hold their trysts in the woods. But when their secret is discovered, the resulting

chaos, including a murder, unleashes convulsive repercussions on the entire community. Call for directions

Lafayette Reservoir Walks

Friday August 12, 9:00 AM
NEW SUMMER SCHEDULE
Because summer days get pretty hot we will start at 9:00am in July and August. Meet near the flagpole in the parking lot. Either display an Annual Pass available for purchase at the Park Office or pay \$1.50/hour for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats and more conversation. Current Covid restrictions do not require masks outdoors. Proof of vaccine is required to participate. Rebecca at rmallon2@aol.com

Lafayette Reservoir Walks

Friday August 19, 9:00 AM
NEW SUMMER SCHEDULE
Because summer days get pretty hot we will start at 9:00am in July and August. Meet near the flagpole in the parking lot. Either display an Annual Pass available for purchase at the Park Office or pay \$1.50/hour for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats and more conversation. Current Covid restrictions do not require masks outdoors. Proof of vaccine is required to participate. Rebecca at rmallon2@aol.com

Lafayette Reservoir Walks

Friday August 26, 9:00 AM
NEW SUMMER SCHEDULE
Because summer days get pretty hot we will start at 9:00am in July and August. Meet near the flagpole in the parking lot. Either display an Annual Pass available for purchase at the Park Office or pay \$1.50/hour for the 2.7 mile walk on the paved path. After the walk we meet downtown for drinks, treats and more conversation. Current Covid restrictions do not require masks outdoors. Proof of vaccine is required to participate. Rebecca at rmallon2@aol.com

September 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 Walks

Friday September 2 9:00 AM
Meet near the flagpole in the parking lot. Either display an 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. Current Covid restrictions do not require a mask outside. At the annual club policy meeting 2/2/22 it was decided that proof of vaccine is required to participate in H&B events. Rebecca: rmallon2@aol.com

Labor Day BBQ Picnic – Heather Farm Park

September 5 Monday 12 p.m.
Pat Perez (925) 915-9554
Email: Patrick.perez.g4@gmail.com
Join us for this great BBQ picnic. I will have an area reserved for our group. We will be in the area that is near the North San Carlos Drive parking lot. It will be easy to walk to the picnic site from where you park. I will have blue balloons and a US and Canadian flags to mark the location. I will have my smart phone with me in case you get lost. I will provide the coals, utensils, some beverages and hot dogs and chicken to grill. Bring your side dish choice and beverage and \$2 to cover the picnic supplies. Also bring your lawn chairs or blanket whichever you prefer and don't forget the sunscreen. The park offers ample parking, and an Olympic sized pool, a great rose garden, children's play area, short hiking areas, and a lot of open space for those of you who have equipment for volleyball, croquet, etc. Dogs are

welcome but they must be on a leash. No smoking please.

Directions: Take Ygnacio Valley Rd past John Muir Hospital and turn left on North San Carlos Dr. The park is located on North San Carlos Drive which intersects with Ygnacio Valley Road. Our location will be on the corner of Heather Drive and North San Carlos Drive. The location will be next to the swimming pool parking lot. However, it will be easier to park across from our site that is more ample parking and is closer. The USA and Canadian flags will be on your left and the parking lot entrance will be on your right I will try to get the same picnic site with a large tree for shade.

Lafayette Reservoir Walks

Friday September 9 9:00 AM
Meet near the flagpole in the parking lot. Either display an 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. Current Covid restrictions do not require a mask outside. At the annual club policy meeting 2/2/22 it was decided that proof of vaccine is required to participate in H&B events.
Rebecca: rmallon2@aol.com

Lafayette Reservoir Walks

Friday September 16 9:00 AM
Meet near the flagpole in the parking lot. Either display an 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. Current Covid restrictions do not require a mask outside. At the annual club policy meeting 2/2/22 it was decided that proof of vaccine is required to participate in H&B events.
Rebecca: rmallon2@aol.com

Book Group

September 22
Members will convene at 6:30 PM at 205 Linda Lane, Pleasant Hill. Call (925) 930-0133 for directions or questions. Leave a message so we

can respond to your call. At the meeting we will talk about the novel The Cool Millions by Jess Walter, a book about socioeconomic disparity, and the brutal suppression of free speech. It is a real page-turner.

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

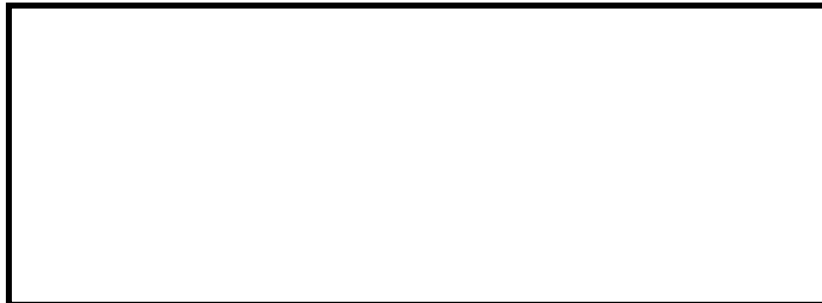
I enjoy the following: Hiking/Walking Cycling Camping Backpacking DH Skiing XC Ski

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**.