

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: December 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 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:

Niels Povlsen (510) 375-1521
Email: Hiknbyke 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

November December Thank You

Thanks to the November December event leaders who found the time to lead an event.

Nancy Nolte	Valerie Suzawa
Lynne Harris	JoAnne Lagerstrom
Niels Povlsen	Patrick Perez
Rose Azalde	Patty Manger
Bea Haase	

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

Upcoming Events

Car Camping

Emma Yee 510-847-0477
June 06 - 10, Thu - Mon
Portola Redwoods SP
San Mateo County
Limit 25 people.
Mark your 2024 calendar. Details will be announced in March-April Newsletter.

January 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.

Lafayette Reservoir Walk

Friday January 5 9:30 am
Patty Manger 925-286-6501
Meet near the flagpole in the parking lot. Either display the 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.

Lafayette Reservoir Walk

Friday January 12 9:30 am
Patty Manger 925-286-6501
Meet near the flagpole in the parking lot. Either display the 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.

Book Group Discussion and Pot Luck

Thursday, Jan. 18 Noon
David 510-763-1070
Anthony Marra's "Mercury Pictures Presents" examines the human lives

swept up by the treacheries of war and colliding historical events. Told with wit, humor and tenderness it evokes all the glamour and contradictions of Hollywood amidst the rise of fascism and the jingoistic paranoia and censorship that also envelop America. Call for directions

Lafayette Reservoir Walk

Friday January 19 9:30 am
Patty Manger 925-286-6501
Meet near the flagpole in the parking lot. Either display the 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.

Point Pinole Regional Park Walk

Saturday January 20 10:00 AM
Diane Savard (925)-864-7141
Please join me for a 1-2 hour walk in Point Pinole Regional Park. The journey is as scenic as the destination at Point Pinole Regional Shoreline on San Pablo Bay. There are beautiful views of Mt. Tamalpais, the Marin shoreline, and San Pablo Bay with its sailboat and shipping traffic. DIRECTIONS: Address is [3000 Atlas Road, Richmond, CA 94806](https://www.google.com/maps/place/3000+Atlas+Road,+Richmond,+CA+94806). Take Richmond Parkway exit from Highway 80 turn South turn right at Atlas Road. Park entrance is at the end of Atlas Road. Plenty of free parking. Make sure you go to the newer entrance, not the original one. The address is key.

Lafayette Reservoir Walk

Friday January 26 9:30 am
Patty Manger 925-286-6501
Meet near the flagpole in the parking lot. Either display the 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.

SF Presidio Outdoor Art Walk

Saturday January 27 10AM (at Embarcadero BART)
Debbie Frederick (510) 882-1500
debbie254@comcast.net

Inspired by our wonderful New Year's Day Presidio hike, AND an intriguing hike handout from a Park/Presidio volunteer, let's return to explore their three mile outdoor art hike of "Goldsworthy in the Presidio". We will gather at Drumm & California, to use the free Presidio Go Shuttle,

(<https://presidio.gov/visit/getting-to-and-around-the-park/presidio-go-shuttle>), leaving at the signed SF Muni bus stop, Drumm & California, (just above the BART Embarcadero station), for the shuttle leaving at 10:02AM. This gets us to the Presidio Transit Center at 10:25AM, where others may join us there, as you like. We will first go into the right next door Presidio Visitor Center, for some short browsing & up-to-date info from park staff. Then we will meander around the nicely laid out 3 mile walking tour of "Goldsworthy in the Presidio", -details are in <https://wp.presidio.gov/wp-content/uploads/2023/08/Goldsworthy-Brochure.pdf> - (we will be able to pick up this map/handout at the Presidio Visitor Center).

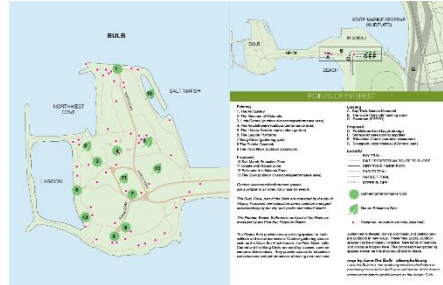
Bring lunch, water, good walking shoes; & jackets for cool weather. Ending time will be based upon our own group choosing, as we move along the way. The hike is an easy loop, (HIKANBYKE RATING OF 1A, likely four miles). We end back at the Presidio Transit Center, where the return free shuttle leaves on the half hour back to Embarcadero BART. Rain will cancel- please text Debbie directly if in doubt. RSVPs appreciated, but not mandatory.

Albany Bulb Art Walk

Sunday February 4 11:00 a.m.
Diane Savard (925) 864-7141
The Albany Bulb is a former construction debris landfill on San Francisco Bay where people have been making informal outdoor sculptures and paintings for decades. Its home to 150 species of birds, huge trees, wildflowers, amazing views, and lots of walking trails.

For decades the dumping of construction debris filled in the marshes and tide flats of the Albany Waterfront. In 1984 the dumping was stopped.

It has since been turned in to a park with art displays built by past residents.



Come join me for this 3+ mile walk where we will enjoy the beautiful views of SF skyline.

Meet at the Windsurf parking lot across the street from the Hana Japan restaurant at 235 University Avenue. We will walk along the shoreline by the racetrack to the Albany Bulb and back.



February 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. 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.

Hikanbyke Policy and Event Planning Meeting and Potluck

February 13, 2024 at 5:30 p.m.
Don and MaryAnn Acamo
Location: Walnut Creek
Bring your ideas for new activities to invigorate our club. We'll brainstorm and then volunteer to plan and make them happen.
Bring a dish to share and the drink of your choice. Please RSVP by January 31 to DAcamo55@hotmail.com so I know how many to expect. Directions will be sent via email. If you have a topic you would like to discuss, email it to DLSavard at gmail dot com to get on the agenda.

Lafayette Reservoir Walk

Friday February 2 9:30 am
Patty Manger 925-286-6501
Meet near the flagpole in the parking lot. Either display the 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.

Lafayette Reservoir Walk

Friday February 9 9:30 am
Patty Manger 925-286-6501
Meet near the flagpole in the parking lot. Either display the 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.

Book Group Discussion and Pot Luck

Thursday, Feb. 15 Noon
Nancy 925-930-0133
James McBride's "The Heaven and Earth Grocery Store" is a historical fiction/mystery novel. In 1972 a skeleton found in an old well unravels the hidden secrets of

chicken Hill, a neighborhood where Jewish and Black communities coexist amidst racial tensions. The novel explores themes of community, survival and justice. Call for directions

Lafayette Reservoir Walk

Friday February 16 9:30 am
Patty Manger 925-286-6501

Meet near the flagpole in the parking lot. Either display the 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.

SF Walk along the Waterfront

Sunday February 17 10:00 a.m.
Diane Savard (925) 864-7141

Join me in front of the Lands End Visitor Center at 680 Point Lobos Avenue San Francisco for a leisurely 3 mile walk along the waterfront. You can park in the Ranger Station parking lot or across the street from the tiny restaurant. Make sure you do not have anything showing in your car as this is a spot known for smash and grab.

Lafayette Reservoir Walk

Friday February 23 9:30 am
Patty Manger 925-286-6501

Meet near the flagpole in the parking lot. Either display the 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.

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**.