



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 20

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: 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

May June Thank You's

Thanks to the May June event leaders who found the time to lead an event.

Nancy Nolte	Gretchen Hayes
Don Acamo	JoAnne Lagerstrom
MaryAnn Acamo	Diane Savard
Patty Manger	

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) 915-9554

Upcoming Events

Angel Island Hike or bike or tram

Saturday September 14 10:00 am
Emma Yee 510-847-0477
Catch the 10:00 am Tiburon ferry or 10:15 am SF ferry. Meet by restrooms at Ayala Cove on Angel Island. We will start hike at 11 am up the trail, 143 steps and along paved Perimeter Road to Ft. McDowell where there will be East Garrison volunteer hosts. As we return, we stop by North Garrison and visit the free museum at the Immigration Station hospital; barracks with carved poetry is \$5 admission. Round-trip is less than five miles. Target is to catch 3:20 pm return ferry ride. Tram option to Immigration Station is \$10 round-trip or \$5 one-way return.

Tiburon round-trip ferry cost: pay as you board adult \$18, senior (65+) \$16 [cash or credit, no Clipper card], bike \$1. Free car parking lot is just beyond Lyford Dr on Tiburon Blvd. Walk half mile to dock. Ferry ride 10 mins.

SF one-way ferry cost: credit card \$15.50, pay as you board Clipper card \$9.50 or senior (65+) \$8.00, bike free. BART to Embarcadero station and walk thru Ferry Building to dock (check to see if Gate C or B). Ferry ride 30 mins.

Save the Date

Saturday, December 7 at 1 pm holiday luncheon in San Francisco at Delancey Street restaurant.

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.

Movie: Horizon: An American Saga & Pot Luck Dinner

Tuesday July 2 2:30 pm
Don & MaryAnn Acamo (925) 899-5030

We love western movies especially those depicting the struggles of the pioneers and what they endeared crossing the plains. This movie is produced and directed by Kevin Costner who puts together families, friends, and foes, who discover the lure of the old west as the Civil War divides the country. Movie is playing at the Cinemark Century Walnut Creek, 1201 Locust St. There will be a pot luck dinner at our place after the movie at 6 pm. Please bring something to share and BYOB. This is a RSVP Event.

Lafayette Reservoir Walk

Friday July 5 9:00 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 sometimes meet downtown for drinks, treats, and more conversation.

Car camping

Two car camping trips are planned with four nights each. One in July and the other in August. Each trip costs \$50 per person and additional \$40 per person for a group dinner participation. Email trip leader for more information.

Salt Point (Jul 08-12)

https://www.parks.ca.gov/?page_id=453

Trip leader Joanne Lee
thethinker56@hotmail.com

Shaver Lake (Aug 19-23)

<https://www.fs.usda.gov/detail/sierra/recreation/?cid=stelprdb5246153>

Trip leader Ellen Potthoff
ellenpotthoff@comcast.net

Renew social skills, enjoy camaraderie, and play with water, hike, and embrace nature. Have fun!

Jersey Boys At The Woodminster Amphitheater

Thursday July 11 8:00 pm
Don & MaryAnn Acamo (925) 899-5030

We will be having a pot luck at the tables to the right of the ticket gate at 7pm. Tickets are \$30 dollars. Bring something to share, your plate, dinner ware, napkin & drink. Please let us know if you will be joining us. Jersey Boys is a musical biography of the Four Seasons-the rise, the tough times and the personal clashes, and the ultimate triumph of a group of friends whose music became symbolic of a generation. Woodminster Amphitheater, 3540 Sanborn Dr. Oakland.

Lafayette Reservoir Walk

Friday July 12 9:00 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 sometimes meet downtown for drinks, treats, and more conversation.

Lafayette Reservoir Walk

Friday July 19 9:00 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 sometimes meet downtown for drinks, treats, and more conversation.

Bookgroup Discussion and Pot Luck

Thursday July 25 Noon
Valerie Suzawa 707-652-4087

Richard Henry Dana in "Two Years Before the Mast" traces the experiences of a Harvard student aboard a square rigger from Boston to the coast of California in 1835. The result; vivid descriptions of storms, whales, a cruel captain, frequent dangers, and hardships. Call for directions

Lafayette Reservoir Walk

Friday July 26 9:00 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 sometimes meet downtown for drinks, treats, and more conversation.

An Evening of Music in Livorna Park

Friday July 26 6:30 PM - 8:30 PM
Maria Lawrence and David Weiner (cell: 925-382-3381).

Location: Livorna Park (Livorna Road At Miranda Avenue, Alamo, CA)

Cost: Free

Come and join your friends, meet new friends, have a chance to socialize, and in true H&B fashion, 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. Tainted Love, a great tribute band to music of the 80's. Playing such classics as B-52's-Love Shack Baby, Foreigner- I Want to Know What Love Is, Tom Petty - Free Fallin, American Girl, John Cougar Mellencamp - Jack and Diane and lots of other great songs. Come and enjoy as they serve up a generous helping of rock and roll goodness. Best parking is for those who come early.

SF Ferry Building to Presidio Hike

Sunday July 28 See time below.
Richard Duker 510-705-2447

Cool off in San Francisco as we hike from the SF Ferry Building to the Presidio along the waterfront. The hike is about 5 miles one way, and we will return on the PresidiGo bus (free). Taking BART to the Embarcadero Station is the easiest mode of transportation. SF drivers may wish to catch the PresidiGo bus at the Presidio at 09:30, arriving downtown at 09:55. Most parking meters operate on Sundays in SF. We will eat our lunches at the Presidio. RSVP if you can (dduker2001@yahoo.com). Bring: sturdy walking shoes, water, and lunch. Meet: in front of the Ferry

Building at 10 am. Show up a bit early to use restrooms and grab a cup of coffee.

August 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

Friday August 2 9:00 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 sometimes meet downtown for drinks, treats, and more conversation.

Sunday Sundaes

Sunday August 4 4:00 pm
Don & MaryAnn Acamo (925) 899-5030

Join us for our final summer sundaes get together. Please let us know what topping you will be bringing when you RSVP.

Lafayette Reservoir Walk

Friday August 9 9:00 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 sometimes meet downtown for drinks, treats, and more conversation.

Book Group Discussion and Pot Luck

Thursday August 15 Noon
Pat Baran 925-735- 8064
Kristin Hannah in "The Women" tells the story of a green and

inexperienced Army nurse sent to Viet Nam during the war. Each day is a gamble of life and death, hope and betrayal. Friendships run deep and can be shattered in an instant. Call for directions

Lafayette Reservoir Walk

Friday August 16 9:00 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 sometimes meet downtown for drinks, treats, and more conversation.

Car camping

Two car camping trips are planned with four nights each. One in July and the other in August. Each trip costs \$50 per person and additional \$40 per person for a group dinner participation. Email trip leader for more information.

Shaver Lake (Aug 19-23)

<https://www.fs.usda.gov/detail/sierra/recreation/?cid=stelprdb5246153>

Trip leader Ellen Potthoff
ellenpotthoff@comcast.net

Renew social skills, enjoy camaraderie, and play with water, hike, and embrace nature. Have fun!

Lafayette Reservoir Walk

Friday August 23 9:00 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 sometimes meet downtown for drinks, treats, and more conversation.

Lafayette Reservoir Walk

Friday August 30 9:00 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 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; 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) = \$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

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**.