



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: April 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), 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 Thanks...

to our members who stepped up in the winter months to lead an event. We got 2022 started with the Annual New Year's Day brisk walk along the Crissy Field water-front toward the Golden Gate Bridge. Perfect weather for the 25 participants. Another great potluck lunch followed at the log cabin in the Presidio. Then the usual combinations of walks & bike rides plus book club meetings, filled out the calendar. We were still living under Covid restrictions so some events were canceled.

| | |
|-----------------|--------------|
| Niels Povlsen | Diane Savard |
| Rebecca Mallon | Nancy Nolte |
| Don Acamo | Ken Karda |
| Dick Duker | Lynne Harris |
| Arleen Sakamoto | Jean Tokarek |
| Pat Baran | |

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

Memorial Day BBQ Picnic

Heather Farm Park, Walnut Creek

May 30 Monday 12 noon
Patrick Perez (925) 915-9554
patrick.perez.g4@gmail.com

Special Note: Please do not bring potluck items. Bring your mask to wear to protect yourself and others. Adhere to social distancing. I will provide the BBQ supplies and some grilled items.

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 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 Beachcomber banner to mark the location. I will have my cell phone with me in case you get lost. I will provide the coals, utensils, lemonade and hot dogs to grill. Bring your grill item, and beverage of choice. If you need to go to a store to purchase your food or beverage, there is a shopping center on the corner of Ygnacio Valley Road and San Carlos Drive. They have a great variety of food items and supplies for the picnic. I will have 2 tables in the shade to keep your food cool. If it is warm that day, bring a swim suit for the pool nearby. There is a beautiful rose garden on the west side of the pond to enjoy as well. Directions: 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. Our 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.

Annual H&B Picnic

The date is undetermined at this time. 2 of our favorite events were impacted by Covid restrictions. The Annual Picnic and the Annual Holiday Party were postponed or canceled. We had the **best** picnic ever 9/19/2021 at Hidden Lakes Park. I think everyone was so eager to see familiar faces, mingle with longtime friends, take part in a ride or a walk, and share good BBQ and potluck. So we will return to the

same park. But we may not wait until September. There is talk that a picnic will be in June or July. Stay tuned for updated news.

Annual H&B Party

We had to cancel the Holiday Party 12/21. The Covid restrictions would have meant wearing masks inside the festive Sycamore Clubhouse in December at all times except when eating & drinking. Yes, we had a good buffet dinner planned and the volunteer bartenders would always serve up what you wanted. But can you imagine dancing with a mask? Sitting by the fire in the conversation room with a mask? It's too early to talk about a Spring Fling replacement at Sycamore. We don't know what the new restrictions will be for indoors at private facilities. Watch this space... Fingers crossed.

March Events

Tuesday Walk and Talk Event

Every Tuesday at 9:15 am
March 8 is cancelled. All other weeks are a "go".

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 March 4 9:30 am
We will continue with the winter/spring start time until it gets too hot in the summer months and we will change the start time. Meet near the flagpole in the parking lot. Have your Annual Pass displayed or pay the \$1.50/hour at the pay station. Current covid restrictions do not require masks outdoors, but be prepared for changes. Always carry a mask. After we walk, we gather downtown for coffee, bagels, and

conversation. Masks are currently required to go into Noah's or Peet's. At the annual policy meeting it was decided that proof of vaccination is required to participate in all H&B events. Rebecca rmallon2@aol.com

Lafayette Reservoir Walk

Friday March 11 9:30 am
We will continue with the winter start time until it gets too hot in the summer months and we will change the start time. Meet near the flagpole in the parking lot. Have your Annual Pass displayed or pay the \$1.50/hour at the pay station. Current covid restrictions do not require masks outdoors, but be prepared for changes. Always carry a mask. After we walk, we gather downtown for coffee, bagels, and conversation. Masks are currently required to go into Noah's or Peet's. At the annual policy meeting it was decided that proof of vaccination is required to participate in all H&B events. Rebecca rmallon2@aol.com

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

Friday March 11 9:45 a.m.
Arleen Sakamoto (415) 279-6248
Sakamo2@Yahoo.com
Kenneth Karda
Meet at 9:45 am for a 10:00 am start
Start Location: 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.

Martin Luther King Regional Shoreline Bike Ride (1T19)

Saturday March 12 10:00 AM
Niels Povlsen (510) 375-1521
If you want an easy ride with fantastic views, then this is the one. This is an easy nearly flat bike ride, about half on paved trails free of traffic and nearly all with bay front views! And we have short cuts if 19 miles is too much. We will follow the ML King path around the San Leandro Bay and then shoot down to the San Leandro Marina where you can almost reach out and touch the jets landing at OAK. We'll return via the Oyster Bay regional shoreline

bike path and then circle Bay Farm Island, completing our loop by crossing over to Alameda briefly before completing our loop back to the start.

See: <http://www.regionalparksfoundation.org/document.doc?id=263> for a description and map. Driving Directions: From I-880 in Oakland take the High St. exit and drive west towards the bay. Just before the High St. Bridge, turn left on Tidewater Avenue. Look for the Tidewater Boating Center sign 1/8 mile ahead on the right. Turn right and continue to the end of the street. There is no charge for parking, there are restrooms and water. Note, the start of this ride is only a short distance from the Fruitvale BART station.

Bookgroup Discussion and Pot Luck

Thursday March 17 6:30 PM
Nancy 925-930-0133
Nathaniel Miller's The Memoirs of Stockholm Sven illustrates the very nature of human yearning and perseverance. In an attempt to inhabit the uninhabitable, one man shows us that no place is inhospitable to the human heart, and is delivered in this most hostile environment by a dog and a few precious human companions. Call for directions.

Lafayette Reservoir Walk

Friday March 18 9:30 am
We will continue with the winter start time until it gets too hot in the summer months and we will change the start time. Meet near the flagpole in the parking lot. Have your Annual Pass displayed or pay the \$1.50/hour at the pay station. Current covid restrictions do not require masks outdoors, but be prepared for changes. Always carry a mask. After we walk, we gather downtown for coffee, bagels, and conversation. Masks are currently required to go into Noah's or Peet's. At the annual policy meeting it was decided that proof of vaccination is required to participate in all H&B events. Rebecca rmallon2@aol.com

Pot Luck and Singalong

Saturday March 19 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 need to be vaccinated. 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

Lafayette Reservoir Walk

Friday March 25 9:30 am
We will continue with the winter start time until it gets too hot in the summer months and we will change the start time. Meet near the flagpole in the parking lot. Have your Annual Pass displayed or pay the \$1.50/hour at the pay station. Current covid restrictions do not require masks outdoors, but be prepared for changes. Always carry a mask. After we walk, we gather downtown for coffee, bagels, and conversation. Masks are currently required to go into Noah's or Peet's. At the annual

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Rebecca rmallon2@aol.com

April Events

Lafayette Reservoir Walk

Friday April 1 9:30 am
We will continue with the winter start time until it gets too hot in the summer months and we will change the start time. Meet near the flagpole in the parking lot. Have your Annual Pass displayed or pay the \$1.50/hour at the pay station. Current covid restrictions do not require masks outdoors, but be prepared for changes. Always carry a mask. After we walk, we gather downtown for coffee, bagels, and conversation. Masks are currently required to go into Noah's or Peet's. At the annual policy meeting it was decided that proof of vaccination is required to participate in all H&B events.

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Lafayette Reservoir Walk

Friday April 8 9:30 am
We will continue with the winter/spring start time until it gets too hot in the summer months and we will change the start time. Meet near the flagpole in the parking lot. Have your Annual Pass displayed or pay the \$1.50/hour at the pay station. Current covid restrictions do not require masks outdoors, but be prepared for changes. Always carry a mask. After we walk, we gather downtown for coffee, bagels, and

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Napa to Sonoma Loop

Pace 2 /level B/hills B
Saturday April 9 10:00 am
Dick Duker (510) 705-2447
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. RSVP to confirm you are coming (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

Lafayette Reservoir Walk

Friday April 15 9:30 am
We will continue with the winter start time until it gets too hot in the summer months and we will change the start time. Meet near the flagpole in the parking lot. Have your Annual Pass displayed or pay the \$1.50/hour at the pay station. Current covid restrictions do not require masks outdoors, but be prepared for changes. Always carry a mask. After we walk, we gather downtown for coffee, bagels, and conversation. Masks are currently required to go into Noah's or Peet's. At the annual policy meeting it was decided that proof of vaccination is required to participate in all H&B events. Rebecca rmallon2@aol.com

Lake Lagunitas & Lake Bon Tempe

Figure 8 - Seven Mile Hike
Saturday April 16 10:00 AM
Niels Povlsen [510-375-1521](tel:510-375-1521)

Experience beauty, adventure, and variety on this hike. Tucked beneath the northwest flanks of majestic Mount Tamalpais, a duo of the Bay Area's loveliest lakes are situated in oak-wooded canyons. We'll start with Bon Tempe Lake, as wide as it is long then explore Lake Lagunitas, certainly the tiniest lake on this hike. We'll be treated to plenty of views of Mount Tamalpais while wandering through oak woodland, grassland, moist forest, and dry chaparral to reach serpentine knolls laden with spring wildflowers. The lakes are stocked with trout, which augments the osprey population and ensures fishing pole sightings. Deer and raccoons are numerous, plenty of bobcats and foxes keep hidden, and coyotes sometimes howl at night. We'll stop at the picnic tables between the lakes for lunch. Bring food that you will want for yourself only. We won't be doing a potluck. And as a bonus - the picnic tables are along the Lake Lagunitas parking lot (where we will park) so we won't have to carry the food/drink. Directions: Go across the Richmond/San Rafael Bridge. Head north on Highway 101. Take the Central San Rafael exit. Turn left on Third Street. 2. Stay on Third. It will turn into Sir Francis Drake Blvd. 3. Stay on Sir Francis Drake until you get to the Fairfax town limits. 4. Turn left immediately after the gas station at Pacheco Ave. 5. Turn right onto Broadway Blvd. 6. At the next stop sign turn left onto Bolinas Road. 7. Continue on Bolinas Road approximately 1½ miles (you will pass the Deer Park Villa restaurant). 8. At 700 Bolinas Road there is a wooden sign on your left saying "Lake Lagunitas." Turn left at the sign onto Sky Oaks Road. 9. Go up approximately 1/4 mile and Sky Oaks Watershed Headquarters is on the left at the crest of the hill. (If you miss the Sky Oaks Road turn-off and you get to the Meadow Club golf course you have gone too far.) Bon Tempe Reservoir is about ½ mile past the entrance gate. Lake Lagunitas is about 1½ miles past the entrance gate. After about one mile, you will come to a long straightaway and T-intersection. Turn right at the intersection; within 100 yards you will be at the Lake Lagunitas parking area. Carpooling advised: Last I

checked the parking fee was \$8.00 (bring exact change). You'll see the machines to your right after you pass through the entrance to the watershed. Credit Cards accepted. Pull over, get your ticket to place in your window and proceed to the Lake Lagunitas parking lot to begin our loop around the lakes.

Lafayette Reservoir Walk

Friday April 22 9:30 am
We will continue with the winter start time until it gets too hot in the summer months and we will change the start time. Meet near the flagpole in the parking lot. Have your Annual Pass displayed or pay the \$1.50/hour at the pay station. Current covid restrictions do not require masks outdoors, but be prepared for changes. Always carry a mask. After we walk, we gather downtown for coffee, bagels, and conversation. Masks are currently required to go into Noah's or Peet's. At the annual policy meeting it was decided that proof of vaccination is required to participate in all H&B events.
Rebecca rmallon2@aol.com

Bookgroup Discussion and Potluck

Thursday April 28 6:30 PM
Bea 925-255-3421
In John Irving's A Prayer for Owen Meany two eleven-year-old best friends are playing in Little League baseball when one of the boys hits a foul that kills the other boy's mother. Owen Meany believes he is God's instrument. Despite a ruined voice and small stature he has the power to restore faith. Call for directions.

Lafayette Reservoir Walk

Friday April 29 9:30 am
We will continue with the winter start time until it gets too hot in the summer months and we will change the start time. Meet near the flagpole in the parking lot. Have your Annual Pass displayed or pay the \$1.50/hour at the pay station. Current covid restrictions do not require masks outdoors, but be prepared for changes. Always carry a mask. After we walk, we gather downtown for coffee, bagels, and conversation. Masks are currently required to go into Noah's or Peet's. At the annual policy meeting it was decided that proof of vaccination is required to

participate in all H&B events.
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**.