



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: April 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: 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

March April Thank You's

Thanks to the January February event leaders who found the time to lead an event.

Nancy Nolte	Debbie Frederick
Don Acamo	JoAnne Lagerstrom
MaryAnn Acamo	Diane Savard
Ken Karda	Patty Manger
David Lehrer	Arleen Sakamoto
Dick Duker	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

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

Car camping

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

Portola Redwoods (Jun 06-10)

CANCELLED from low interest.

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, play with water, hike, and embrace nature! Have fun!

May Events

Behind the Scenes Tour of Grace Cathedral

Open Date in May

Diane Savard (925) 864-7141

I read in this Sunday's East Bay Times an article about a new Behind the Scenes Tour of Grace Cathedral which sounded interesting. It has a fee of \$27-\$30.00 so I would like anyone interested in joining me for this tour to call me so we can pick a day that works for us and then I will call them and book it. We have seen some of this on the various SF Hikes we've done in the past, but this one seems to take you to secret passageways that one can't normally get in to. We might want to incorporate a lunch prior or after the tour.

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 May 3 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 May 10 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 May 17 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 Potluck

Thursday May 16 Noon
Gretchen 510-530-3557
Katalin Kariko in Breaking Through provides a recipe for a breakthrough in science transforming the world. Start with an insatiable curiosity in

education and research. Then, for a few decades, look for gaps in knowledge; work hard for years to fill some of them; don't give up because of difficulties or circumstances; and finally, seize the opportunity to help solve one painful problem of humanity, thereby opening new horizons for the future of medicine.

Leader: Frank Nolte

Host: Gretchen Hayes 510-530-3557

Call for directions

Lafayette Reservoir Walk

Friday May 24 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.

Sunday Sundaes at the Acomos

Sunday May 26 3pm to 5pm

Call for directions. 925- 899- 5030

Let's have an old fashioned Ice Cream Sundaes Party. Will provide the ice cream, you bring the toppings. Suggested toppings: Chocolate sauce, Carmel Sauce, Chopped Nuts, Reese's Peanut butter cups, Chocolate bits,. Sliced fruit, Strawberries, Blueberries or Root Beer for Root Beer floats. Happy Trails, Don & MaryAnn

Lafayette Reservoir Walk

Friday May 31 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.

June Events

Walk in Benicia and Potluck Picnic at Diane's House

Saturday June 1 10:00 a.m.

Diane Savard (925) 864-7141

We will start out at my house (call for directions) and take a fairly easy walk through the open space hills

near my house, wending our way back through the neighborhood. The walk will be between 1 ½ to 2 hours. Afterwards, we will have a potluck picnic in my back yard. Call for directions and to discuss what's on the menu and what you plan to contribute.

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 June 7 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 June 14 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 Potluck

Thursday, June 20 Noon

In Steven Rowley's The Celebrants five close friends, about to graduate from college while mourning the death of a friend, find themselves facing the responsibilities of adulthood and no closer to having their lives figured out. They form a pact when each member faces a crisis a "funeral" will be held to celebrate a life worth living.

Leader: Frank Nolte

Host: Nancy Nolte 925-930-0133

Call for directions

Lafayette Reservoir Walk

Friday June 21 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.

Sunday Sundays at the Acomos

Sunday June 23 7 pm to 9 pm

Call for directions. 925-889-5030

Let's have an old fashioned Ice Cream Sundaes party. Will provide the ice cream, you bring the toppings. Suggested toppings: Chocolate Sauce, Carmel Sauce, Chopped Nuts, chopped peanut butter cups, chocolate bits, Sliced Fruit: Strawberries, Blueberries. Root Beer for Root Beer Floats
Happy Trails, Don & MaryAnn

Lafayette Reservoir Walk

Friday June 28 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) = \$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**.