ANNUAL HIKANBYKE PICNIC



SUNDAY SEPTEMBER 19, 2021

There is a beautiful lawn area and a paved path from the free off-street parking to our picnic tables, the restrooms and a hard pack dirt trail. You can hike 2 miles to Hidden Lakes Park or just take a shorter out & back trail by the lakes.





<u>Activities</u> will begin around 9 AM if we have a bike leader and a trail leader. Watch for updates.

The <u>POTLUCK picnic</u> will be at <u>12 noon</u>. Bring a salad, side dish, or dessert to share and BYOB. H&B will BBQ something. We will be in POPLAR picnic site.

This event is free for H&B members. But new members are encouraged to attend and join this day for \$10.

Currently masks are not required for anyone fully vaccinated.

Directions: Hw 24 W to Walnut Creek. Take 680 N to Sacramento. Hwy 4 Martinez/Hercules West. Quick Pacheco offramp to the right. Right turn on Muir Dr. Left on Glacier, Right on Center. Park is on the left. Or use WAZE or Google Maps from your area.

Because H&B provides something from the BBQ, it would be great to get an RSVP! rmallon2@aol.com



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: Oct. 24.

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

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: Hiknbyke 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, unsubscribe 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@googlegroup s.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

<u>Hikanbyke+unsubscribe@googlegroups.com</u>

You should receive a confirmation email.

Bicycle Ride Rating System

GRADE L-Leisurely: 10 MPH or 1-Flat less, with frequent stops 2-Gentle **T-**Touring: 10-13 MPH, regroup stops

M-Moderate: 13-16 MPH.

3-Rolling 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 2-6 to 10 miles 3-10 to 15 miles 4-15+ miles	A -Less than 1,000 ft. B -1,000 to 2,000 ft. C -2,000 to 3,000 ft. 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

"Thank You" to our great Leaders

Was it too good to be true? Too good to last more than a nano-second? We had a reprieve with no mask mandates, no social distancing in outside activities and even some relaxing of restrictions indoors. But the virus came back with a vengeance. I hope you are all vaccinated and following the rules so we can get past this soon! But let's raise a glass (as Niels said in his Zoom Calls) to the leaders in July/August. Joanne Lagerstrom Nancy Nolte Lynne Harris Rebecca Mallon John Murrell Pat Baran Niels Povlsen Diane Savard Dick Duker Gretchen Hayes

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

The **Car Camping** trip planned for August 23-27 was cancelled due to fire and smoke.

Upcoming Events

Holiday Party

December 4 6pm-10pm Sycamore Clubhouse in Danville At this time we anticipate the Holiday Party will take place as usual. Same location, same food and drink, same ticket price. Sycamore Association will have to confirm they will lift all pandemic restrictions and welcome social events. We don't want to host this great annual event if we have to wear masks and stay socially distant! A flyer and/or Google announcements will be available to keep members up to date with important details as they become available.

Rebecca: rmallon2@aol.com

Save the Date for a Holiday Lunch

Saturday December 11 @ 12:30 PM Rose M. Azalde 925 890-5259 More information in the next newsletter. We will eat in the main dining room and order from the menu but reservations limited to 14.

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 Walk

Friday, Sept. 3, 9 AM We will continue with summer start time. Meet near the flagpole in the parking lot. We walk clockwise on the 2.7 mile paved path. Current restrictions in Lafayette are masks

required in any indoor setting. Not required outside. That may change. The parking lot requires an annual pass. Pay stations are available for parking by the hour in numbered slots. \$1.50/hour. Cash or credit cards. After we walk we gather downtown for coffee bagels, etc. OCTOBER START TIME WILL DIFFER. 9:30 AM

Rebecca: rmallon2@aol.com

Larkspur to SF to Larkspur Ride

33 Miles/Grade 2 /Pace T Sunday September 5 09:00 AM Dick Duker 510-705-2447 Join us for a 33-mile bike ride along the Bay. We begin by taking the Larkspur ferry to San Francisco, then riding back to the Larkspur Landing Ferry Terminal via the GG Bridge. The ferry leaves at 09:30 sharp, so get to the parking lot around 09:00. If you have a Clipper card, the cost is \$6.75 for seniors and \$8.50 for youngsters. The ride is mostly flat, but there are some rollers in Mill Valley/Tiburon. We will buy lunch in Tiburon at a deli. RSVP to confirm the ride is still on. Bring: bicycle, pump, helmet, water, money, clipper card. Meet: Larkspur Landing Ferry parking lot at 09:00. If section M is open, park there. Parking is free on weekends. Directions: Cross the San Rafael/Richmond Bridge and follow along Sir Francis Drake to the Larkspur Landing parking lot. Turn left into the parking lot. If you live in San Francisco, you can meet us at the ferry building when the ferry arrives at 10:20.

Labor Day BBQ Picnic - Heather **Farm Park**

September 6, 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. Please bring \$2 to cover the picnic supplies. Remember

to bring your lawn chairs or blanket whichever you prefer. Please remember to bring 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, crocket, 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 which has a large tree for shade.

Lafayette Reservoir Walk

Friday, Sept. 10, 9 AM We will continue with summer start time. Meet near the flagpole in the parking lot. We walk clockwise on the 2.7 mile paved path. Current restrictions in Lafayette are masks required in any indoor setting. Not required outside. That may change. The parking lot requires an annual pass. Pay stations are available for parking by the hour in numbered slots. \$1.50/hour. Cash or credit cards. After we walk we gather downtown for coffee bagels, etc. OCTOBER START TIME WILL DIFFER. 9:30 AM Rebecca: rmallon2@aol.com

Redwood Regional Park Hike

Saturday September 11 10.30am
John Murrell 510-390-4863
Meet at the Trudeau Center parking
lot on Skyline BI at 10.30am for a
moderate 5 mile hike.
From the Trudeau Center we take
the Dunn trail to Graham, then West
Ridge and Tate to Golden Spike
returning to trailhead. Directions.
Meet at the Trudeau Center at 11500
Skyline BI, Oakland at 10.30am

Martinez - Crockett Ride 2T

Saturday September 12 10:00 A.M. Diane Savard (925) 864-7141 Niels Povlsen 510-375-1521 Join Niels and Diane for the loop around Martinez and Crockett. Meet at the Martinez Regional Shoreline Park by the bathrooms in downtown Martinez by the Railroad Station. We will leave the parking lot towards Ferry Street

Lafayette Reservoir Walk

Friday, Sept. 17, 9 AM We will continue with summer start time. Meet near the flagpole in the parking lot. We walk clockwise on the 2.7 mile paved path. Current restrictions in/ss Lafayette are masks required in any indoor setting. Not required outside. That may change. The parking lot requires an annual pass. Pay stations are available for parking by the hour in numbered slots. \$1.50/hour. Cash or credit cards. After we walk we gather downtown for coffee bagels, etc. OCTOBER START TIME WILL DIFFER, 9:30 AM

Rebecca: <u>rmallon2@aol.com</u>

Fernandez Ranch Hike 4-5 miles

1A

Saturday September 18 10:00 AM Niels Povlsen 510-375-1521 Diane Savard 925-864-7141 Bring a lunch that we will eat at the picnic tables at the end of the hike. Hiking boots and poles, if you have them, are recommended mainly because the terrain is uneven, especially on Windmill which is our ending trail. There is a neat canyon filled with poppies and then a short climb to a vista point looking out over the Bay to Mt. Tam and Marin County that we can also explore. Sunscreen and cameras highly recommended. From I-80: Head east on Highway 4. Take the first exit AFTER the Franklin Canyon Golf Course onto Christie Road. It is a minor road and if you blink, you can miss it so turn RIGHT when you see the small train trestle overpass ahead of you. Fernandez Ranch is well marked .7 miles down Christie Road on your right. From Martinez: Head west on Highway 4. Take the Franklin Canyon exit. Turn LEFT and carefully merge onto Highway 4 eastbound. * Follow directions above

Book Group Discussion and Potluck

Thursday Sept. 23 6:30 PM 925-930-0133 Nancv Emily Henry, in People We Meet On Vacation tells of two people who have nothing in common. She's a wild child; he wears khakis. She has insatiable wanderlust; he prefers to stay home with a book. And somehow, ever since a fateful shared car ride home from college many years ago, they are the very best of friends. For many years they live far apart, but once every summer for a decade, they have taken one glorious vacation together. But two years ago, they ruined everything and haven't spoken since. She convinces him to take one more vacation. What could possibly go wrong? Call for directions

Lafayette Reservoir Walk

Friday, Sept. 24, 9 AM We will continue with summer start time. Meet near the flagpole in the parking lot. We walk clockwise on the 2.7 mile paved path. Current restrictions in Lafayette are masks required in any indoor setting. Not required outside. That may change. The parking lot requires an annual pass. Pay stations are available for parking by the hour in numbered slots. \$1.50/hour. Cash or credit cards. After we walk we gather downtown for coffee bagels, etc. OCTOBER START TIME WILL DIFFER, 9:30 AM

Rebecca: rmallon2@aol.com

Pot Luck and Singalong

Saturday September 25 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 BI and turn left to Mountain BI, go left again on Mountain BI 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 St.

October Events

Lafayette Reservoir Walk

Friday, Oct. 1, 9:30 AM NEW START TIME

We will continue with summer start time. Meet near the flagpole in the parking lot. We walk clockwise on the 2.7 mile paved path. Current restrictions in Lafayette are masks required in any indoor setting. Not required outside. That may change. The parking lot requires an annual pass. Pay stations are available for parking by the hour in numbered slots. \$1.50/hour. Cash or credit cards. After we walk we gather downtown for coffee bagels, etc. Rebecca: rmallon2@aol.com

Rockridge Stroll Urban Walk

Diane Savard (925) 864-7141
Sunday October 3 10:00 AM
Join Niels and Diane at the corner of
Broadway and Lawton Avenue in
Rockridge for an Urban Walk in
Rockridge. The walk has wonderful
views of the SF Bay Area. It
encompasses 22 staircases. It's
only 3.96 miles and has 1283 steps.

We can go to lunch afterwards if everyone wishes.

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 Walk

Friday, Oct. 8, 9:30 AM NEW START TIME

We will continue with summer start time. Meet near the flagpole in the parking lot. We walk clockwise on the 2.7 mile paved path. Current restrictions in Lafayette are masks required in any indoor setting. Not required outside. That may change. The parking lot requires an annual pass. Pay stations are available for parking by the hour in numbered slots. \$1.50/hour. Cash or credit cards. After we walk we gather downtown for coffee bagels, etc. Rebecca: rmallon2@aol.com

Napa to Rutherford Loop

35 Miles/Grade 2 /Pace T Saturday October 9 10:00 AM Dick Duker 510-705-2447 Join us for a 35 mile bike ride in Napa, and hopefully see some fall colors, and smell the aroma of fermenting grapes. The ride is mostly flat, but there are some rollers on Silverado Trail. We will buy lunch at the Oakville Market in Oakville. RSVP to confirm the ride is still on. Bring: bicycle, pump, helmet, water, money. Meet: Dry Creek Park on Dry Creek Road in southern Napa at 10:00 am (we leave at 10:15 sharp). Directions: Take Hwy 29 north from Vallejo, exit from the freeway at Trancas/Redwood Road. Drive west (to your left); after about a mile, turn right onto Dry Creek Road. A half mile later you will see the park on the right. Park on the street next to the park. There is an outhouse at the park.

Bookgroup Discussion and Potluck

Thursday, Oct. 14 6:30 PM John and Dana 925-648-2338 Luis Urrea, in The House of Broken Angels tells the story of Miguel Angel de la Cruz, who must bury his mother as he himself is dying. The de la Cruzes are a big clan, messy and complex, with competing agendas, secrets, but at the same time all share a commitment to family. There is tragedy here and danger. These are real people, living in a real world. Still, even when that world intrudes, it only heightens the strength and resilience of the family Call for directions

Lafayette Reservoir Walk

Friday, Oct 15, 9:30 AM NEW START TIME

We will continue with summer start time. Meet near the flagpole in the parking lot. We walk clockwise on the 2.7 mile paved path. Current restrictions in Lafayette are masks required in any indoor setting. Not required outside. That may change. The parking lot requires an annual pass. Pay stations are available for parking by the hour in numbered slots. \$1.50/hour. Cash or credit cards. After we walk we gather downtown for coffee bagels, etc. Rebecca: rmallon2@aol.com

Backstage Tour and Lunch

Saturday October 16 10:00 am Don & Maryann Acamo 925-899-5030

Join us for a backstage tour of the Lesher Center for the Arts followed by a local lunch. The general manager will lead us through all 3 theaters and backstage spaces showing us what goes on behind the curtains. This 90-minute tour cost only \$10.00. To purchase your tickets, go to: Lesherartscenter.org. Scroll down to their home page. At the bottom of home page tap backstage tours. Scroll down through the tours until your reach Oct 16, backstage tour. Fill out the required information and then contact us by email dacamo55@hotmail.com. Meet in front to the theater 9:45 am. We

will notify you of our lunch choice when we receive your confirmation.

Redwood Regional Park Hike

Saturday October 16
M John Murrell
510-390-4863
eet at the Skyline Gate parking lot on
Skyline Bl at 10.30am for a moderate
5 mile hike. We take the West Ridge
trail to Tres Sendas, then French to
Fern returning on Stream back to
trailhead. Directions. Meet at the
Skyline Gate parking lot on Skyline
Bl in Oakland at 10.30am

Lafayette BART to Orinda Loop 2T

Sunday October 17 10:00 a.m.

Niels Povlsen 510-375-1521

Diane Savard 925-864-7141

Join Niels and Diane for this gently rolling 17 mile ride from Lafayette

BART to Moraga then Orinda and back. We will stop for lunch at a Deli in Orinda.

Lafayette Reservoir Walk

Friday, Oct 22, 9:30 AM NEW START TIME

We will continue with summer start time. Meet near the flagpole in the parking lot. We walk clockwise on the 2.7 mile paved path. Current restrictions in Lafayette are masks required in any indoor setting. Not required outside. That may change. The parking lot requires an annual pass. Pay stations are available for parking by the hour in numbered slots. \$1.50/hour. Cash or credit cards. After we walk we gather downtown for coffee bagels, etc. Rebecca: rmallon2@aol.com

Lafayette Reservoir Walk

Friday, Oct 29, 9:30 AM NEW START TIME

We will continue with summer start time. Meet near the flagpole in the parking lot. We walk clockwise on the 2.7 mile paved path. Current restrictions in Lafayette are masks required in any indoor setting. Not required outside. That may change. The parking lot requires an annual pass. Pay stations are available for parking by the hour in numbered slots. \$1.50/hour. Cash or credit cards. After we walk we gather downtown for coffee bagels, etc. 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. * An email address is required **Green** (email delivery) = \$10/Yr. 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 Place stamp Point Richmond, CA 94801 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**.