



# 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: October 20

### By E-mail:

DLsavad 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 DLsavad 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, 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@googlegroups.com](mailto: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](mailto: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](mailto: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**

### **July August Thank You's**

Thanks to the July August event leaders who found the time to lead an event.

Nancy Nolte	Barbara Sullivan
Don Acamo	JoAnne Lagerstrom
MaryAnn Acamo	Dave Weiner
Patty Manger	Joanne Lee
Ellen Potthoff	Valerie Suzawa
Maria Lawrence	Pat Baran

### **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**

### **Save the Date**

#### **Holiday Luncheon/San Francisco**

Sunday December 8 1:00 pm  
Rose Azalde 925 890-5259  
Sunday, December 8 (NOTE CHANGE OF DATE) we will enjoy a tasty lunch at Delancey Street Restaurant. From Walnut Creek BART Station, we will board the 10:23 am train to the Embarcadero Station--we will board the first car. We will arrive at 10:57 am and will wait for the group by the main door to the Ferry Building and then go inside where we can get a cup of coffee/tea and just walk around until 12:30 pm. At 12:30 pm, we will once again meet at the front door to start our walk to the restaurant. There is also a trolley that can take one to the restaurant. Instead of sitting at one long table, I have requested booths like last time. To confirm your reservation, I will need to receive a \$10 check no later than Monday, November 25. Please mail check to: Rose M. Azalde, 1977 San Miguel Dr, Walnut Creek, CA 94596. Cancellations will be accepted up to 48 hours in advance. If cancellation received AFTER given time, that \$10 will be donated to Delancey Street Foundation. After lunch, we will decide if we want to walk up Market Street to visit the Palace Hotel, where previously they have had beautiful decorations. No set return time.

## **September 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.

#### **Labor Day BBQ Picnic**

September 2, Monday, 12 noon  
Heather Farm Park, Walnut Creek  
Patrick Perez (925) 915-9554  
[patrick.perez.g4@gmail.com](mailto: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 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 side dish, 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 swimsuit 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.

#### **Lafayette Reservoir Walk**

Friday September 6 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 September 13 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.

### **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.

### **Bay Trail & Ferry to SF**

Sunday, September 15, 09:30 am  
6 Miles  
Cool off with a hike next to the Bay. Meet us at 09:30 at the El Cerrito Plaza BART station. From the BART station we will walk 2 miles to the Bay, then 4 miles along the Bay Trail to the Pt Richmond Ferry, where we will catch the noon ferry (\$2.30 for Seniors) to San Francisco. Or meet us at either end of the Richmond Ferry. Bring your lunch and we will

eat it at the park across from the SF Ferry Building. After lunch, we can stop for wine or beer before taking BART back to cars. Be sure to RSVP at [dduker2001@yahoo.com](mailto:dduker2001@yahoo.com) to be sure the hike is on. Bring: water, lunch, Clipper Card. If you are running late that day, call me at 510-705-2447.

### **Book Group Discussion and Pot Luck**

Thursday September 19 Noon  
Bea Haase  
40 Knickerbacker Lane Orinda  
925-255-3421  
Monty Roberts in "The Man Who Listen to Horses" describes a method he learned to communicate with horses that enabled him to gently train them and avoid the cruelty of traditional practices. Call for directions

### **Lafayette Reservoir Walk**

Friday September 20 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 September 27 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.

## **October 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 October 4 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.

### **Note: No Lafayette Reservoir Walk on October 11.**

### **Blackhawk Museum: A docent led tour and more**

Friday October 11 9:45 AM  
Dave Weiner 925-382-3381  
DanvilleDave at MSN dot com  
An exceptional opportunity to join our small group to visit our local and extraordinary Blackhawk Museum on a docent led tour of one of their five galleries "The Spirit of the Old West". We will explore the most prolific time of change in American History through stories of the American westward expansion from the mid 1700's through the early 1900's. The tour will last about one hour. Afterwards we are welcome to stay in this gallery or visit one of their other four galleries (Art of Africa, Automobile History, Into China, The World of Nature (a personal favorite)). At around noon we will gather again and go to Drager's Supermarket (next door) for lunch. They have an outstanding deli market for sandwiches, soups, and salads. They have both an indoor and outdoor eating area. Afterwards, you are welcome to go back to the museum to further explore. The normal entrance fee for admission (seniors or not) is \$15. The museum has extended a special group rate for us of \$10 (provided we have a minimum of ten participants). This will be our group size. Lunch, of course, is on your own. We will meet by the large elephant in front of the museum at 9:45 AM. Address: 3700 Blackhawk Plaza, Danville. What you must do if you would like to join us: Email me your name and cell phone

number. I will accept requests in order received and confirm by return email. Entry fee will be collected by the museum at the door.

### **Book Group Discussion and Pot**

#### **Luck**

Thursday October 17                      Noon

Nancy Nolte

925-930-0133

205 Linda Lane

Pleasant Hill

In Charles Frazier's "The Trackers" an artist arrives in a small Wyoming town to paint a mural in the Depression. He becomes embroiled in the lives of a wealthy May-December couple, both with shady pasts. When the wife flees with a very valuable painting, he agrees to try to find her. His perilous quest leads him up and down the coast and across the country. Call for directions

### **Lafayette Reservoir Walk**

Friday October 18                      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 October 25                      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**.