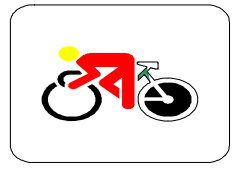


May - June 2025



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:

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 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

November December Thank You's

Thanks to the November December event leaders who found the time to lead an event.

Nancy Nolte	JoAnne Lagerstrom
MaryAnn Acamo	Don Acamo
Patty Manger	Orrel Lanter
Valerie Suzawa	Maria Lawrence

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) 917-6460

Upcoming Events

Three car camping trips

Two car camping trips are planned with four nights each: Bothe-Napa Valley (Jun 23-27) and Portola Redwoods (Aug 07-11). The third trip is three nights at Spring Lake (Sep 05-08). Trip cost for either Bothe-Napa or Portola is \$50; cost for Spring Lake is \$60. Each trip includes an additional \$40 for a group dinner participation. Email trip leader for more information. Ellen Potthoff ellenpotthoff@comcast.net for Bothe-Napa Valley, Emma Yee: emmaveexyz@hotmail.com for Portola Redwoods, and Joanne Lee: thethinker56@hotmail.com for Spring Lake. Reserve each trip with \$50/60 payment per person. All payments become non-refundable one month prior to first day of trip. Once reservation reaches the limit, a wait list will be created. Participants are encouraged to carpool due to limited parking; it allows those without cars to participate and reduces carbon footprint.

May Events

Lafayette Reservoir Walk

Friday May 2	9:30 am
Carla den Dulk	209-988-4265
Cary Hellman	925-202-9177

Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$3.00 for 1.5 hours for the 2.7 mile walk on the paved path. The price has increased from \$1.50 per hour to \$2.00. After the walk we sometimes meet downtown for drinks, treats, and more conversation.

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 9	9:30 am
Carla den Dulk	209-988-4265
Cary Hellman	925-202-9177

Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$3.00 for 1.5 hours for the 2.7 mile walk on the paved path. The price has increased from \$1.50 per hour to \$2.00. After the walk we sometimes meet downtown for drinks, treats, and more conversation.

Lafayette Reservoir Walk

Friday May 16	9:30 am
Carla den Dulk	209-988-4265
Cary Hellman	925-202-9177

Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$3.00 for 1.5 hours for the 2.7 mile walk on the paved path. The price has increased from \$1.50 per hour to \$2.00. After the walk we sometimes meet downtown for drinks, treats, and more conversation.

Book Group Discussion and Pot Luck

Thursday May 22	Noon
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John and Dayna Hannum (925) 648-2338
1022 Dunhill Ct. Danville
Marie Benedict and Victoria Murry's, The Personal Librarian is historical fiction named the Best Book of the Year by NPR and a notable book by The Washington Post. The story tells of Belle de Costa Greene, a Black American who hid her real identity although she appeared white thus permitting her to maintain her social position and work as negotiator and curator of significant art and book collections. Call for directions.

Lafayette Reservoir Walk

Friday May 23	9:30 am
Carla den Dulk	209-988-4265
Cary Hellman	925-202-9177

Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park

office or pay \$3.00 for 1.5 hours for the 2.7 mile walk on the paved path. The price has increased from \$1.50 per hour to \$2.00. After the walk we sometimes meet downtown for drinks, treats, and more conversation.

Spring Happy Hour & Walk

Friday May 23 5:30 pm
Howe Homestead Park
Don & MaryAnn 925-899-5030
Join us for a Spring Happy Hour and an optional neighborhood walk. Bring happy hour food to share, beverage, and a chair. Don't forget serving spoon, and dinner ware. We will provide table cloth, plates, and napkins. Meet in Howe Homestead Park, at the 2 picnic tables, closest to the bathroom, a short distance from parking lot. Howe Homestead Park is located at 2950 Walnut Blvd, not Walnut Ave. Walk begins at 5:30. Happy hour 6:15.

Albany Bulb Art Walk

Saturday May 24 10:00 a.m.
Diane Savard (925) 864-7141



The Albany Bulb is a former construction debris landfill on San Francisco Bay where people have been making informal outdoor sculptures and

paintings for decades. Its home to 150 species of birds, huge trees, wildflowers, amazing views, and lots of walking trails.

For decades the dumping of construction debris filled in the marshes and tide flats of the Albany Waterfront. In 1984 the dumping was stopped.

It has since been turned in to a park with art displays built by past residents.

Come join me for this 4-5 mile walk where we will enjoy the beautiful views of SF skyline.



Meet at the parking lot on the bay side of Gilman Street next to the soccer field and horse barns for the racetrack. We will walk along the shoreline by the racetrack to the Albany Bulb and back.

Bring something to eat for lunch along the way. There are no good bathrooms at the start but there are some not far from the racetrack.

Lafayette Reservoir Walk

Friday May 30 9:30 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$3.00 for 1.5 hours for the 2.7 mile walk on the paved path. The price has increased from \$1.50 per hour to \$2.00. After the walk we sometimes meet downtown for drinks, treats, and more conversation.

SF Ferry Building to Presidio Hike

Saturday, May 31 10:00 am
Richard Duker 510-705-2447
Join us in San Francisco as we walk from the SF Ferry Building to the Presidio. The route is thru North Beach along Columbus Ave, then to Ft Mason and then along the waterfront, finally reaching the Presidio after 5 miles one way. For the return to BART we will take the free PresidiGo bus. Taking BART to the Embarcadero Station is the easiest mode of transportation to the Ferry Building (a 5-minute walk). We will eat our lunches at the Presidio Café. Because there is a busy farmer's market on Saturday mornings, we will meet at the north entrance to the Ferry Building, next to Gott's Roadside Café. RSVP if you plan to attend at dduker2001@yahoo.com. Bring: sturdy walking shoes, water, and lunch. Meet: at the north entrance of the Ferry Building at 10 am. Show up a bit early to use restrooms and grab a cup of coffee.

June 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 June 6 9:30 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$3.00 for 1.5 hours for the 2.7 mile walk on the paved path. The price has increased from \$1.50 per hour to \$2.00. After the walk we sometimes meet downtown for drinks, treats, and more conversation.

Lafayette Reservoir Walk

Friday June 13 9:30 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet near the flagpole in the parking lot. Either display the Annual Pass available for purchase at the park office or pay \$3.00 for 1.5 hours for the 2.7 mile walk on the paved path. The price has increased from \$1.50 per hour to \$2.00. After the walk we sometimes meet downtown for drinks, treats, and more conversation.

Lafayette Reservoir Walk and

Dessert

Saturday June 14 6:30 PM
Carla den Dulk 209.988.4265
Meet near the flagpole. Dessert served at my house after, just a few miles away Phone if you have any questions.

Book Group Discussion and Pot Luck

Thursday, June 19 Noon
David Leherer (510) 763-1070
On the surface, Time of the Child by Niall Williams is an elegiac portrait of life in an Irish village in the Christmas season of 1962. The people here become part of an extraordinary story of love and the meaning of family and belonging when an

abandoned child is discovered
behind a church. Call for directions

Lafayette Reservoir Walk

Friday June 20 9:30 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet near the flagpole in the parking
lot. Either display the Annual Pass
available for purchase at the park
office or pay \$3.00 for 1.5 hours for
the 2.7 mile walk on the paved path.
The price has increased from \$1.50
per hour to \$2.00. After the walk we
sometimes meet downtown for
drinks, treats, and more
conversation.

Ice Cream Social

Friday June 20 6:30 pm
Don & MaryAnn 925-899-5030
Let's kick off summer with an ice
cream social in our backyard. We will
supply the ice cream and the home-
made brownies, you supply the
toppings; like fruit, chocolate, root
beer etc. No whipping cream. This is
a RSVP Event, so reserve your spot
by calling or email no later than
Sunday June 15.

Point Pinole Regional Park Walk

Sunday June 22 10:00 AM
Diane Savard (925)-864-7141
Please join me for approximately a 2
hour walk in Point Pinole Regional
Park. The journey is as scenic as the
destination at Point Pinole Regional
Shoreline on San Pablo Bay. There
are beautiful views of Mt. Tamalpais,
the Marin shoreline, and San Pablo
Bay with its sailboat and shipping
traffic. DIRECTIONS: Address is
[3000 Atlas Road, Richmond, CA
94806](https://www.google.com/maps/place/3000+Atlas+Road,+Richmond,+CA+94806/@37.9144444,-122.4861111,15z). Take Richmond Parkway exit
from Highway 80 turn South turn
right at Atlas Road. Park entrance is
at the end of Atlas Road. Plenty of
free parking. Make sure you go to
the newer entrance, not the original
one. The address is key. Bring lunch
and we will stop by at the picnic
tables along the way.

Bothe-Napa Valley Camping Trip

Jun 23-27
See upcoming events for details.

Lafayette Reservoir Walk

Friday June 27 9:30 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177

Meet near the flagpole in the parking
lot. Either display the Annual Pass
available for purchase at the park
office or pay \$3.00 for 1.5 hours for
the 2.7 mile walk on the paved path.
The price has increased from \$1.50
per hour to \$2.00. 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**.