



# 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: February 22

### 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, 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	<b>L</b> -Leisurely: 10 MPH or less, with frequent stops
2-Gentle	<b>T</b> -Touring: 10-13 MPH, regroup stops
3-Rolling	<b>M</b> -Moderate: 13-16 MPH, occasional regroup
4-Some Steep	<b>B</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	<b>A</b> -Less than 1,000 ft.
2-6 to 10 miles	<b>B</b> -1,000 to 2,000 ft.
3-10 to 15 miles	<b>C</b> -2,000 to 3,000 ft.
4-15+ miles	<b>D</b> -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	Pat Baran
Patrick Perez	JoAnne Lagerstrom
MaryAnn Acamo	Don Acamo
Patty Manger	Emma Yee
Carla Den Dulk	Gretchen Hayes
Niels Povlsen	Diane Savard
Rose Azalde	

### **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**

### **January Events**

#### **New Year's Day Fort Point and Presidio San Francisco Bay Walk**

Wednesday January 1	10:30 AM
Niels Povlsen	(510) 375-1521
Diane Savard	(925) 864-7141

Start the New Year the right way with your friends and some (not too much) exercise. Meet at the Fort Point parking lot for a leisurely walk along the San Francisco Bay. We are shortening the walk a little this year by starting at the Fort. We will wander through the Presidio with a stop at a view point along Lincoln Avenue, where we'll share our traditional New Year's Day potluck and perhaps say a toast to our good fortune of having such wonderful friends. We will continue the walk through the Presidio back to our cars. Bring food/drink to share. If you do not want to carry your potluck item, come at least by 10:00 a.m. so we can shuttle the food to the lunch site. The shuttle will not wait if you are late.

#### **Lafayette Reservoir Walk**

Friday January 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 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 January 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 sometimes meet downtown for drinks, treats, and more conversation.

#### **Paramount Theater Tour**

Saturday, January 11 10 am  
Don & MaryAnn Acamo, 925 899 5030  
Join us for the Paramount Theater Tour at 10 a.m. sharp on Saturday January 11, in Oakland at 2025 Broadway. The price is \$10.00 Credit or Debit Card only. We will meet on the upper platform of the Walnut Creek Bart Station at a time to be determined later. Parking is free. We will disembark at the 19th Street Station and exit on 20th Street and Broadway, and walk to the theatre. After our tour we will go to Drakes Dealership for pizza, located at 2325 Broadway.

#### **Lafayette Reservoir Walk**

Friday January 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 sometimes meet downtown for drinks, treats, and more conversation.

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

Thursday January 23 Noon  
Orrel Lanter 510-381-5533  
In Kristy's "The Love of My After Life" a recently deceased woman meets "the one" in the afterlife waiting room. She talks her way into a second chance at life and love if she can find him on earth before ten days

are up in a city of millions. This is a satire of romance novels  
Call for directions:

### **Lafayette Reservoir Walk**

Friday January 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 sometimes meet downtown for drinks, treats, and more conversation.

### **Point Pinole Regional Park Walk**

Saturday January 25 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). 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.

### **Lafayette Reservoir Walk**

Friday January 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 sometimes meet downtown for drinks, treats, and more conversation.

## **February Events**

### **SF Walk along the Waterfront**

Sunday February 2 10:00 a.m.  
Diane Savard (925) 864-7141  
Join me in front of the Lands End Visitor Center at 680 Point Lobos Avenue San Francisco for a leisurely 3 mile walk along the waterfront. You can park in the Ranger Station parking lot or across the street from

the tiny restaurant. Make sure you do not have anything showing in your car as this is a spot known for smash and grab.

### **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 February 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 sometimes meet downtown for drinks, treats, and more conversation.

### **Nimitz Trail 2A Hike**

Sunday, February 9 11:00 AM  
Dick Duker 510-705-2447  
Join us for a walk on a paved path 3 miles each way along the Nimitz Trail at Tilden Park. Being on the ridge line gives us views of both the SF Bay and park lands to the east. Total mileage is 6 miles on mostly flat ground. Bring a snack for the half-way rest stop. Restrooms at parking lot but no water. Arrive early to allow time to walk to trailhead as you will probably need to park down the road. After return, we will stop for lunch at the Picante Mexican restaurant on 6th Street. Be advised, Wildcat Canyon Rd from Orinda will probably still be closed. Cancelled by rain. Meet: Inspiration Point parking Lot at Tilden Park in Berkeley at 11:00 am. Return: to cars about 1:30 pm. Directions: Look on [www.bingmaps.com](http://www.bingmaps.com) for directions. It is on Wildcat Canyon Road at the top of the Berkeley Hills between Berkeley and Orinda. RSVP to [dduker2001@yahoo.com](mailto:dduker2001@yahoo.com).

### **Lafayette Reservoir Walk**

Friday February 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 sometimes meet downtown for drinks, treats, and more conversation.

### **Albany Bulb Art Walk**

Saturday February 15 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.

**Book Group Discussion and Pot Luck**

Thursday February 20                      Noon  
Don and Mary Ann      925-899-5030  
Louis Stellan in Sam Brennan  
Builder of San Francisco portrays a  
man who printed the first newspaper,  
performed the first protestant  
marriage, and proposed the first  
school built railroads, opened a store  
at the beginning of the gold rush,  
established a spa, founded a bank,  
and issued his own currency. Call for  
directions

**Lafayette Reservoir Walk**

Friday February 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 sometimes meet  
downtown for drinks, treats, and  
more conversation.

**Lafayette Reservoir Walk**

Friday February 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 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**.