



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 23

By E-mail:

DL Savard 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 and Renewals

Niels Povlsen (510) 375-1521
Email: Hikanbyke at fastmail dot fm

Newsletter Compiler:

Diane Savard (925) 864-7141
Email DL Savard 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

GRADE

- 1-Flat
2-Gentle
3-Rolling
4-Some Steep
5-Steep Hills

PACE

- L**-Leisurely: 10 MPH or less, with frequent stops
T-Touring: 10-13 MPH, regroup stops
M-Moderate: 13-16 MPH, occasional regroup
B-Brisk: faster pace may not regroup

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

GRADE

- 1-up to 6 miles
2-6 to 10 miles
3-10 to 15 miles
4-15+ miles

Climb

- 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

November December Thank You's

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

Nancy Nolte	JoAnne Lagerstrom
Carla Den Dulk	Diane Savard
Cary Hellman	Don Acamo
MaryAnn Acamo	Gretchen Hayes

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

Upcoming January February Events

Unfortunately due to inclement weather in December and January, a number of events have had to be cancelled. I will try to reschedule them via a Google Groups Announcement when the weather improves. Look for future emails. Diane Savard

Return To Nevada City

Friday, April 10 - Sunday, April 13
Don & Maryann Acamo
(925) 899-5030

This weekend will begin with a potluck happy hour in our room at a hotel to be named later. We will then go to the Off Broad Street play, which always is full of laughter and known for its great desserts. Saturday, we will gather at 9:30 and drive to The Crystal Hermitage Gardens, where 19,000 tulip abound in a most beautiful setting. Saturday night we will get together for an Italian dinner at Cirino's Restaurant in Grass Valley. The weekend will end with a hike along the Buttermilk Bend Trail famous for its spectacular spring wildflowers. All information and prices will be advertised prior to the March Newsletter.

January Events

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

Thursday January 1 10:30 AM

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. Park as close to the Fort as you can. 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. This year Niels will be joining us at the beginning and he will shuttle the food to the picnic look out and join us for libations. Diane will lead the walk.

**A Happy
New
Year!**

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

January 2 9:30 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet in the parking lot just west of the flag pole. 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 hourly rate for metered parking is \$2.00/hr with a 2-hr max.) After the walk, we sometimes meet downtown for drinks, treats, and more conversation.

Lafayette Reservoir Walk

January 9 9:30 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet in the parking lot just west of the flag pole. 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 hourly rate for metered parking is \$2.00/hr with a 2-hr max.) After the walk, we sometimes meet downtown for drinks, treats, and more conversation.

Color Me Mine

Wednesday, January 14 11:00 am
Don & MaryAnn (925) 899-5030
Join us for a fun filled day as we decorate our pottery with our colorful talent. The cost is \$10.00 plus the piece of pottery you purchase. The pottery ranges from \$15 to \$45.00. They supply the paint, and will glaze and fire the pieces for us. You can pick it up in 1 week. 1950 Mt. Diablo Blvd, WC. RSVP no later than Sunday, January 11.

Bookgroup Discussion and Potluck

Thursday January 15 Noon
Orrel Lanter (510) 381-5533
Steve Inskeep, in "Differ We Must" tells of Lincoln's life story through his meeting with people who disagree with him. He was willing to engage with politics -- meeting with critics -- sometimes working with them, and other times outwitting them-- that he was able to lead a social revolution. Call for directions

Lafayette Reservoir Walk

January 16 9:30 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet in the parking lot just west of the flag pole. 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 hourly rate for metered parking is \$2.00/hr with a 2-hr max.) After the walk, we sometimes meet downtown for

drinks, treats, and more conversation.

Lafayette Reservoir Walk

January 23 9:30 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet in the parking lot just west of the flag pole. 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 hourly rate for metered parking is \$2.00/hr with a 2-hr max.) After the walk, we sometimes meet downtown for drinks, treats, and more conversation.

Lafayette Reservoir Walk

January 30 9:30 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet in the parking lot just west of the flag pole. 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 hourly rate for metered parking is \$2.00/hr with a 2-hr max.) After the walk, we sometimes meet downtown for drinks, treats, and more conversation.

February Events

Lafayette Reservoir Walk

February 6 9:30 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet in the parking lot just west of the flag pole. 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 hourly rate for metered parking is \$2.00/hr with a 2-hr max.) 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

February 13 9:30 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet in the parking lot just west of the flag pole. 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 hourly rate for metered parking is \$2.00/hr with a 2-hr max.) After the walk, we sometimes meet downtown for drinks, treats, and more conversation.

SF Ferry Building to Ghirardelli Square Hike

Sunday February 15 11:00 am
Richard Duker 510-705-2447
We shall leave from the SF Ferry Building, walking down Columbus Ave to Ghirardelli Square where we will have lunch/beer at the San Francisco Brewing Company (or have a beer and eat your bag lunch after). After lunch we shall return to the Embarcadero BART walking along the Embarcadero. The hike is 4-5 miles round-trip. Bring: sturdy walking shoes and water. Meet: in front of Gott's restaurant at the north entrance to the SF Ferry Building at 11 am. Please RSVP to dduker2001@yahoo.com. Cancelled by rain.

Bookgroup Discussion and Potluck

Thursday, February 19 Noon
Pat Baran (925) 735-8064
In Monica Woods "How To Read a Book" a young female ex-con, a widower who was collateral damaged, and a woman who runs a prison book club remind us that life is full of mysteries, and that sometimes the ones we believe are unsolvable are the ones that might save us. Call for directions

Happy Hour and Free Movie

Thursday February 19 4:00 pm
Don & MaryAnn (925) 899-5030
Join us at The Fourth Bore Tap
Room and Grill for Happy Hour.
Food located at 2 Theatre Square,
Orinda. Their Happy Hour menu
has great prices and delicious food.
There is a nice fireplace to sit
around and enjoy our time
together. The free movie is "When
Harry Met Sally" which features
Meg Ryan and Billy Crystal who
share a contentious car ride from
Chicago to New York. A great
comedy. Start time 6:00 pm.
RSVP.

Lafayette Reservoir Walk

February 20 9:30 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet in the parking lot just west of
the flag pole. 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 hourly rate for
metered parking is \$2.00/hr with a
2-hr max.) After the walk, we
sometimes meet downtown for
drinks, treats, and more
conversation.

Lafayette Reservoir Walk

February 27 9:30 am
Carla den Dulk 209-988-4265
Cary Hellman 925-202-9177
Meet in the parking lot just west of
the flag pole. 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 hourly rate for
metered parking is \$2.00/hr with a
2-hr max.) 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; 1201 Brickyard Way #111 Richmond, CA 94801.

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

Address Correction Requested

Check the **expiration date** on your mailing label
If within 3 months, please **renew promptly**.