



# 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 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:

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](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**

### **May June Thank You**

Thanks to the May June event leaders who found the time to lead an event.

Nancy Nolte	JoAnne Lagerstrom
MaryAnn Acamo	Don Acamo
Carla Den Dulk	Diane Savard
Pat Baran	Cary Hellman
Emma Yee	Maria Lawrence
Gretchen Hayes	

### **Update on the Hikanbyke Website**

As many of you know, Andi Meyers (webmaster) and Joanne Lagerstrom have been working to put pictures and memorials on our website of the members (past and present) who have died.

We want to especially thank Don and Maryann Acamo, Pat Baran, Liz Van Houten, Niels Povlsen, Diane Savard, Charlie Uhlman and Dave Weiner for the times they have sent pictures or information our way.

The site has been recently updated and you are welcome to see what we have and make any additional contributions you can. Some of our pictures are fuzzy. We are missing some tributes and some of them are

very brief. If you can help us improve what we have, please contact Joanne at jrlager at [gmail dot com](mailto:jrlager@gmail.com).

### **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**

### **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.

#### **Car-camping Trip**

There is one more camping trip this year. Three nights at Spring Lake, Santa Rosa (Sep 05-08) **Sorry but it is full.**

#### **Lafayette Reservoir Walk**

September 5 9:00 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.

#### **Martinez Waterfront Walk**

September 7 10:00 AM  
Roland Flamme (925) 536-9153  
As you drive in the Waterfront Regional Shoreline Park from Ferry Street, turn right on Joe Dimaggio Dr. Follow the road to the first parking lot on your left. We will walk around the park about 3-4 flat miles. May go refreshments afterwards.

#### **Lafayette Reservoir Walk**

September 12 9:00 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.

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

Thursday September 18  
Nancy 925-930-0133  
Kevin Fagan "The Lost And The Found: A True Story of Homelessness, Found Family and Second Chances" chronicles a powerful and deeply reported expose of homelessness in San Francisco written by a journalist who covered the problem for over thirty years. Call for directions.

#### **Lafayette Reservoir Walk**

September 19 9:00 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.

### **Montclair Historic Walk**

Friday September 19 10:30am  
John Murrell (510) 390-4863  
Diane Savard (925) 864-7141  
Let's meet at the Village Square for a 3 to 4 mile walk on the paved trail that was originally the historic Sacramento Northern Railway line, which ran from Oakland to Sacramento as recently as 1983. It has since been converted to a very popular trail running through upper Montclair. After the walk, we could lunch at the popular Crogan's restaurant in Montclair Village. Meet in the free parking lot at Village Square, 2200 Mountain Blvd, Oakland. The driveway entrance is to the left of the GO gas station on Mountain Bl. Go all the way to the top level on the right, where we will meet and walk to the trail head.

### **Trip to Virginia City, NV**

Mon to Wed, September 22-24  
Join us for an interesting 2-night, 3-day stay in Virginia City, NV. Meeting in Virginia City on Monday, September 22 at 1 pm, we will tour the area on foot. Over the three days we will ride the Virginia & Truckee Railroad, tour a mine, visit a Silver King mansion, visit museums, walk to the Silver Terrace Cemetery, hike to Gold Hill (1 mile each way), and relax in the Bucket of Blood Saloon in the evening. Our motel (rooms are \$99/night plus tax) is in the middle of town, so a short walk to the sights. Meals will be at local restaurants; no camping or cooking needed. Limited to 12 people. After our stay, you might wish to stay an extra day or two at Lake Tahoe, Genoa, or Reno on the way home (or arrive the day before as I will). For questions and to sign up, email D. Duker at [dduker2001@yahoo.com](mailto:dduker2001@yahoo.com). Roommates/carpools can be an option.

### **Lafayette Reservoir Walk**

September 23 9:00 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.

## **October Events**

### **Lafayette Reservoir Walk**

October 3 9:00 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**

October 10 9:00 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.

### **Book Group Discussion and Potluck**

Thursday October 16 Noon  
Sandy Filson 925-828-8718  
Scott Kelly in "Endurance: My Year in Space" wrote a stunning memory of an astronaut who spent a record-breaking year aboard The International Space Station -- a candid account of his remarkable voyage, the journey that preceded it, and his colorful formative years. Call for directions

### **Lafayette Reservoir Walk**

October 17 9:00 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 to Larkspur Hike**

Sunday October 19 10:30 a.m.  
Richard Duker 510-705-2447  
Let's take a cruise from SF to Larkspur. We will meet at the Larkspur Ferry ticket booth (behind the SF Ferry Building) at 10:30, for a sailing time of 10:45 on the Larkspur ferry. Upon arriving at Larkspur Landing, we will walk along the Corte Madera waterway to downtown Larkspur. There we will stop for a pastry and coffee at the famous Emporio Rulli Italian bakery. Afterward, we will return to the ferry terminal via the Corte Madera-Larkspur path. Then we will catch either the 2:15 or 3:45 ferry back to SF. The hike is about 5 miles in total. If you bring a lunch, we will have a lunch stop somewhere along the route or in SF. RSVP if you can to [dduker2001@yahoo.com](mailto:dduker2001@yahoo.com). Bring: sturdy walking shoes, clipper card water, and lunch; yachting clothes optional. Meet: at the ticket book for the Larkspur Ferry at 10:30 am.

Show up a bit early to use restrooms and grab a cup of coffee.

Alternatively, people can meet us at the Larkspur Landing Ferry Terminal at 11:20 when our ferry arrives (free parking on weekends).

### **Lafayette Reservoir Walk**

October 24 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. **NOTE new start time today and next week.**

### **Lafayette Reservoir Walk**

October 31 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. **NOTE new start time today.**

### **Muir Woods**

Monday September 15 10:00 a.m.  
Diane Savard (925) 864-7141  
DLSavard at gmail dot com  
Meet at 10:00 a.m. at the Brickyard Cove Clubhouse by the tennis courts (where Niels hosts the annual Holiday Party) in Point Richmond (Address for your GPS 1223 Brickyard Cove Lane Richmond. Park by the tennis courts anywhere. Don't worry about the EV Plug-In signs. Anyone can park there..

America the Beautiful - The National Parks and Federal Recreation Lands Pass admits the pass holder and up to three other adults to Muir Woods and all National Parks/Federal Recreation Lands that charge an

entrance fee. There are several different versions of this pass. US citizens and permanent residents ages 62 and older can purchase an annual America the Beautiful—the National Parks and Federal Recreational Lands Pass for \$20.00, or a lifetime version for \$80.00. Applicants must provide documentation of age and residency or citizenship.

I have this pass and will take the first three people who RSVP to me that they want to go with me to Muir Woods. If any of you also have an America the Beautiful Senior Pass and want to co-lead this event, let me know. That way we can include 3-6 more people.

Muir Woods contains 6 miles of trails. There is a 1/2 hour loop, a 1 hour loop, and a 1 1/2 hour loop as well as longer hikes. We will do the 1 to 1 1/2 hour loop. We'll decide as a group when we get there.

There is a \$9.50 parking fee which we will share. We can car pool to save on parking fees. We just have to decide where we will meet. Point Richmond might be the best option as it would cut down on the Bridge toll also.



## 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**.