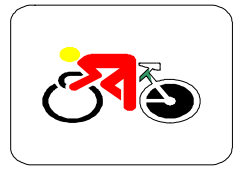


March - April 2025



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: April 20

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. 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 Yous

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
Niels Povlsen	Diane Savard

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

Car-camping

Two car camping trips are planned with four nights each: Bothe-Napa Valley (Jun 23-27) and Portola Redwoods (Aug 07-11).

Each trip costs \$50 and additional \$40 for a group dinner participation. Email trip-leader for more information: Ellen Potthoff, ellenpotthoff@comcast.net or Bothe-Napa Valley and Emma Yee, emmayeexzy@hotmail.com for Portola Redwoods.

Reserve each trip with \$50 payment per person. All payments become non-refundable one month prior to first day of trip. Once reservation reaches the limit, a waiting list will be created.

Participants are encouraged to carpool because of limited parking; it also allows people without cars to participate and helps reduce carbon footprint.

Payment details for the second trip will be posted in the July/August newsletter.

March Events

Lafayette Reservoir Walk

Friday March 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 \$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.

Coffee Get-together

Tuesday, March 11, 9:30am
Don & MaryAnn, 925-899-5030
Come join us for Coffee at Panera Bread in Walnut Creek, located at 744 Bancroft Rd.
Let's talk and share about our travels and maybe even plan a trip to a special place here in California. Let us know you're coming.

Lafayette Reservoir Walk

Friday March 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 \$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

Thurs. March 20 Noon
Valerie (707) 652-4089
Amy Chua's "The Golden Gate" is an old fashion detective novel set in the Bay Area. Caution: there is another book with the same title. Be sure you have the author, Chua. Call for Directions

Lafayette Reservoir Walk

Friday March 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 \$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.

Bedford Gallery - Cocktails & Conversation

Thursday March 13 5:30 PM

Located in: [Leshar Center for the Arts](#)

[Address:](#) 1601 Civic Dr, Walnut Creek, CA 94596

[Phone:](#) (925) 295-1417

Maria Lawrence 925-820-3804

olympusfinancial@hotmail.com

Join me for the next edition of Cocktails & Conversation with Stitched: Contemporary Embroidery artist Nneka Jones! In this beloved series of intimate and unforgettable art experiences, celebrated artist Nneka Jones will share captivating insights into her creative process and stunning work. Savor delectable snacks and sip on signature cocktails throughout the evening. Tickets: GA \$25 / Donor \$15.00. They have some amazing pieces of stitched art.

Lafayette Reservoir Walk

Friday March 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 \$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.

April 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 April 4 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 \$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 April 11 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 \$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 April 18 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 \$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

Thurs. April 24 Noon

Nancy (925) 998-2807

In Liz Moore's *The God of the Wood*, the daughter of a family that owns a summer camp in the Adirondacks disappears. As a panicked search begins revealing layers of secrets

Lafayette Reservoir Walk

Friday April 25 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 \$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**.