



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 20

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: 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

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

September October Thank You

Thanks to the September October event leaders who found the time to lead an event.

Nancy Nolte	Bea Haase
Patrick Perez	JoAnne Lagerstrom
Dick Duker	Dave Weiner
Patty Manger	Emma Yee

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

Hikanbyke Holiday Party

Saturday Dec 7 12:00 to 4:00 p.m.
Mark your calendar for our Holiday party.

November Events

Lafayette Reservoir Walk

Friday November 1 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.

Food and Flick

November 2 Saturday 5:30 p.m.
Chipotle Mexican Restaurant, Pleasant Hill
Patrick Perez (925) 915-9554
patrick.perez.g4@gmail.com

We are meeting at Chipotle Mexican Restaurant located at 60 Crescent Drive, Chipotle features various design your own burritos, tacos, and bowls. We can discuss the movie of our choice during our meal. After our movie, we can go for libations and talk socialize. Directions: From 680 South, take the Monument Blvd. exit, and turn right onto Monument. From 680 North, take the Contra Costa Blvd. exit. At the signal, you can turn left and then take the next right and go into the parking garage.

Movie and Dinner

Monday November 4 3:45 pm
Don & MaryAnn 925-899-5030
Join us on Monday, November 4th, 3:45 at the Walnut Creek Movie Theater, for the new Blockbuster movie Conclave. Cardinal Lawrence is tasked with one of the world's most secretive and ancient participating in the selection of a new Pope. Surrounded by powerful religious leaders in the halls of the

Vatican, he soon uncovers a trail of deep secrets that would shake the very foundation of the Roman Catholic Church. Staring Ralph Lawrence, Jack Wozniak and a host of others. The place for dinner will be sent out to all those who RSVP.

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 November 8 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.

Bookgroup Discussion and Potluck

Thursday Nov. 14 Noon
Pat Baran 925-735-8064
Michael Finkel's "The Art Thief" is a true story of love crime and a dangerous obsession. The thief manages to steal an estimated 2 billion in works of art. Call for directions.

Lafayette Reservoir Walk

Friday November 15 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 November 22 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.

Thanksgiving Day Point Pinole Regional Park walk and pot luck

Thursday November 28 10:00 AM
Niels Povlsen (510) 375-1521
Heighten your appetite for turkey dinner with a 1-2 hour walk in Point Pinole Regional Park. The journey is as scenic as the destination at Point Pinole Regional Shoreline, a 2,315-acre parkland right next to densely populated Pinole, Richmond, and San Pablo. Trails lead through breezy meadows, through aromatic eucalyptus woods, and along bluffs and beaches on San Pablo Bay. There are beautiful views of Mt. Tamalpais, the Marin shoreline, and San Pablo Bay with its sailboat and shipping traffic. Stay out of the way of the cooks & begin the holiday with friends. DIRECTIONS: GPS 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 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. The parking lot may be full as there is usually a race that day. You can park on the street and walk in. Niels will bring Champagne to share with everyone. This year we are asking you to bring a snack or appetizer to share.

Lafayette Reservoir Walk

Friday November 29 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.

December 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 December 6 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 Holiday Party

Saturday Dec 7 12:00 to 4:00 p.m.
Mark your calendar for our Holiday party. We voted at the Policy Meeting to have a potluck party like we had last year at the Brickyard Cove Clubhouse in Point Richmond (Address for your GPS 1223 Brickyard Cove Lane Richmond). We also voted to have it earlier so people wouldn't have to drive in the dark. It is a great way to kick off the season with friends. It's a great price (free), great listening music, great food (you provide) and drinks (BYOB). As usual, committees welcome your help – set up, music, and cleanup. Questions?? If you can join a committee, please email Diane at DLsavard@gmail.com as to which committee you can join. Contact Diane at (925) 864-7141.

Holiday Luncheon/San Francisco

Sunday December 8 1:00 pm
Rose Azalde 925 890-5259
Sunday, December 8 (NOTE CHANGE OF DATE) we will enjoy a tasty lunch at Delancey Street Restaurant. From Walnut Creek BART Station, we will board the 10:23 am train to the Embarcadero

Station--we will board the first car. We will arrive at 10:57 am and will wait for the group by the main door to the Ferry Building and then go inside where we can get a cup of coffee/tea and just walk around until 12:30 pm. At 12:30 pm, we will once again meet at the front door to start our walk to the restaurant. There is also a trolley that can take one to the restaurant. Instead of sitting at one long table, I have requested booths like last time. To confirm your reservation, I will need to receive a \$10 check no later than Monday, November 25. Please mail check to: Rose M. Azalde, 1977 San Miguel Dr, Walnut Creek, CA 94596. Cancellations will be accepted up to 48 hours in advance. If cancellation received AFTER given time, that \$10 will be donated to Delancey Street Foundation. After lunch, we will decide if we want to walk up Market Street to visit the Palace Hotel, where previously they have had beautiful decorations. No set return time.

Lafayette Reservoir Walk

Friday December 13 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.

Bookgroup Discussion, potluck and book exchange

Friday, Dec. 13 Noon
Gretchen Hayes 510-530-3557
Thomas Mann's "The Magic Mountain" takes place in a tuberculous sanatorium, a community devoted to sickness that serves as a fictional microcosm for Europe before The First World War. If you wish to participate in the book exchange bring a wrapped book that someone else will enjoy reading. Call for directions.

Food and Flick

December 14 Saturday 5:30 p.m.
Chipotle Mexican Restaurant, Pleasant Hill
Patrick Perez (925) 915-9554
patrick.perez.g4@gmail.com

We are meeting at Chipotle Mexican Restaurant located at 60 Crescent Drive, Chipotle features various design your own burritos, tacos, and bowls. We can discuss the movie of our choice during our meal. After our movie, we can go for libations and talk socialize. Directions: From 680 South, take the Monument Blvd. exit, and turn right onto Monument. From 680 North, take the Contra Costa Blvd. exit. At the signal, you can turn left and then take the next right and go into the parking garage.

Christmas Lunch & Potluck

Tuesday December 17 12:00 pm
MaryAnn Acamo, 925-935-2723
Join us on Tuesday, December 17 at noon for a potluck lunch in our home. We will have a fire in the fire place and hot Apple Cider. We will provide the main dish for this special occasion. Please bring a side dish or dessert, and a White Elephant Gift for gift exchange. RSVP Only to the First 14 Guest. Call MaryAnn at 925-935-2723. I will confirm all RSVP's.

Lafayette Reservoir Walk

Friday December 20 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.

Christmas Eve Dinner

Tuesday December 24 5:30 p.m.
Niels Povlsen (510) 375-1521
Diane Savard (925) 864-7141
Attention!! We are bringing back a tradition (slightly changed) to have Christmas Eve dinner with friends. We will celebrate dinner at **Peony Restaurant** in Walnut Creek. A group of us have eaten there before. The food & service were both excellent. Please call if you are joining us, so I can make reservations. There is plenty of parking in the lot next to the restaurant. This year we will not be hosting a hike prior to dinner.

Lafayette Reservoir Christmas Day Walk

Wednesday December 25 11:00 AM
Niels Povlsen (510) 375-1521
Diane Savard (925) 864-7141
You have opened your presents, played with your toys, and now need some way to pass the time until Christmas dinner. Join friends for a leisurely winter's walk around the Lafayette Reservoir. Bring snacks & drinks to share. Weather permitting; we will have holiday cheer at the picnic tables at the reservoir. Don't forget what to do after you open your gifts. PLEASE NOTE: If possible do not park at the meters at the Reservoir - the 2 hours allowed is just not long enough. Instead continue on Mt Diablo Blvd toward downtown Lafayette and park in the parking lot behind the Branach Building on Risa Road. There is a sign "Public Parking". It's on the left as you leave the Reservoir heading towards Lafayette. Niels will make regular sweeps starting around 10:30 am to take people back up to the Reservoir. Of course, if you want a little extra exercise, you could walk up to the Reservoir!

Christmas Day Open House

Wednesday December 25. 2 pm
Carla den Dulk. 209.988.4265
Everyone is invited to my house for soup and desserts any time after 2 PM. 353 Beacon Ridge Lane, Walnut Creek. You must put in a gate code, so if you don't already have it, call for directions and the gate code. Merry Christmas

Lafayette Reservoir Walk

Friday December 27 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.

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.

**A Happy
New
Year!**

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**.