



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: December 23

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, un-subscribe 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

September October Thank You

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

Nancy Nolte	JoAnne Lagerstrom
Roland Flamme	Joanne Lee
Carla Den Dulk	Diane Savard
Kevin Fagan	Cary Hellman
Sandy Filson	Dick Duker
John Murrell	

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

November 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.

Taco Tuesday & A Movie

November 4, Tuesday (Time ?)
Don & MaryAnn 925-899-5030
Join us for Tacos Tuesdays at Puesto Restaurant along with a movie at the Veranda Luxe Cinema located in the Veranda Shopping Center at 2001 Diamond Blvd, Concord. The taco are delicious and are half off on Tuesday. There are 10 different kinds of tacos and Puestos is upscale and popular. The movie price is \$6 dollars. Time of movie and title will come out late in your Hikanbyke Email. This will be an RSVP event.

Lafayette Reservoir Walk

November 7 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

November 14 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.

Bookgroup Discussion and Potluck

Thursday, Nov. 20 NOON
MaryAnn and Don Acamo
(925) 899-5030
Sophie Elmhirst in "A Marriage At Sea" tells of an odd couple. He's a loner, awkward and obsessive: she's charismatic and ambitious. But they share a horror of wasting their lives, so they sell their house, quit their jobs, buy a boat, and set off to sail across oceans. Shipwrecked and alone, they drifted for 118 days on a tiny raft. Starving and exhausted, their love must survive the most extreme conditions imaginable. Call for directions.

Lafayette Reservoir Walk

November 21 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.

Thanksgiving Day Miller Knox Regional Park walk and pot luck

Thursday November 27 10:00 AM
Diane Savard (925) 864-7141
Heighten your appetite for turkey dinner with a 1-2 hour walk in Miller Knox Regional Park, near

Brickyard Cove, Richmond. Stay out of the way of the cooks & begin the holiday with friends.

DIRECTIONS: Niels will bring Champagne to share with everyone. This year we are asking you to bring a snack or appetizer to share. The picnic tables are close to the parking lot. We will walk the 2-3 mile flat path around the lake taking in the beautiful views of San Francisco, Mt. Tamalpais, the Bay and Marin. From I-580, in Richmond exit at Canal Blvd. Turn South. Right onto W Cutting, left on S Gerrard & thru the tunnel where Gerrard becomes Dornan. 2nd parking entrance is closest to Marsh Hawk. Contra Costa friends could use San Pablo Dam Rd. route to I-80. GPS, Google Maps or Mapquest will help!

Lafayette Reservoir Walk

November 28 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.

December Events

Lafayette Reservoir Walk

December 5 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.

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Joanne Lagerstrom & Nancy Nolte

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Hikanbyke Holiday Party

Saturday Dec 6 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.

Christmas Luncheon At The

Acamo's

December 10 Wednesday 12 noon
Don & MaryAnn Acamo
925-899-5030
Join us for our Christmas Celebration at our home. There is nothing like the Christmas, sitting around a cozy fire place, listening to Holiday music and being among friends. This is a pot luck and white elephant party. Please bring a side dish or appetizer, and a beverage of your choice. MaryAnn will provide main dish and desert. Bring a wrapped white elephant gift for the exchange. Our party is limited to 14 people so RSVP to MaryAnn 925-935-2723 or Don 925-899-5030. Call for directions.

Bookgroup Discussion and Pot Luck

Thursday, Dec. 11 Noon
Gretchen Hayes (510) 530-3557
This is our annual planning meeting. This is also our book exchange, so bring a wrapped book to exchange

that you think someone would enjoy reading. Call for directions

Lafayette Reservoir Walk

December 12 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

December 19 9:30 a.m.
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 Christmas Day Walk

Thursday December 25 11:00 AM
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

Thursday 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

December 26 **CANCELLED**
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.

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!**

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**.