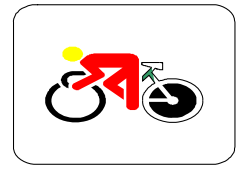


October 2018



Hikanbyke Highlights

MEMBERSHIP POLICY

Regular member (hard mailed newsletter) **\$22/year**. **Green member** (on-line newsletter) **\$10/year**.

NOTE – hardcopy newsletter cost may vary as printing/ mailing costs increase

To submit events for the next issue of the newsletter:

Deadline for next issue: June 14.

By E-mail:

friedmanjm43@gmail.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), or download from <http://www.hikanbyke.org/MembershipPrint.pdf> 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:

<http://www.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:

Rebecca Mallon (925) 933-8033
Email: rmallon2 at AOL dot com

Treasurer:

Niels Povlsen (510) 375-1521
Email: Hikanbyke at gmail dot com

Newsletter Compiler:

Joan Friedman (925) 937-0233
Email: friedmanjm43 at gmail 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:

<http://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.

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

AUGUST THANK YOU!

Leaders in August gave us some new events and some of the 'regulars'. Hikes, Rides, Music, Camping and Theater

Trish Hewison	Joan Friedman
Pat Perez	Charlie Uhlman
Howie Herskowitz	Niels Povlsen
Don Acamo	MaryAnn Acamo
Maria Lawrence	Dave Weiner
Roland Flamme	Rebecca Mallon
Frank Nolte	Dave Sutton
Jon Heinson	

SEPTEMBER THANK YOU!

The big event this month was the picnic! Almost 60 H&B members and friends came for a day in the sun at Miller Knox Regional Park. A ride, a walk on the waterfront, and a hike in the hills preceding the all-day potluck BBQ and picnic. It was great way to re-connect with friends.

Trish Hewison	Joan Friedman
Pat Perez	Frank Nolte
Nancy Nolte	Rebecca Mallon
John Murrell	Sheri Rupe
Charlie Uhlman	Ginny Bruski
Diane Savard	Jean Tokarek
Niels Povlsen	

Special thanks to those who helped make the picnic a success: Stan Preftokis, John Lira, Rita Poulsen, and of course the one who pulled it all together, Rebecca Mallon!

Future Events

H&B Annual Holiday Party - Save the Date!!

Saturday, Dec. 1 6:30-10:30 PM
Sycamore Club House, Danville
Another great party to start the holiday season at our favorite venue. Music, drinks, appetizers and a buffet for 1 great price. See the flyer for details. Directions, where to send you check - by 11/24 - for \$25 member and \$35 non-member ticket price.
Questions?? Rebecca
rmallon2@aol.com

Annual Holiday Luncheon

Wednesday, Dec. 12 12:30 PM
Delancey Street Restaurant, SF
This holiday luncheon in San Francisco has been a popular activity so we hope you will join us for a memorable outing. We plan on meeting outside the Ferry Building at 11:00 AM to walk around and perhaps grab a cup of coffee before we walk to the restaurant--if you do not wish to walk, a streetcar is available.

This year the payment method will be different in that I need for you to mail me your check with menu selection on or before Monday, December 3, so I can notify the restaurant of the menu choices. My address is 1977 San Miguel Dr., Walnut Creek, CA 94596. The charge is \$37.00, WHICH WILL INCLUDE COFFEE OR TEA, whereas in previous years, an extra fee was charged. Wine and other drinks can be ordered at the bar, not included. Also, cup of homemade Soup of the Day is included along with assorted house made focaccia bread and of course, their delicious homemade dessert. Your choices are:

1/2 Rotisserie Rosemary Garlic Chicken
BBQ Chicken

Grilled Salmon
Kale and Brussel Sprout Salad
Pasta Pesto
Pasta Bolognese

After lunch, we will walk up Market Street with our first stop being at the Palace Hotel where the decorations are awesome. We can then decide in which direction we want to head.

Looking forward to seeing you on the 12th.

Rose Rose9407@hotmail.com

October Events

East Bay Wednesday Rides

Rides generally start at Heather Farm Park at **9:30 AM** June through October (10:00 AM in colder months). Rides are posted on the Hikanbyke Google groups. For specific ride information, contact Trish thewison@att.net, (925-212-7047).
Joan joanmfriedman@aol.com (925-216-7833)

One Hour Walk and Talk

Tuesday, October 2 9:30 AM
Nancy Nolte, Lynne Harris and/or Joanne Lagerstrom, 925-335-0950
Join us and a few other folks who have been walking on Tuesday mornings on the Iron Horse Trail. We meet at the parking lot just west of the Olympic Blvd. and Pleasant Hill intersection (the new round about) for a short walk west—30 minutes out and 30 minutes back. If you are joining us for the first time, please give Joanne a call to let her know you are coming.

Lake Merritt Walk & Dinner

Tuesday, October 2 5:30 PM
Niels Povlsen 510-375-1521
hiknbyke@gmail.com

Let's walk around Lake Merritt (3.3 miles) and enjoy an evening in downtown Oakland. Meet in front of Grand Lake Theater. Wear walking shoes & bring \$ for dinner at local restaurant, after our walk.

Concord's 3rd "Dark Side of the Moon"

Thursday, October 4, 6:00 - 8:30 PM
Pat Perez 925-915-9554
Patrick.perez.g4@gmail.com

Concord's 3rd Annual "Dark Side of the Moon Night: A Family Friendly Music and Science Extravaganza" will shine again. This popular special event features the band House of Floyd expertly performing the music of Pink Floyd to an amazing laser light show. The opening segment will intersperse themed music with "moon talks" by special guests from the astronomy and science community. And there will also be an interactive "Ask a Scientist" village as well.

Directions: From Highway 680, take the Willow Pass Exit and head towards downtown Concord. Look for street parking or if you get there early enough, go to the 5-story parking lot that is on the north east corner of the park. Parking is free.

Lafayette Reservoir Walk

Friday, October 5 9:30 AM
Rebecca 925-933-8033 home
925-323-3579 mobile

Fall is finally here. The colors are coming out on the trees we walk past. Poison oak is definitely in full color! See you near the flagpole in the parking lot. Bring Water, Use sunscreen. Pay the parking fee at the meter or park free at the bottom of the hill. We walk clockwise on the 2.7 mile paved path. and we always go for drinks and treats near Noah's Bagels in Lafayette after. See you there.

Joaquin Miller Park Hike 1A

Saturday, October 6 10:00 AM
Jon Heinson 925-899-2953
Join Jon for a relatively easy hike of 5.5 miles. There is some elevation, but a lot of level paths. We can enjoy lunch together in the picnic area at end of hike.
Meet at 10:00 in the ranger parking area.

Joaquin Miller Park is an exit off Hwy 13. Direction: Highway 24 then south on highway 13 which is first exit on west side of Caldecott Tunnel. About 2 miles to Joaquin Miller exit then up the street to signs for Woodmister on Sanborn on left. First parking area to left.

Questions? Jon Heinson (925)899-2953 or jeheinson@gmail.com

Niels 70k Ride (2T/42 +/-)

Sunday, October 7 10:00 AM
Niels Povlsen 510-375-1521
hiknbyke@gmail.com

Brickyard Landing (my place) Bike Ride 42 +/- to Oakland with a Picnic Lunch at Jack London Square. The Farmers Market is open so you can pick up lunch there. This ride takes us along the Bay Trail starting in Point Richmond, continuing along the Bay in Marina Bay, onward through Berkeley, Emeryville down to Jack London Square in Oakland featuring spectacular views of San Francisco and SF Bay. Most of the ride is either on bike trails or lightly traveled roads.

Directions for start of bike ride: Hwy. 580 towards the San Rafael Bridge. Exit at Canal St. Left at bottom of exit to Cutting. Right at light. Left at Garrard. Go through the tunnel. Turn left at Brickyard Cove Road. Left at Brickyard Way. Park in the lot immediately to the right by the tennis courts. Questions? Call Niels.
Co-listed with Golden Gate Cyclists

One Hour Walk and Talk

Tuesday, October 9 9:30 AM
Nancy Nolte, Lynne Harris and/or Joanne Lagerstrom, 925-335-0950
Join us and a few other folks who have been walking on Tuesday mornings on the Iron Horse Trail. We meet at the parking lot just west of the Olympic Blvd. and Pleasant Hill intersection (the new round about) for a short walk west—30 minutes out and 30 minutes back. If you are joining us for the first time, please give Joanne a call to let her know you are coming.

Tiburon Loop Bike Tour, 26 Miles/Level B/Pace 2 /Hills A

Saturday, October 13 10:00 AM
Dick Duker 510-705-2447
Meet at the Larkspur Ferry parking lot under the letter M, opposite the Larkspur Shopping Center for a leisurely 25 mile loop around Tiburon. Lunch & Beer stop after at the Marin Brewery. Cancelled by rain.

Bring: bicycle, helmet, water, money. **Meet:** Larkspur Ferry parking lot at 10:00 am. **Return:** to cars around 2:00 pm. **Directions:** From East Bay: Take Hwy 580 across the Richmond Bridge, and take the Hwy 101 south exit. This will put you on Sir Francis Drake Blvd. Take a left into the ferry parking lot across from the Larkspur shopping center. For questions: dduker2001@yahoo.com.

SF Walk Along the Waterfront

Sunday, October 14 10:00 AM
Diane Savard 925-864-7141
Join me in front of Louis' Restaurant at 902 Pt. Lobos Avenue SF 94121 overlooking Seal Rock for a leisurely 3 mile walk along the waterfront. Wear comfortable shoes. Hiking poles recommended. It usually takes two hours. Some people eat breakfast before the hike at Louis. Wonderful view of the Bay. Afterwards, some folks choose to have lunch at the Cliff House.

One Hour Walk and Talk

Tuesday, October 16 9:30 AM
Nancy Nolte, Lynne Harris and/or Joanne Lagerstrom, 925-335-0950
Join us and a few other folks who have been walking on Tuesday mornings on the Iron Horse Trail. We meet at the parking lot just west of the Olympic Blvd. and Pleasant Hill intersection (the new round about) for a short walk west—30 minutes out and 30 minutes back. If you are joining us for the first time, please give Joanne a call to let her know you are coming.

Book Group Discussion and Potluck

Thursday, October 18 6:30 PM
Gretchen 510-530-3557
Frank 925-930-0133
Dave Eggers' *The Monk of Mokha* is the true story that weaves together the history of coffee, the struggle of everyday Yemenis living through civil war and the courageous journey of a young man who sets out to learn about coffee cultivation, roasting and importing. He is on the verge of success when civil war engulfs

Yemen, and Saudi bombs begin to rain down on the country.

Call for directions

San Francisco Hill Hike

Saturday, October 20 10:00 AM
Diane Savard 925-864-7141

Join me on a scenic hill hike, traversing 8 to 9 hills and 8 miles in SF. We will visit famous spots such as Coit Tower, Lombard St., Pacific Heights and Palace of Fine Arts, stopping for a traditional lunch at a restaurant along the way. Look for a Google Group announcement for the starting place. Call me for details. Rain cancels.

Potluck and Games Night at Jerry's, Hercules

Saturday, October 20 6:30 PM
Jerry Gulick 510-799-7447

ggulick3724@sbcglobal.net

Reservations Requested

Let's go to Jerry's and have some delicious food and fun playing board and card games with all the new friends we'll be making at this potluck. Give Jerry a call and tell him what delightful dishes you will be bringing that you can share with 4 to 6 people. Remember to bring a drink to share and \$2 to help defray costs for paper products provided by Jerry. There is usually a good turnout and we break into small groups to play games our guests bring. Jerry also has a ping pong table set up and ready to use.

Call to RSVP and for directions.

Carquinez Strait bike ride, 25 mi/3T

Sunday, October 21 9:45 AM
Carol & Ed Addison 925-451-5389
cell

Bike Ride along Carquinez Strait via George Miller trail ~25 miles at touring pace.

Martinez meeting place at 9:30 with departure at 9:45. Bring water.

Helmets required.

Rolling hills up Franklin Canyon to Crockett; back past Port Costa, to Martinez for lunch.

Martinez meeting place to be announced on Hikanbyke Google Groups by 10/14.

One Hour Walk and Talk

Tuesday, October 23 9:30 AM
Nancy Nolte, Lynne Harris and/or Joanne Lagerstrom, 925-335-0950
Join us and a few other folks who have been walking on Tuesday mornings on the Iron Horse Trail. We meet at the parking lot just west of the Olympic Blvd. and Pleasant Hill intersection (the new round about) for a short walk west—30 minutes out and 30 minutes back. If you are joining us for the first time, please give Joanne a call to let her know you are coming.

Lafayette Reservoir Walk

Friday, October 26 9:30 AM
Rebecca 925-933-8033 home
925-323-3579 mobile

Fall is finally here. The colors are coming out on the trees we walk past. Poison oak is definitely in full color! See you near the flagpole in the parking lot. Bring Water, Use sunscreen. Pay the parking fee at the meter or park free at the bottom of the hill. We walk clockwise on the 2.7- mile paved path. and we always go for drinks and treats near Noah's Bagels in Lafayette after. See you there.

Fernandez Ranch Hike 5-6 miles, 2B

Saturday, October 27 10:00 AM
Niels Povlsen 510-375-1521
hiknbyke@gmail.com

Fernandez Ranch was purchased by the Muir Heritage Land Trust and opened in June 2010 to the public. It's pastoral beauty with green rolling hills is inhabited by cows who are not yet accustomed to humans and give you a wide berth when they see you. The railroad whistle sounds as you traverse the meadows and shaded woods spotting turkeys and quail who are also skittish and duck for cover. Bring adequate water and snacks to nibble on as we meander this undiscovered wonderland. Hiking boots and poles, if you have them, are recommended mainly because the terrain is uneven. If we're in the mood we'll cross over onto EBMUD property and explore a

neat canyon, then take a short climb to a vista point looking out over the Bay to Mt. Tam and Marin County that we can also explore. Sunscreen and cameras highly recommended. Optional late lunch in Martinez. Directions: From I-80: Head east on Highway 4. * Take the first exit AFTER the Franklin Canyon Golf Course onto Christie Road. It is a minor road and if you blink, you can miss it so turn RIGHT when you see the small train trestle overpass ahead of you. Fernandez Ranch is well marked .7 miles down Christie Road on your right. From Martinez: Head west on Highway 4. Take the Franklin Canyon exit. Turn LEFT and carefully merge onto Highway 4 eastbound. * Follow directions above.



ANNUAL HIKANBYKE PICNIC

SEPTEMBER 9, 2018

The park is 300+ acres of hills and shoreline at Pt. Richmond. There is a beautiful lawn area and a paved path circling the lagoon. You can hike the hills, walk on the beach and any part of SFBay Trail or just relax. You can take a short bike ride on the road above the park or go any distance on the Bay Trail. Views in all directions include Mt Tamalpais, SF Skyline, the Bay Bridge and Richmond Bridge.

The Golden State Model RR Museum is open on Sundays and Rosie the Riveter + WW II Nat'l Historic Park is nearby. Ferry Point was once the western terminus of the transcontinental railroad.

Activities will begin around 9 AM. Watch for updates about a hike leader and bike ride leader.

The POTLUCK picnic will be at 12 noon. Bring a salad, side dish, dessert to share and BYOB. We will be in picnic site Marsh Hawk.

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 Doman. 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!

Because H&B provides something from the BBQ, it would be great to get an RSVP! rmallon2@aol.com

Bring a chair so you can move closer to the lagoon or a quiet spot under the trees.

<http://www.ebparks.org> - search Miller Knox - for more information about the site and directions (and a better look at this map!) We are at #4.



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) = \$22/Yr.

Green (email delivery) = \$10/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**.