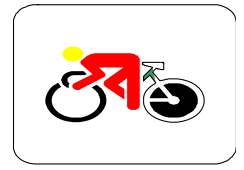


July 2018



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 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), 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

A Shoutout to our Great Leaders for the events in May and June

Trish Hewison	Rose Azalde
Ann Lindner	Stan Wong
Sheri Rupe	Pat Perez
John Murrell	Niels Povlsen
Carla DenDulk	Jon Heinson
Rebecca Mallon	Howie Herskowitz
Joan Friedman	Sandy Filson
Frank Nolte	Diane Burke
Diane Savard	Carolyn Mason
Roland Flamme	Melinda Oliver

Defend Bike Routes to Mount Diablo

Should bicyclists be allowed to ride through Diablo Country Club on their way up to Mount Diablo? A local homeowner insists no and has filed suit in Contra Costa County Superior Court asking that publicly accessible roads in Diablo be declared private and closed off to the public, including bicyclists.

Bike East Bay has joined the lawsuit to defend your right to use Calle Arroyo and Alameda Diablo roads to access Mt. Diablo State Park. You can support the case by filling out the short input form collecting how bicyclists have used these roads for years. Have you ridden through Diablo Country Club as an individual or as part of a group?

TAKE ACTION

Future Events

Woodminster Open Air Theater

August 2, August 30

Jeheinson@gmail.com (925)899-2953

Join Jon for wonderful musicals at this great venue. Woodminster is located off Hwy 13 which is the last exit off Hwy 24 before the Caldecott Tunnel on the West side. Take 13 South to Joaquin Miller exit. Follow up the hill about a mile and follow signs to Woodminster (Sanborn Drive to left). We go to the dress rehearsals on Thursday evenings. The price is less than half the regular performance cost at about \$20 and no parking fee. We meet inside at a picnic table where we share dinner and wine at 7:00. Bring something to share if you choose. After dinner we go into the bowl and pick out our seats. The two August shows this year are:

Joseph and The Amazing Technicolor Dreamcoat: Aug 2
In the Heights: Aug 30

WHEN ATTENDING BE SURE TO BRING WARM CLOTHES AND BLANKETS as it can be pretty chilly. Call me or email if questions or if you plan to attend
Jeheinson@gmail.com. (925)899-2953

2018 Car Camping Trips – Solo Sierrans and Hikanbyke

Near Lake Alpine

Mon Aug 6 – Fri Aug 10 (4 nights)

Howie Herskowitz
howie@itsolutions.net
Co-leader Dave Sutton

We'll be camping at Lodgepole Group Camp in the Stanislaus National Forest – about 2 miles from Lake Alpine. The campground affords breathtaking views of snow-capped peaks in the surrounding forest. It sits at an elevation of 7,290 feet in the central Sierra Nevada Mountains. Hiking and biking in the forest and water sports at the lake. The campground has vault toilets; showers are available at the lake. To reserve, please send a \$50 check MADE OUT TO SOLO SIERRANS c/o Howie Herskowitz, 172 Santa Rosa Ave, Oakland CA 94610. INCLUDE YOUR ADDRESS, EMAIL + HOME AND CELL PHONE #s.

Samuel P Taylor State Park **Sun Aug 26 –Wed Aug 29 (3 nights)**

Maurie Ange mjange@msn.com
Co-leader: Lucy Henderson

The park lies 15 miles west of San Rafael on Sir Francis Drake Boulevard. Its 2,882 acres offer shady strolls through the stately redwoods along Lagunitas Creek, as well as exhilarating hikes to the top of Barnabe Peak, one of the best viewpoints in Marin County. It's within striking distance of Point Reyes National Seashore. There are restrooms and showers. To reserve, please send a \$50 check MADE OUT TO SOLO SIERRANS c/o Dave Sutton, [3731 Barrington Dr, Concord CA 94518](mailto:3731BarringtonDr@concordca.com). INCLUDE YOUR ADDRESS, EMAIL + HOME AND CELL PHONE #s.

For all of the above trips:

Campers will be responsible with others for providing one evening meal (plan on spending up to \$40 for dinner food that you buy) and for providing their own breakfasts, lunches and happy hours. Campfire at night. 25- person limit, so reserve early. Reservations up to 2 weeks prior to trip. Refunds if cancelling 3 or more weeks prior.

H&B Annual Picnic – Save the Date!!

Sunday, Sept. 9 All Day
Miller Knox Park, Pt. Richmond
Questions?? Rebecca:
rmalon2@aol.com

H&B 9/9 ANNUAL PICNIC DETAILS
 The picnic is always the best way to bring together our paid members who hike, bike, camp, sing, read a book, go to movies, but don't meet in the other venues. On Picnic Day there will be opportunities for a ride, a hike, a stroll along the waterfront, or just mingling and relaxing on the lawn - a lovely setting for that. It is a potluck with great dishes brought by you, but also a BBQ will be lit with something to share. The event is a club gift to our members. You can invite a friend who may be interested in joining for the low annual fee of \$10. Membership forms will be available. There will be a sign in sheet and name tags for members and guests.

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 celebrating at our favorite venue. Music, drinks, buffet line for 1 greet price. More details will follow when we get closer to the date. Questions?? Rebecca:
rmallon2@aol.com

Annual Hikanbyke Holiday Luncheon

Wednesday, Dec. 12 12:30 PM
 Delancey Street Restaurant, SF
 More details later.
 Rose Rose9407@hotmail.com

July Events

East Bay Wednesday Rides

Rides generally start at Heather Farm Park at **9:30 AM** May 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)

Lafayette Reservoir EVENING Walk

Tuesday, July 3 7:30 PM
 Carla 209-988-4265
 Enjoy a cool, summer evening walk around the Reservoir. Meet at the flag pole for an on-time departure.

Pay a fee at the meter or carpool with me from the Lafayette Bart parking lot for free. Carpoolers call for pickup. About an hour, just under 3 miles, paved path, usually a cool breeze. For those who want, I will be serving desert and wine at my house, nearby off Pleasant Hill Road, after our walk.

Woodminster Open Air Theater Oklahoma

Thursday, July 5 7:00 PM
Jeheinson@gmail.com (925)899-2953
 Woodminster is located off Hwy 13 which is the last exit off Hwy 24 before the Caldecott Tunnel on the West side. Take 13 South to Joaquin Miller exit. Follow up the hill about a mile and follow signs to Woodminster (Sanborn Drive to left). We go to the dress rehearsals on Thursday evenings. The price is less than half the regular performance cost at about \$20 and no parking fee. We meet inside at a picnic table where we share dinner and wine at 7:00. Bring something to share if you choose. After dinner we go into the bowl and pick out our seats.

WHEN ATTENDING BE SURE TO BRING WARM CLOTHES AND BLANKETS as it can be pretty chilly. Call me or email if questions or if you plan to attend.
Jeheinson@gmail.com (925)899-2953

Lafayette Reservoir Walk

Friday, July 6 9:30 AM
 Rebecca 925-323-3579
 Our spring walks will now blend into summer walks! See you near the flagpole in the parking lot with water, hats and sunscreen. Pay the fee at the meter or park free at the bottom of the hill. We always walk clockwise on the 2.7-mile paved path. And we always go for drinks and treats in the patio behind Noah's Bagels in Lafayette. See you there. Rebecca 925-933- 8033 home or 925-323-3579 cell

Niels 70k+/- Ride From Pt. Richmond to Bay Bridge/Treasure Island

Sunday, July 8 10:00 AM
 Niels Povlsen (510) 375-1521

Let's ride from Point Richmond to & up the Bay Bridge & then down to Treasure Island. We'll stop for lunch on the Island at Aracely, a small restaurant on Treasure Island with a nice outdoor dining area. Coming back up to the bridge is a little bit of a grind - But walking is allowed. This will be our chance to see TI before the redevelopment on the Island. This is a really nice, scenic ride worth exploring.
 Co-listed with Golden Gate Cyclists.

Lafayette Reservoir EVENING Walk

Monday, July 9 7:30 PM
 Carla 209-988-4265
 Enjoy a cool, summer evening walk around the Reservoir. Meet at the flag pole for an on-time departure. Pay a fee at the meter or carpool with me from the Lafayette Bart parking lot for free. Carpoolers call for pickup. About an hour, just under 3 miles, paved path, usually a cool breeze. For those who want, I will be serving desert and wine at my house, nearby off Pleasant Hill Road, after our walk.

Lake Merritt Walk & Dinner

Wednesday, July 11 5:30 PM
 Niels Povlsen 510 375-1521
 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.

Lafayette Reservoir Walk

Friday, July 13 9:30 AM
 Rebecca 925-323-3579
 Our spring walks will now blend into summer walks! See you near the flagpole in the parking lot with water, hats and sunscreen. Pay the fee at the meter or park free at the bottom of the hill. We always walk clockwise on the 2.7-mile paved path. And we always go for drinks and treats in the patio behind Noah's Bagels in Lafayette. See you there. Rebecca 925-933- 8033 home or 925-323-3579 cell

Redwood Park Hike

Saturday, July 14 10:00 AM
 Jon Heinson (925) 899-2953
 Join us for a 7-mile hike through the largely shaded redwood forest. Meet

at Canyon Meadow staging area which is in the park at the end of the road. We hike largely up initially, and about halfway through the hike we stop for lunch at Redwood Bowl. Bring something to share.

Directions: Hwy 13 off Hwy 24 just before the Caldecott Tunnel on the west side. South to Redwood Road exist. Turn left uphill past Skyline Blvd and continue on Redwood to the park on the left. Turn into the park (\$5 parking fee) and meet in the parking lot at Canyon Meadow staging area. It takes about 30 min for Redwood exit.

Jon Heinson jeheinson@gmail.com

Book Group Discussion and Potluck

Thursday, July 19 6:30 PM

Judy 510-601-8558

Frank 925-930-0133

In *The Underground Railroad* Colson Whitehead re-creates the unique terrors for black people in the pre-Civil War era as his narrative weaves the saga of America from the brutal importation of Africans to the unfulfilled promises of the present day. It is the adventure tale of one woman's ferocious will to escape the horror of bondage and a shattering, powerful meditation on the history we all share.

Call for directions

Lafayette Reservoir Walk

Friday, July 20 9:30 AM

Rebecca 925-323-3579

Our spring walks will now blend into summer walks! See you near the flagpole in the parking lot with water, hats and sunscreen. Pay the fee at the meter or park free at the bottom of the hill. We always walk clockwise on the 2.7-mile paved path. And we always go for drinks and treats in the patio behind Noah's Bagels in Lafayette. See you there. Rebecca 925-933- 8033 home or 925-323-3579 cell

Potluck and Singalong

Saturday, July 21 6:30 PM

Montclair District, Oakland

John Murrell (510) 339-1263

John and the gang are once again hosting another of the popular potluck musical evenings at John's house in the Montclair district of Oakland.

Song books will be provided which include over 450 songs of all genres. Don't worry if your voice is not that great, we are here to have fun.

Tonight's theme will include selecting songs recently added to the song books. You will be accompanied by one or more guitar players to lead the group with tunes chosen.

Bring a potluck dish to share and the beverage of your choice if you plan to join the potluck. If your last name begins with A-G bring an salad, H-P bring an entree, Q-Z bring desert, and your own beverages. If you are not sure what to bring, entrees are always a good choice. Also bring a musical instrument if you have one. Please note that there will be a \$3 charge to cover the cost of paying for professional cleanup help after the event, and for plates, cutlery and glasses, and song books.

Address: 6175 Snake Rd, Oakland
Take the Highway 13 exit toward Hayward from Highway 24 if you are coming from the Walnut Creek-Berkeley area. Go about three miles and exit at Park Bl and turn left to Mountain Bl, go left again on Mountain Bl about three blocks and turn right onto Snake Rd at the light. From Hayward, take Hwy 580 to Hwy 13, exit at Park Rd & turn left onto Mountain Bl. Be careful, Snake Rd makes a sharp left turn a short distance (200 yards) up the hill. If you see a fire station, you have missed the turn. The house is 1/2 mile up on the left opposite Drake St.

Stern Grove Concert in the Park & Potluck

Sunday, July 22 9 :00 AM - 5:00

PM

Niels Povlsen 510-375-1521

Please come early to help set up and hold the space

A beloved tradition at Stern Grove Festival since 1938, the incomparable San Francisco Symphony returns for its annual summer performance, featuring conductor Jayce Ogren and pianist Adam Golkain, an afternoon of classics:

The Concert starts at 2:00 PM but the party starts at 9:00 AM. The meadow at the Grove will fill early so be sure to get there in time to join your H&B friends. They have closed

the Meadow when filled to capacity - As always this is a potluck event - Every year the Hikanbyke potluck at Stern Grove is the envy of the other 15,000 people in the Grove. Bring food & drink to share. There will be breakfast snacks for those coming early to help save the space. The weather can change very fast, be prepared! Bring a hat and layered clothing. It can be hot or cold there, but we always have a great time!!! Only low-back chairs are permitted on the lawn. Come early to help us save our favorite spot! Look for me on the left of the seating area as you face the stage.

Directions: Stern Grove is at the corner of Sloat Blvd and 19th Ave. Parking can be a problem. You may want to carpool or take Bart to SF Civic Center, go one flight of stairs to Muni, take K or M to 19th and Sloat, and walk one block to the grove. If you need more info, please call Niels or e-mail

npovlsen@hiknbyke@fastmail.fm

See you there! You will love it!

Lafayette Reservoir EVENING Walk

Monday, July 23 7:30 PM

Carla 209-988-4265

Enjoy a cool, summer evening walk around the Reservoir. Meet at the flag pole for an on-time departure.

Pay a fee at the meter or carpool with me from the Lafayette Bart parking lot for free. Carpoolers call for pickup. About an hour, just under 3 miles, paved path, usually a cool breeze. For those who want, I will be serving desert and wine at my house, nearby off Pleasant Hill Road, after our walk.

Lafayette Reservoir Walk

Friday, July 27 9:30 AM

Rebecca 925-323-3579

Our spring walks will now blend into summer walks! See you near the flagpole in the parking lot with water, hats and sunscreen. Pay the fee at the meter or park free at the bottom of the hill. We always walk clockwise on the 2.7-mile paved path. And we always go for drinks and treats in the patio behind Noah's Bagels in Lafayette. See you there. Rebecca 925-933-8033 home or 925-323-3579 cell

Angel Island Hike

Saturday, July 28 9:45 AM
Niels Povlsen (510) 375-1521

Join us for a hike around this historic island out in the middle of San Francisco Bay as we explore and visit some of the historic sites. We will start off by hiking up to the top of Mount Livermore (a mere 788 ft) for the best panoramic view of the bay anywhere – bring your camera! After that it's all downhill. Our hiking distance will be a total of about 5 miles. Bring your lunch and a snack, and fluids for the day. There is a concession stand, and there are restrooms and water at various places on the island. We will take the first ferry from Tiburon which leaves at 10:00 a.m. The return ferries are at 20 minutes after the hour up until 5:20 PM. The round-trip cost for adults is \$15.00, seniors \$14.00. They only accept cash, no credit cards. You can also take BART to SF and take a ferry from SF and meet us on the island, but please advise us so we know you will be joining us. You will have to do your own research on what timing fits your schedule so you will arrive around 10:20 AM.

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**.