

April 2019



# 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/mailling costs increase

To submit events for the next issue of the newsletter:

**Deadline** for next issue: April 19

### 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), 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, 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:

<http://www.hikanbyke.org/>

**TO SUBSCRIBE** to the list, simply send an email to [Hikanbyke+subscribe@googlegroups.com](mailto: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](mailto: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](mailto:Hikanbyke+unsubscribe@googlegroups.com)

You should receive a confirmation email.

## Bicycle Ride Rating System

<u>GRADE</u>	<u>PACE</u>
1-Flat	<b>L</b> -Leisurely: 10 MPH or less, with frequent stops
2-Gentle	<b>T</b> -Touring: 10-13 MPH, regroup stops
3-Rolling	<b>M</b> -Moderate: 13-16 MPH, occasional regroup
4-Some Steep	<b>B</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	<b>A</b> -Less than 1,000 ft.
2-6 to 10 miles	<b>B</b> -1,000 to 2,000 ft.
3-10 to 15 miles	<b>C</b> -2,000 to 3,000 ft.
4-15+ miles	<b>D</b> -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 BIG Thanks

Once Again - We THANK our members who led March events! Without those leaders we couldn't fill the calendar! Some events were rained out. But who is complaining about more rain? We need the water in our reservoirs and lakes, and it made for a spectacular waterfall hike. What I don't need - the weeds in my garden!

Arleen Sakamoto	Ken Karda
Don Acamo	MaryAnn Acamo
Nancy Nolte	Frank Nolte
Trish Hewison	Joan Friedman
Lynne Harris	Joanne Lagerstrom
Rebecca Mallon	Maria Lawrence
Dave Weiner	Niels Povlsen
Charlie Uhlman	Ginny Bruski
Stan Wong	Sheri Rupe
Diane Savard	Blance Korfmacher

## 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

### **BIG CHANGES COMING**

At the February Policy Meeting it was decided that the Hikanbyke Newsletter and calendar should return to a two-month format. The new format will start in May with the May/June issue. Diane Savard will resume the editorship, so please send events to her at dlsavard at gmail dot com.

### **Optional Activities**

**The East Bay Regional Parks Trail Challenge.** If you haven't heard of this, it is a great program sponsored by Kaiser to get folks out hiking more. They give a great booklet highlighting 20 trails, a dog bandana and a T-Shirt, all for free (while supplies last). You can pick up these items at any of the Visitor Centers listed in the link below.

[https://www.ebparks.org/activities/hp/hp/trails\\_challenge\\_participating\\_visitor\\_centers.htm](https://www.ebparks.org/activities/hp/hp/trails_challenge_participating_visitor_centers.htm)

**Click on this link to read more:**  
<https://www.ebparks.org/activities/trailschallenge/default.htm>

### **Future Events**

#### **Car Camping in 2019**

**Calaveras Big Trees State Park - Car Camping** - 4 nights - originally planned for 3 July 8-12 · Mon - Fri (Co-sponsored with Solo Sierrans)

Enjoy camping adjacent to giant redwood trees just past Arnold in the Sierra foothills. Walk through some of California's best redwood groves, cool off in a nice creek, and hike a

variety of trails. Optional day trip to Lake Alpine which we missed last year due to smoke. Flush toilets and coin operated hot showers. Each person is responsible for preparing one dinner meal along with others, and for providing your own breakfasts, lunches and happy hours. Campfire at night. 25 person limit so reserve early. Cost is \$50/person + up to \$40 for your share of dinner food that you purchase. We may go out to dinner the last night and each pay our own tabs. Refunds if cancelling 3 or more weeks prior. **To reserve:** Send \$50 check MADE OUT TO SOLO SIERRANS to Dave Sutton, 3731 Barrington Dr, Concord 94518. PLEASE INCLUDE YOUR ADDRESS, EMAIL + HOME AND CELL PHONE #s. Carpooling encouraged.

**Leader:** Howard Herskowitz (510-658-1176) or [howard@itsolutions.net](mailto:howard@itsolutions.net) Co-leader Maurie Ange.

**Lassen Volcanic Nat'l Park – Lost Creek campground** – Aug 26-30 - Mon - Fri (Co-sponsored with Solo Sierrans) (4 nights) - (possible change of campground, but will still be at Lassen)

Enjoy 4 nights of car camping at Lassen Volcanic National Park (247 miles from Oakland) which offers over 150 miles of hiking trails for all levels of ability. Discover the devastation of Lassen Peak's last eruption on the accessible trail at the Devastated Area, and explore Lassen's largest hydrothermal area on the Bumpass Hell trail. Vault toilets at our group camp; showers, swimming, fishing and kayaking at Manzanita Lake, 5 miles away. Each person is responsible for providing one dinner meal along with others and for providing their own breakfasts, lunches and happy hours. Campfire at night. Cost is \$50/person + up to \$40 for your share of dinner food that you purchase. 25 person limit so reserve early. Carpooling encouraged. Reservations up to 2 weeks prior to trip. Refunds if cancelling 3 or more weeks prior. Please send a \$50 check MADE OUT TO SOLO

SIERRANS c/o Dave Sutton, 3731 Barrington Dr, Concord 94518. PLEASE INCLUDE YOUR ADDRESS, EMAIL + HOME AND CELL PHONE #s. Leader: Stan Wong. Contact Stan at [swong522@sbcglobal.net](mailto:swong522@sbcglobal.net) (preferred) or 925-686-2046. Co-leader: Diane Burke.

## **Hikanbyke Yosemite Experience 2020**

**Sunday June 7 to Thursday June 11, 2020- 5 days/4 nights.**

Howie Herskowitz --

[howie@itsolutions.net](mailto:howie@itsolutions.net)

Melinda Oliver --

[melinda.j.oliver@gmail.com](mailto:melinda.j.oliver@gmail.com)

Our reservation for the Hikanbyke Yosemite Experience 2020 at Housekeeping Camp has been accepted. The accommodations, 12 units/24 members, are in the Housekeeping Camp and occupancy is two members per unit.

Housekeeping Camp is located on the valley floor. We are accepting reservations on a **unit basis only** first come first served. Cost of the trip is \$550 per unit plus the cost of shared dinners estimated at \$35-\$40/member. To reserve a unit, please make your check for \$275 (for 2 members) payable to: Howie Herskowitz and mail to: 172 Santa Rosa Ave., Oakland, CA 94610-1317.

Hiking, biking, photographs, art classes, valley tours, and hiking from Glacier Point and surrounding areas make this a wonderful experience.

Housekeeping Camp is equipped with one double bed and pair of bunk beds. Electricity for small appliances but no refrigerators or other items which draw a lot of power. All food, beverages, and anything scented MUST be in a bear locker. This includes tooth paste, cosmetics, pills, etc. To see more info about Housekeeping Camp please browse to:

<https://www.travelyosemite.com/lodging/housekeeping-camp/>

Breakfast and lunch are each member's responsibility.

We have a HAPPY HOUR every evening at 5pm, each person brings their own beverage and snacks.

HAPPY HOUR, Dinner & Campfire: This is the time when we socialize

and is great fun with a varied menu and different group of 6 members cooking each night. Cost of dinner estimated cost is \$35-\$40/person for 4 nights and we have great meals and plenty of food. Many members choose to attend a breakfast buffet (optional) at the Majestic Yosemite Hotel, (formerly the Ahwahnee) on Thursday morning, prior to our departure, a wonderful tradition, in their beautiful dining room which we have been doing each year.

Over 55 members have participated in this trip during the past 5 years and we always have a great time. Howie, Lynne, and Melinda have been leading this trip for the past 4 years and it always fills up quickly, so please get your reservations in early. We will have a wait-list as plans change and we will fill any openings from the waiting list. We DO NOT issue REFUNDS. If you cancel your reservation, the member who takes your place will send you a check for your deposit.

Please include names, home addresses, email, and phone numbers home & cell phones of participants. This is a Hikanbyke event. Your membership MUST be current to attend. You can join Hikanbyke on this web page: <http://hikanbyke.org/Forms.htm> Once you have made a reservation, we will send out more information. Questions, please email Howie or Melinda:

Howie Herskowitz --

[howie@itsolutions.net](mailto:howie@itsolutions.net)

Melinda Oliver --

[melinda.j.oliver@gmail.com](mailto:melinda.j.oliver@gmail.com)

## **Annual Hikanbyke Picnic**

SAVE THE DATE - **Sept 7** - All Day At the Annual Policy Meeting it was decided to hold the Annual H&B Picnic on Sept 7, returning to Miller Knox in Point Richmond. We were there last year, and the bike riders took a nice ride - out and back - along the shoreline. There are 2 options for the hikers and walkers.

There are hiking trails directly behind the picnic site and there is an easy walk along the waterfront to WW II Home Front National Park. Red Oak Victory will be celebrating 75th anniversary in 2019. We had great weather last year - overlooking SF and 2 bridges. Of course it is a potluck. This event is a perk of

membership. Non-members are welcome but will be encouraged that day to join for the low price of \$10 annual membership fee. This will allow attendance at the Holiday Party and Yosemite camping trip at member rate.

## **April Events**

### **One Hour Walk and Talk**

Tuesdays 9:15 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.

### **East Bay Wednesday Rides**

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

### **Daffodil Hill**

April ?

Don & MaryAnn Acamo 925-899-5030



We will be going to Daffodil Hill sometime in April. We are waiting for the

flowers to bloom and when they do, we will post the date and time on email at Google groups. All those interested in joining us will get a 4-day notice.

### **Seven Brides for Seven Brothers**

The Castro Theater in SF

Monday, April 1

2:00 PM

Diane Savard

925-864-7141

Join Diane for this wonderful movie at the Castro Theater in SF. In 1977, the Castro was designated City of San Francisco registered landmark

number 100. It is one of the few remaining movie palaces in the nation from the 1920s that is still in operation. Afterwards we might explore the area and find a place to get an early dinner in SF.

Synopsis: When lumberjack Howard Keel takes frontierswoman Jane Powell as his wife, she takes on the challenge of taming her brothers-in-laws' backwoods ways. The Gene dePaul/Johnny Mercer score won an Academy Award and Michael Kidd's energetic choreography is among the most athletic and exciting ever put on film. (1954, 102 min.)

The theatre is accessible by MUNI Metro lines K, L, & M. BART riders transfer to MUNI Metro at these stations: Embarcadero, Montgomery, Powell or Civic Center. I will be taking BART from North Concord around noon to allow ample time for the journey.

### Lake Merritt Walk & Dinner

Tuesday, April 2 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, April 5, 9:30 AM - promptly!  
Regular host is not in town. But it's a lovely walk. Just show up



and there will probably be another H&B friend to walk with. Spring has Sprung! Lots of flowers & birds. Meet near the flagpole to walk

clockwise 2.7 miles on the paved path. We gather again after the walk at a downtown cafe, for drinks and treats near Noah's Bagels. Hot chocolate, lattes, bagels & cookies. [rmallon2@aol.com](mailto:rmallon2@aol.com)

### Norseman Restaurant

Thursday, April 11 11:30 AM  
Don & MaryAnn Acamo 925-899-5030

We have reservation for 12 people for lunch at the [Norseman Restaurant](#) at Diablo Valley College, located at 321 Gold Club Rd.,

Pleasant Hill. The price for lunch is \$14.95 which includes soup or appetizer, salad, entree, and dessert. Please call us no later than April 7 for reservations.

### Lafayette Reservoir Walk

Friday, April 12 9:30 AM - promptly!  
Rebecca 925-933-8033, home 925-323-3579 cell

Spring has Sprung! Lots of flowers & birds. Meet near the flagpole to walk clockwise 2.7 miles on the paved path. We gather again after the walk at a downtown cafe, for drinks and treats near Noah's Bagels. Hot chocolate, lattes, bagels & cookies.

### Greenbrae Around China Camp 22 mile+/- Bike Ride

Sunday, April 14 10:00 AM  
Niels Povlsen 510-375-1521  
We'll meet in Greenbrae for a very scenic ride through China Camp State Park. This is the perfect ride for strong beginners featuring two (not too long) real hills and a bunch of rollers. And remember the H&B motto: "We've never met a hill we couldn't walk" Since this is a very popular Marin County route drivers are well trained in driving with cyclists. We'll visit the historic China Camp fishing village along the way.

Perhaps we'll retreat after the ride for some refreshments at the Marin Brewing Company or other oasis known for their refreshments.

DIRECTIONS: Cross Richmond San Rafael Bridge; take Sir Francis Drake Blvd exit. Cross under Hwy 101, take the first left and park along the park (on the left). Restrooms in the shopping center.

### Spring Lake Park car camp - Sonoma County Regional Park in Santa Rosa -

Mon-Thurs, April 15-18 (3 nights)  
Lucy Henderson 925-787-4579 / [hndsrnlucy@gmail.com](mailto:hndsrnlucy@gmail.com)  
Co-leader Dave Sutton [davesutn@comcast.net](mailto:davesutn@comcast.net)

Enjoy 3 nights camping near this lovely lake located near Santa Rosa and adjacent to Annadel State Park. Co-sponsored with Solo Sierrans. Swimming, hiking, fishing and boating are available. Great place

for biking! There are also boat rentals for small craft (canoes, etc.). No gas-powered boats allowed; electric motors OK. Tent camping only at our group site; no RVs or trailers allowed. Restrooms with electrical outlets, flush toilets and showers. Each person will be responsible for preparing one dinner meal with others and for providing your own breakfasts, lunches and happy hours. There is a 25-person limit so reserve now. Reservations up to 2 weeks prior to trip. Refunds if cancelling 3 or more weeks prior. Cost is \$50/person + up to \$40 for your share of dinner food that you purchase. **Last day to register is Monday, April 1 (check received by that date).** Send \$50 check MADE OUT TO SOLO SIERRANS to Dave Sutton, 3731 Barrington Dr, Concord 94518. PLEASE INCLUDE YOUR ADDRESS, EMAIL and HOME & CELL PHONE #s. Carpooling encouraged.

### Book Group Discussion and Potluck

Thursday, April 18 12 Noon  
Shoshana 510-610-2676



Michelle Obama, in her memoir *Becoming*, invites

readers into her world, chronicling the experiences that shaped her -- from childhood on the South Side of Chicago to her early years as an executive balancing the demands of motherhood and work to her time in The White House. Call for directions

### Lafayette Reservoir Walk

Friday, April 19 9:30 AM promptly!  
Regular host is not in town. But it's a lovely walk. Just show up and there will probably be another H&B friend to walk with. Spring has Sprung! Lots of flowers & birds. Meet near the flagpole to walk clockwise 2.7 miles on the paved path. We gather again after the walk at a downtown cafe, for drinks and treats near Noah's Bagels. Hot chocolate, lattes, bagels & cookies. [rmallon2@aol.com](mailto:rmallon2@aol.com)

## **Bay Trail/E-ville/Point**

### **Richmond Bike Ride 1/TM/35**

Friday, April 19 10:00 AM

Arleen Sakamoto

[Sakamo2@Yahoo.com](mailto:Sakamo2@Yahoo.com)

Kenneth Karda 510-530-8389

Meet at 9:45 am for a 10:00 am start

Start Location: Berkeley - Aquatic Park Playground

We will ride to the Emeryville marina, then North on the Bay Trail for a clockwise loop to the Red Oak Victory Ship, Miller-Knox Park, Ferry Point Tunnel & lunch @ Little Louie's. There will be option to bypass the tunnel. This is a no drop ride.

### **Potluck and Singalong**

Saturday, April 20 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. This month we will feature the Eagles, however, you are free to pick from any of the songs in our 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. Please note, alphabetical order has been changed. If your last name begins with A-I bring a salad, J-R bring an entree, S-Z bring desert, and your own beverages. If you are not sure what to bring, entrees are always a good choice. Also, 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.

### **Indian Tree Open Space Preserve 6+ Mile Hike - & Potluck**

Sunday, April 21 10:00 AM

Niels Povlsen 510-375-1521

We'll ascend through a series of cool forests to the top of the ridge where giant Redwoods catch the summer fog. We'll enjoy sweeping views of the entire North Bay from one of the best destinations in Marin county. Bring food/drink to share. Directions: From Hiway 101 in Novato, turn west on San Marin Dr., Cross Novato Blvd. onto Sutro Avenue(south) & go over Novato Creek bridge past O'Hair Park to Vineyard Rd. Turn right(west). Follow Vineyard Rd. for a little over a mile and park on the south side of the street, immediately after the last house, in unpaved area

### **City Guides Tour of Japan Town**

Thursday, April 25 2:00 PM

Diane Savard 925-864-7141



Join me for this SF City Guide led tour of Japan town. San Francisco's Japan town dates from the earthquake and fire of 1906. During World

War II, Japanese American residents were imprisoned and replaced largely by African Americans, whose thriving businesses included many jazz clubs. Beginning in the 1950s, a decades-long urban renewal project reshaped both the neighborhood's population and its physical landscape. We will see Japanese-style architecture next to classic Victorians and the birth of the Fillmore Jazz Preservation District. Meet at the intersection of Buchanan and Sutter Streets, near 1747 Buchanan Street, next to the large Japanese gate (rectangular arch) at the entrance to the pedestrian mall.

Public transportation: MUNI lines, 2, 22, 38. BART riders transfer to MUNI Metro at these stations: Embarcadero, Montgomery, Powell or Civic Center. I will be taking BART from North Concord around noon to allow ample time for the journey.

### **Lafayette Reservoir Walk**

Friday, April 26 9:30 AM promptly!

Regular host is not in town. But it's a lovely walk. Just show up and there will probably be another H&B friend to walk with.

Spring has Sprung! Lots of flowers & birds. Meet near the flagpole to walk clockwise 2.7 miles on the paved path. We gather again after the walk at a downtown cafe, for drinks and treats near Noah's Bagels. Hot chocolate, lattes, bagels & cookies.

[rmallon2@aol.com](mailto:rmallon2@aol.com)

### **Tilden Lake Hike, 2A (6 mi)**

Saturday, April 27 10:00 AM

Jon Heinson 925-899-2953

This hike through the redwoods and other tree cover should be great for whatever the temperature is. It starts at the Brazilian Building (100 Wildcat Canyon Rd), wanders through redwoods around Lake Anza, parallels a sleepy creek, and circles Jewel Lake aka mud hole. This hike is suitable for almost everyone. We stop halfway for a picnic at picnic tables. Please bring food and beverages with some to share.

Directions: **From Hwy 80** take University exit in Berkeley, travel east to Oxford to Rose, right on Rose to Spruce. On the top of hill cross intersection. Spruce becomes Wildcat Canyon Road. Continue for 2 miles to Brazilian Building at left. **From Hwy 24** exit Fish Ranch Road to Grizzly Peak Blvd; turn right and continue to Golf Course Road; turn right to stop sign; right Shasta Road; Shasta dead ends into Brazilian Building parking lot.

**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

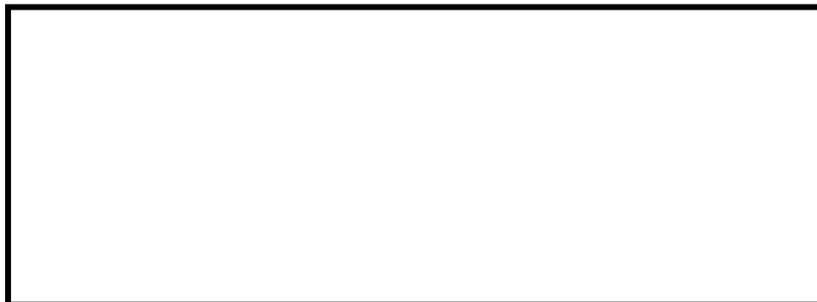
I enjoy the following: Hiking/Walking  Cycling  Camping  Backpacking  DH Skiing  XC Ski

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**.