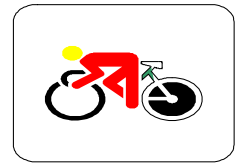


May 2018



# 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: April 18.

**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](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	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

### Thanks to our Wonderful Leaders

The Hikanbyke Club depends on volunteers to lead events every month. A BIG Thank You to those who volunteered in the months of March and April. It's rewarding be a leader. You can even get a free membership!

Trish Hewison  
Joan Friedman  
Rebecca Mallon  
Pat Baran  
Don Acamo  
Jon Heinson  
Ken Karda  
Blanche Korfmacher  
Ann Lindner  
Diane Savard  
Dick Duker  
Joanne Lagerstrom  
Pat Perez  
Niels Povlsen  
Frank Nolte  
MaryAnn Acamo  
Arleen Sakamoto  
Ariane Franc  
Rose Azalde  
John Murrell  
Carla DenDulk  
Gretchen Hayes

Robert Bradley

## Future Events

### Woodminster Open Air Theater

July 5, August 2, August 30  
[Jeheinson@gmail.com](mailto:Jeheinson@gmail.com) (925)899-2953

Join Jon this year for three 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 three shows this year are:

**Oklahoma on July 5th**  
**Joseph: the amazing technicolor Dreamcoat Aug 2**  
**In the Heights Aug 30**

Note: *In the Heights* was the first musical by the same playwright as *Hamilton* and received many awards

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](mailto:Jeheinson@gmail.com). (925)899-2953

### 2018 Car Camping Trips – Solo Sierrans and Hikanbyke

#### **Big Basin Redwoods State Park**

**Tues June 12–Fri June 15 (3 nights)**

Diane Burke  
[diane.burke@sbcglobal.net](mailto:diane.burke@sbcglobal.net)  
Co-leader: Stan Wong  
Established in 1902, Big Basin Redwoods is California's oldest state park. In the heart of the Santa Cruz Mountains, its biggest attractions—literally—are its ancient coast redwoods. Some of

these giants are more than 50 feet around and as tall as the Statue of Liberty. The park also offers spectacular views of the Pacific Ocean, lush waterfalls, and a fascinating natural and cultural history. Elevations in the park vary from sea level to over 2,000 feet. The park has more than 80 miles of trails. There are restrooms and showers. To reserve, please send a \$50 check MADE OUT TO SOLO SIERRANS c/o Diane Burke, 3758 Mario Ave, Redding CA 96001. INCLUDE YOUR ADDRESS, EMAIL + HOME AND CELL PHONE #s.

#### **Near Lake Alpine**

**Mon Aug 6 – Fri Aug 10 (4 nights)**

Howie Herskowitz .....  
[howard@itsolutions.net](mailto:howard@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](mailto: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.](http://3731BarringtonDr.com)

[Concord CA 94518](#). 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  
There will be rides and hikes prior to the annual potluck picnic at noon. Everyone enjoyed the location last year, so we will repeat! More details will follow when we get closer to the date.

Questions?? Rebecca:  
[rmalon2@aol.com](mailto:rmalon2@aol.com)

### 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 a great price. More details will follow when we get closer to the date.

Questions?? Rebecca:  
[rmallon2@aol.com](mailto:rmallon2@aol.com)

## May 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](mailto:thewison@att.net), (925-212-7047).

### **Lake Merritt Walk & Dinner**

Wednesday, May 2 5:30 PM  
Niels Povlsen [\(510\) 375-1521](tel:(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, May 4 9:30 AM  
The 'regular' leader is out of town. But that doesn't mean the 'regular' walkers or newcomers have to skip this walk. The sun should be shining; the companionship will be great - as always. If any of you want to step in and lead, send a google groups announcement.

[hikanbyke@googlegroups.com](mailto:hikanbyke@googlegroups.com) Or the walkers can just show up and do our regular routine. "Meet near the flagpole, walk clockwise on the 2.7 mile paved path and meet again downtown behind Noah's Bagels for drinks and conversation".

### **Bike to Work Day 2018**

Thursday, May 10, 7:00 AM  
No host  
Join the fun on Bike to Work Day, Thursday, May 10. Visit Energizer Stations in the morning and Bike Happy Hour celebrations in the evening all over the East Bay.

### **Pledge to Ride**

<https://bikeeastbay.org/civicrm/event/register?reset=1&id=1187>  
Ride together and show your East Bay cities and counties that bikes count. Sign the pledge and you'll be entered in a drawing to win one of our sweet Beautiful Machine T-shirts.

### **Volunteer**

Volunteers needed for all kinds of fun tasks, including stuffing Bike to Work Day bags, outreach at Energizer Stations and throwing Bike Happy Hour parties.

### **Find an energizer station near you!**

Stations are open all morning with refreshments, free Bike to Work Day bags and high fives for everyone riding by.

Click [this link](#) to find a station near you!

### **Get your workplace ready for Bike to Work Day**

Bike East Bay is here to support you in encouraging your co-workers to ride on Bike to Work Day. Our digital [employer toolkit](#) contains posters,

images and text for social media, and great tips to help people get riding.

### **Take a Free Urban Cycling Class**

<https://bikeeastbay.org/Education>  
Ready to try riding around town? We're here to help. Sign up for a free bike education class.

### **Celebrate at Bike Happy Hour**

Pedal away from work to Bike Happy Hour, the after-parties for Bike to Work Day. Find a party near you. <https://bikeeastbay.org/events/bhh2018>

### **Lafayette Reservoir Walk**

Friday, May 11 9:30 AM  
The 'regular' leader is out of town. But that doesn't mean the 'regular' walkers or newcomers have to skip this walk. The sun should be shining; the companionship will be great - as always. If any of you want to step in and lead, send a google groups announcement. [hikanbyke@googlegroups.com](mailto:hikanbyke@googlegroups.com) Or the walkers can just show up and do our regular routine. "Meet near the flagpole, walk clockwise on the 2.7 mile paved path and meet again downtown behind Noah's Bagels for drinks and conversation".

### **Joaquin Miller Park Hike**

Saturday, May 12 10:00 AM  
Jon Heinson (925) 899-2953  
We meet at the Ranger parking lot at 10. We then go through the park for a bit over 5 miles relatively easy hike. We can stop at the end for lunch where there are nice picnic tables.

Directions: Hwy 24 to Hwy 13 south. Take Joaquin Miller exit up the hill to Woodminster exit to left. (signs are clear as to where to turn). 3300 Joaquin Miller Rd, Oakland  
Questions? Jon Heinson.

[Jeheinson@gmail.com](mailto:Jeheinson@gmail.com) mobile (925)899-2953

### **Pot Luck and Singalong**

Saturday, May 12 6:30 PM  
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-I bring an entree, J-R bring a salad, S-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 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.

### **Niels 70K ride (2T/ 42 +/-)**

Sunday, May 13 10:00 AM  
Niels Povlsen (510) 375-1521  
Co-listed with Golden Gate Cyclists  
Start at Brickyard Landing (my place)  
Bike 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.

### **Koffee Klatch**

Wednesday, May 16 9:30 AM  
Rose (925) 930-9407  
Ann (925) 938-9172  
Please join us for delicious bagels and tasty coffee at Noah's Bagels at 1903 Mt. Diablo Blvd, Walnut Creek for a bit of camaraderie. We look forward to seeing you. FREE PARKING is available.

### **Lafayette Reservoir Walk**

Friday, May 18 9:30 AM  
The 'regular' leader is out of town. But that doesn't mean the 'regular' walkers or newcomers have to skip this walk. The sun should be shining; the companionship will be great - as always. If any of you want to step in and lead, send a google groups announcement. ([hikanbyke@googlegroups.com](mailto:hikanbyke@googlegroups.com)) Or the walkers can just show up and do our regular routine. "Meet near the flagpole, walk clockwise on the 2.7-mile paved path and meet again downtown behind Noah's Bagels for drinks and conversation".

### **Lake Lagunitas & Lake Bon Tempe Figure 8 - Seven Mile Hike (2A)**

Saturday, May 19 10:00 AM  
Niels Povlsen (510) 375-1521  
Experience beauty, adventure, and variety on this hike. Tucked beneath the northwest flanks of majestic Mount Tamalpais, a duo of the Bay Area's loveliest lakes is situated in oak-wooded canyons. We'll start with L-shaped Lake Lagunitas, certainly the tiniest lake on this hike, then explore the shoreline of Bon Tempe Lake, as wide as it is long. We'll be treated to plenty of views of Mount Tamalpais while wandering through oak woodland, grassland, moist forest, and dry chaparral to reach serpentine knolls laden with spring wildflowers. The lakes are stocked with trout, which augments the osprey population and ensures the fishing pole sightings. Deer and raccoons are numerous, plenty of bobcats and foxes keep hidden, and

coyotes sometimes howl at night. We'll stop at the picnic tables between the lakes for another fabulous H&B potluck. Bring food/drink to share. And as a bonus - the picnic tables are along the Lake Lagunitas parking lot (where we will park) so we won't have to carry the food/drink.

Directions: Go across the Richmond/San Rafael Bridge. Head north on Highway 101. Take the Central San Rafael exit. Turn left on Third Street. 2. Stay on Third. It will turn into Sir Francis Drake Blvd. 3. Stay on Sir Francis Drake until you get to the Fairfax town limits. 4. Turn left immediately after the gas station at Pacheco Ave. 5. Turn right onto Broadway Blvd. 6. At the next stop sign turn left onto Bolinas Road. 7. Continue on Bolinas Road approximately 1½ miles (you will pass the Deer Park Villa restaurant). 8. At 700 Bolinas Road there is a wooden sign on your left saying "Lake Lagunitas." Turn left at the sign onto Sky Oaks Road. 9. Go up approximately 1/4 mile and Sky Oaks Watershed Headquarters is on the left at the crest of the hill. (If you miss the Sky Oaks Road turn-off and you get to the Meadow Club golf course you have gone too far.) Bon Tempe Reservoir is about ½ mile past the entrance gate. Lake Lagunitas is about 1½ miles past the entrance gate. After about one mile, you will come to a long straightaway and T-intersection. Turn right at the intersection; within 100 yards you will be at the Lake Lagunitas parking area. Carpooling advised: Last I checked the parking fee was \$8.00 (bring exact change)

### **Lafayette Reservoir Walk**

Friday, May 25 9:30 AM  
The 'regular' leader is out of town. But that doesn't mean the 'regular' walkers or newcomers have to skip this walk. The sun should be shining; the companionship will be great - as always. If any of you want to step in and lead, send a google groups announcement. ([hikanbyke@googlegroups.com](mailto:hikanbyke@googlegroups.com)) Or the walkers can just show up and do our regular routine. "Meet near the flagpole, walk clockwise on the 2.7 mile paved path and meet again

downtown behind Noah's Bagels for drinks and conversation".

## **Paso Robles Cycling Festival – “The Great Western Bike Rally”**

Friday-Monday, May 25 -28

This event has dozens of rides for avid to occasional cyclists and many activities for those who don't cycle.

Participants can either camp at the Fairgrounds or do the princess plan at one of the local motels. The rally provides maps and directions for all levels of cyclists. You choose when and where to ride or you can join in on an organized group ride.

Evening activities include Beer tasting, wine tasting and a pasta dinner, including exhibits and displays from vendors and cycling enthusiasts, concluding with a large BBQ on Sunday night. All of this is included in your registration fees. Register online at <http://www.greatwesternbicyclerally.com/>

Questions? Call Stan (925) 818-9332

## **Lafayette Upper Rim Trail Hike**

Sunday, May 27 9:00 AM

Carla den Dulk [\(209\) 988-4265](tel:(209)988-4265)

Since rain, and muddy trails foiled our April attempt, join us on the Rim Trail with beautiful views of the surrounding area, and hopefully some wildflowers. Meet at the flagpole in the center parking lot at 9 AM, bring water, walking poles are helpful for the steep up and down hills.

## **Memorial Day BBQ Picnic**

Monday, May 28 12 noon

Heather Farm Park, Walnut Creek

Patrick Perez (925) 915-9554

[patrick.perez.g4@gmail.com](mailto:patrick.perez.g4@gmail.com)

Co-listed with Beachcomber Singles

Join us for this great BBQ picnic. I will have an area reserved for our group. We will be in the area that is near the San Carlos Drive parking lot. It will be easy to walk to the picnic site from where you park. I will have blue balloons and a Beachcomber banner to mark the location. I will have my cell phone with me in case you get lost. I will

provide the coals, utensils, lemonade and hot dogs to grill. Bring your side dish, grill item, and beverage of choice. If you need to go to a store to purchase your food or beverage, there is a shopping center on the corner of Ygnacio Valley Road and San Carlos Drive. They have a great variety of food items and supplies for the picnic. I will have 2 tables in the shade to keep your food cool. If it is warm that day, bring a swim suit for the pool nearby. There is a beautiful rose garden on the west side of the pond to enjoy as well.

Directions: The park is located on North San Carlos Drive which intersects with Ygnacio Valley Rd. Our location will be on the corner of Heather Drive and North San Carlos Drive, next to the swimming pool 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**.