



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.

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 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:
mallon2@aol.com

Annual Hikanbyke Holiday Luncheon

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

September 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)

Swad Indian Cuisine Buffet Lafayette

Sunday, September 2 11:30 AM
Patrick Perez 925 915-9554
patrick.perez.g4@gmail.com

Swad India is the finest Indian restaurants feature some of the outstanding authentic North Indian Cuisine served with no additives or preservatives in elegant surrounding premises. This is the best Indian buffet that I have experienced. It is an all you can eat buffet. You will not go away disappointed with what they serve. They have vegetarian entrees and tandoori chicken and a meat type of stew. Their bread Naan is served freshly baked and as much as you want to eat. If you can believe it the cost including tax is \$10.28! What a deal.

Directions: Swad India is located in at 960 Moraga Rd, Lafayette, CA 94549. To get there from the Concord area, take Highway 680 south to Highway 24 going west. Take Exit 13 to Central Lafayette. Use the right lane to turn into Deer Hill Road. Turn right onto First Street. Turn right onto Mt. Diablo Blvd. Use the left lane to turn onto Moraga Road. The restaurant will be on your left. You can park in their parking lot or street parking.

Labor Day BBQ Picnic – Heather Farm Park

Monday, September 3 12 Noon
Pat Perez 925 915-9554
Email: Patrick.perez.g4@gmail.com
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 North 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 US and Canadian flags to mark the location. I will have my smart phone with me in case you get lost. I will provide the coals, utensils, some beverages and hot dogs and chicken to grill. Bring your side dish choice and beverage. Please bring \$2 to cover the picnic supplies. I will have 3 tables in the shade to keep your food shaded. Remember to bring your lawn chairs or blanket, whichever you prefer. Please remember to bring sunscreen. The park offers ample parking, and an Olympic sized pool, a great rose garden, children's play area, short hiking areas, and a lot of open space for those of you who have equipment for volleyball, croquet, etc. Dogs are welcome, but they must be on a leash. No smoking please.

Directions: Take Ygnacio Valley Rd past John Muir Hospital and turn left on North San Carlos Dr. The park is located on North San Carlos Drive which intersects with Ygnacio Valley Road. Our location will be on the corner of Heather Drive and North San Carlos Drive. The location will be next to the swimming pool parking lot. However, it will be easier to park across from our site that is more ample parking and is closer. The USA and Canadian flags will be on your left and the parking lot entrance will be on your right. I will try to get the same picnic site which has a large tree.

S. F. Salesforce Transit Center Walking Tour

Thursday, September 6 10:15AM
Frank and Nancy 925-998-2807
Meet at the upper platform at Lafayette BART where we will take the 10:25 A. M. train to S. F., Montgomery St. station. Join us for this walking tour of the beautiful new SF transit center park, the old Rincon Annex Post Office to view the murals, and the Ferry Building to sip coffee, browse books at Book Passages, or buy some Cowgirl Cheese or Acme bread. Bring a bag lunch and beverage to enjoy lunch at the park as there are no convenient

places to buy food. Be prepared for cooler weather in the City by bringing a jacket. We will return to Lafayette, boarding BART at 2:15 P.M. at the Embarcadero station.

Lafayette Reservoir Walk

Friday, September 7 9:30 AM

Rebecca 925-323-3579

Our summer walks have been a bit hot! Hopefully as fall approaches, it will cool off. 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 near Noah's Bagels in Lafayette. See you there.

Rebecca 925-933-8033 home or
925-323-3579 cell

Potluck and Singalong

Saturday, September 8 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 be the Eagles, which includes "Hotel California". Of course, you are free to pick from any other 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 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, 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.

Directions:

6175 Snake Rd, Montclair District, 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.

H&B Annual Picnic

Sunday, September 9 All Day

Rebecca 925-323-3579

Miller Knox Park, Pt. Richmond, Check the club website for picnic flyer and specific directions.

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 event with great dishes brought by you, but also a BBQ will be lit with something to share. Our site is shaded but you may want to bring a lawn chair. 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.

Questions?? Rebecca:

rmallon2@aol.com

H&B Picnic Bike ride 1L16

Sunday, September 9 9:15 AM

Charlie Uhlman 925-370-1123

Join us for a leisurely ride before the picnic. We will head out on the beautiful Bay Trail and ride towards Berkeley for a little over an hour before returning to the picnic around 11:30. We ride at a fairly easy pace, but ANYONE can join us at their own pace (faster or slower) - and simply turn around at any time since this is an out-n-back ride!

Meet between 9 and 9:15 in the parking lot closest to the Marsh Hawk picnic site in Miller-Knox park. See the picnic flyer for directions, or go to

<http://www.ebparks.org/civicax/filebank/blobdload.aspx?BlobID=24380>

H&B Picnic Walk, 1A4

Sunday September 9 9:15 AM

Ginny/Sheri 925-370-1123

Let's walk for around 4 miles before the picnic. It is an easy paved route over to where the Red Oak Victory is sometimes berthed at Point Potrero. The route takes us past the Richmond Yacht Club and along the shoreline for fantastic views of the bay and San Francisco beyond. The route is flat and paved. Optional - if time permits, there may be the opportunity to take a self-guided tour of Red Oak Victory for \$12. Note - there is a scheduled pancake breakfast on 9/9, so if anyone is especially hungry then that is an option also!

Meet at 9:15 at the Marsh Hawk picnic site in Miller-Knox park. See the picnic flyer for directions, or go to <http://www.ebparks.org/civicax/filebank/blobdload.aspx?BlobID=24380>

Miller Knox Regional Shoreline Hike, 1A2

Sunday, September 9 10:00 AM

Diane Savard 925-864-7141

Join Diane prior to the Annual H&B picnic for a short but hilly hike with 360-degree views of the San Francisco Bay. We will meet at the picnic grounds at 10:00 (see picnic details) and be back in plenty of time to enjoy the picnic.

Lafayette Reservoir Walk

Friday, September 14 9:30 AM

Rebecca 925-323-3579

Our summer walks have been a bit hot! Hopefully as fall approaches, it will cool off. 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 near Noah's Bagels in Lafayette. See you there.

Rebecca 925-933-8033 home or
925-323-3579 cell

Lake Merritt Walk & Dinner

Wednesday, September 19 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.

Book Group Discussion and Potluck

Thursday, September 20 6:30 PM

Jean 510-534-5686

Frank 925-930-0133

David Grann's *Killers of the Flower*

Moon is a history of oil greed,

racism and serial murder.

Officially, at least 20 full-blood wealthy Osage native Americans were murdered in the 20's, but hundreds more may have been killed.

Call for directions

Palo Alto - Stanford - Woodside - Crystal Springs Bike Ride (3A/B25+)

Sunday, September 23 10:00 AM

Niels Povlsen 510 375-1521

hiknbyke@gmail.com

We'll begin our ride in Palo Alto, cruise through the beautiful Stanford campus, and meander up to Woodside where we can buy lunch at one of California's best delis. We continue up Canada Road to the Pulgas Water Temple where we will enjoy our picnic lunches. This is a nice ride through some lovely countryside. Suitable for strong beginners. Bring water and helmet is required. Bring or buy food. Note, we have a new starting place with bathrooms. Meet us at the Alexander Peers Park at the corner of Stanford Avenue and Park Blvd. There is plenty street parking. Call Niels if you can't find us. Co-listed with Hikanbyke.

Wildcat Canyon Hike 1A/B3-4

Saturday, September 29, 10:00 AM

Niels Povlsen 510-375-1521

hiknbyke@gmail.com

It's time to try something new. Wildcat Canyon is at the north end of Tilden. This hike features great views across the Bay. Of course great views require a little bit of climbing, but none of the climbs are too long. Bring your hiking poles. We will meet in Alvarado Park. There are bathrooms & there is water. We'll be done early enough to go to a nearby restaurant for lunch. Bring water.

Directions: To Alvarado Park & the Wildcat Canyon Staging area on the N. end of Wildcat Canyon

From El Cerrito, take I-80 east to Richmond, exit at Solano Ave. Turn left at the bottom of the off ramp onto Amador. Continue to the 2nd stop sign which is McBryde Ave, Turn right on McBryde & continue to the 1st stop sign.

From N. Richmond & Pinole, take I-80 west to the McBryde exit. At the bottom of the ramp turn left onto McBryde Ave. Follow McBryde to the 2nd stop sign. There are ornamental stone pillars & a tall hedge on the left. Park on the street and enter Alvarado.

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**.