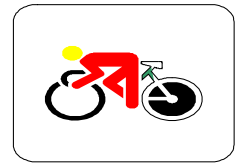


June 2018



# 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/mailling 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](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

GRADE	PACE
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

GRADE	Climb
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

### **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

### **Near Lake Alpine**

**Mon Aug 6 – Fri Aug 10 (4 nights)**

Howie Herskowitz .....

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

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 1 greet price. More details will follow when we get closer to the date.

Questions?? Rebecca:

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

### **Annual Hikanbyke Holiday Luncheon**

Wednesday, Dec. 12 12:30 PM

Delancey Street Restaurant, SF

More details later.

Rose [Rose9407@hotmail.com](mailto:Rose9407@hotmail.com)

## June 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).

Joan [joanmfriedman@aol.com](mailto:joanmfriedman@aol.com) (925-216-7833)

### **Lafayette Reservoir Walk**

Friday, June 1, 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

### **Yountville-Nichelini ride, 34.2 mi**

Sunday, June 3 10:00 AM  
Carolyn Mason 510-865-5049  
Roland Flamme 925-808-9524

This is a beautiful ride in the hills above the Silverado Trail. We will take a break at Nichelini Winery. Bring a snack—no food is sold at the winery. We will have late lunch/libations afterwards at R&D Kitchens, just a short walk (or drive) from the park. Here is a link to the route:

<https://ridewithgps.com/routes/13520233>

Start: Meet alongside the park at the end of Washington St., Yountville. Take Madison Ave. exit from Rt. 29, right at exit, then left on Washington St.

### **Mountain Play – Mamma Mia!**

Sunday, June 3 - Show starts at 2:00  
Diane Savard (925) 864-7141  
I would love to see this play again and you cannot ask for a better venue. We announced it in the March newsletter so we could get the discounted Senior tickets. We have 16 Hikanbykers going. It's too late to buy discounted tickets but if you decide you want to go on this date, buy tickets [here](#). Look for us under the tree. For the 15 people joining me, your tickets will be held at "Will Call" under the name Hikanbyke. Give them your name to collect your ticket. Looking forward to seeing you there.

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

Tuesday, June 5 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.

### **Todos Santos Music – The Purple Ones**

Thursday, June 7, 6:30 to 8:00 PM  
Patrick Perez 925-915-9554  
[patrick.perez.g4@gmail.com](mailto:patrick.perez.g4@gmail.com)

Tonight we have The Purple Ones perform to entertain us. They are the Insatiable Tribute to Prince (on Prince's 60th B-day). This is a free concert, but everyone donates what they feel they can donate to keep the series going. I would get there early to get better parking and a space on the lawn. I can reserve a spot for us for up to 4 people. I will have a blue balloon on one of the chairs. I plan to get there early enough to get a good spot. Bring finger food pot luck items and your choice of beverage. If you arrive earlier, you can visit the various Farmers Market booths. They have great produce that you can share with our group. Let me know if you are planning to come so I know to look for you.

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, June 8, 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

### **Corte Madera and Tiburon 20+ Mile Loop**

Sunday, June 10 10:00 AM  
Niels Povlsen 510-375-1521  
We'll have a few rolling hills (some more challenging than others) as we ride through Corte Madera and Tiburon along Marin County's favorite bike route. The auto traffic will be light, but we'll be

accompanied by lots of other cyclists. The start is at Corte Madera's Town Park which features plenty of parking and toilets. Directions: 580 West across San Rafael Bridge. Take Sir Francis Drake Exit; South on Hwy 101 to Tamalpais Drive Exit; Right on Tamalpais Drive; Right on Pixlie Avenue. Meet near the porta potties by the children's play area. Rain cancels.

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

Tues June 12–Fri June 15  
(3 nights)  
Stan Wong 925-686-2046  
Diane Burke

[diane.burke@sbcglobal.net](mailto:diane.burke@sbcglobal.net)

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.

### **Book Group Discussion and Potluck**

Thursday, June 14 6:30 PM  
Sandy 925-828-8718  
Frank 925-930-0133  
Michael Chabon's *Moonglow* is a tale of the madness of war and the adventure of sex and marriage and desire, of existential doubt and model rocketry, of the shining aspirations and demonic underpinnings of American technological accomplishment at midcentury, and above all of the destructive impact -- and the creative power -- of keeping secrets and telling lies.  
Call for directions.

### **Lafayette Reservoir Walk**

Friday, June 15, 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

### **Anthony Chabot Park Hike, 2B**

Saturday, June 16 10:00 AM  
Jon Heinson 925-899-2953  
Join us for a pleasant hike around Lake Chabot in the Anthony Chabot Regional Park. This hike includes the Columbine trail which runs along the backside of Lake Chabot. Bring lunch and water. Bring something to share if you wish. Lunch will be at the amphitheater in the campground. The hike is 9 miles, although not strenuous elevations.  
Directions: We meet at the Boat Marina/Cafe. From Oakland area take 580 south or from East Bay Concord area 680 to 580 west. Take last Hayward exit (Strowbridge) from east or First if from west. Proceed north to Castro Valley Blvd then right turn. A few blocks down turn left on Lake Chabot Road to the park. There is a \$5 parking fee.

### **Koffee Klatch**

Wednesday, June 20 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, June 22, 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

### **Indian Tree Open Space Preserve 7 mile (or so) Hike & Potluck**

Saturday, June 24 10:00 AM  
Niels Povlsen 510-375-1521  
Those who were on our inauguration hike through this Marin County preserve all loved it. These trails ascend through shaded woodlands to reach the ridge besides clusters of massive redwoods and fields of ferns. After the long ascent, the rewards of this hilltop experience make it hard to turn away and head back down to the civilized world. This is one of the best preserves to visit during a summer heat wave as the trails up the north facing slopes are cloaked in forests of oak, bay & madrone. Views along the way stretch from the nearby Stafford Lake to the outline of Mt. St. Helena. We will lunch at or near the summit in H&B style, by having (what else) a potluck. Bring food/drink to share. Don't forget: Sun block, hat and plenty of water. Directions: 580 West across San Rafael Bridge; exit North onto #101; Take Atherton Ave./San Marin Dr. exit; turn Left on Atherton Ave; continue on San Marin Dr.; continue on Sutro Ave.; Right onto Vineyard Rd for 2+ miles or so; Watch for trail head on left. Usually plenty of street parking on Vineyard. Meet at trail head - NO FACILITIES

### **Lafayette Reservoir Walk**

Friday, June 29, 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

### **Fernandez Ranch Hike 5-6 miles**

Saturday, June 30 10:00 AM  
Niels Povlsen 510-375-1521

Fernandez Ranch was purchased by the Muir Heritage Land Trust and opened in June 2010 to the public. Its pastoral beauty with green rolling hills is inhabited by cows that 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 that are also skittish and duck for cover. There is no potable water or restrooms as this area is remote and rustic so be prepared and 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, especially on Windmill which is our ending trail. There is a neat canyon filled with poppies and then 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 at a Restaurant in Martinez chosen by the group. 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

**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**.