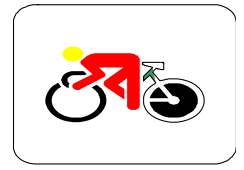


November 2018



# 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: November 15..

### **By E-mail:**

[friedmanjm43@gmail.com](mailto:friedmanjm43@gmail.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/](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**

### OCTOBER THANK YOUs!

Thanks to all who led events in October. Keep up the good work!

Trish Hewison	Joan Friedman
Nancy Nolte	Lynne Harris
Joanne Lagerstrom	Niels Povlsen
Pat Perez	Rebecca Mallon
Jon Heinson	Dick Duker
Diane Savard	Gretchen Hayes
Frank Nolte	Jerry Gulick
Carol & Ed Addison	

## 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 season at our favorite venue. Music, drinks, appetizers and a buffet for 1 great price. See the flyer for details. Directions, where to send you check - by 11/24 - for \$25 member and \$35 non-member ticket price.

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

### Annual Holiday Luncheon

Wednesday, Dec. 12 12:30 PM  
Delancey Street Restaurant, SF  
Rose [Rose9407@hotmail.com](mailto:Rose9407@hotmail.com)

This holiday luncheon in San Francisco has been a popular activity so we hope you will join us for a memorable outing. We plan on meeting outside the Ferry Building at 11:00 AM to walk around and perhaps grab a cup of coffee before we walk to the restaurant--if you do not wish to walk, a streetcar is available.

This year the payment method will be different in that I need for you to mail me your check with menu selection **on or before Monday, December 3**, so I can notify the restaurant of the menu choices. Make check payable to: Rose M. Azalde. My address is 1977 San Miguel Dr., Walnut Creek, CA 94596. The charge is \$37.00, WHICH WILL INCLUDE COFFEE OR TEA, whereas in previous years, an extra fee was charged. Wine and other drinks can be ordered at the bar, not included. Also, cup of homemade Soup of the Day is included along with assorted house made focaccia bread and of course, their delicious homemade dessert. Your choices are:

1/2 Rotisserie Rosemary Garlic Chicken  
BBQ Chicken  
Grilled Salmon  
Kale and Brussel Sprout Salad  
Pasta Pesto  
Pasta Bolognese

After lunch, we will walk up Market Street, with our first stop being at the Palace Hotel where the decorations are awesome. We can then decide in which direction we want to head.

Looking forward to seeing you on the 12th.

### Christmas Party - Hercules

Saturday, Dec. 15 5:30 PM  
Appetizers, 6:00 PM Dinner  
Jerry Gulick: (510) 799-7447  
[ggulick3724@sbcglobal.net](mailto:ggulick3724@sbcglobal.net)

\* E-mail Reservations Required by Dec. 13\*

Jerry's putting on his 20th annual Christmas party at his house in Hercules. It's always a great time and there'll be lots of Christmas cheer for all. Jerry will cook the main dishes while you provide the side and dessert items. We'll have a gift exchange (don't be a Grinch - value of gift should be \$10.00 or more and new items only. There will also be a special guest appearance by you know who. The first 20 men and 20 women to sign up will be treated to this Christmas delight for just \$10 each. Sign up early as this event always fills up. Reserve your space now so Jerry can plan the food. RSVP by e-mail only  
[ggulick3724@sbcglobal.net](mailto:ggulick3724@sbcglobal.net)

### San Francisco Symphony Rehearsal

Thursday, January 31, 8:10 AM  
David Weiner 925-382-3381  
Roland Flamme 925-808-9524  
Bringing back a tradition that Hikanbyke has done in the past. The SF Symphony is having an open rehearsal on Thursday, January 31. It's a wonderful morning with an informative pre-rehearsal lecture on BEETHOVEN'S PASTORAL SYMPHONY (see below) for 30 minutes before the rehearsal. Then you get to hear the entire orchestra "tune up" for the full performance later in the day. General admission tix are just \$30 (bought morning of event) plus add \$1 for all the coffee and donuts you want prior to the lecture. Afterwards, we may pick a local place to enjoy lunch together. This event is "Bartable", a 4 block walk from Civic Center Station. What you must do: You buy your own tix at the box office the morning of the rehearsal. Be at the ticket office by 8:10 AM. We will try to get seats together, not guaranteed. I will email instructions to you but you must email me first that you are going (DanvilleDave at MSN dot Com). Co-leader Roland Flamme. Invite your friends. I have invited more than one group to join us.

## November Events

### 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 [joanfriedman@aol.com](mailto:joanfriedman@aol.com) (925-216-7833)

### 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.

### Lafayette Reservoir Walk

Friday, Nov 2 9:30 AM  
Rebecca 925-933-8033 home  
925-323-3579 cell

Fall is here. Winter approaching. With luck the colors will stay. Meet near the flagpole to walk 2.7 miles on the paved path. Weather permitting, we go for drinks and treats near Noah's Bagels downtown. RAIN CANCELS. Watch for google group alerts.

### Napa to Rutherford Loop, 35 Miles/Grade 2 /Pace T

Saturday, Nov 3 10:00 AM  
Dick Duker 510-705-2447

Join us for a 35-mile bike ride in Napa, and hopefully see some fall colors. The ride is mostly flat, but there are some rollers on Silverado Trail. We will buy lunch at the market in Yountville and eat at a local park.

**Bring:** bicycle, pump, helmet, water, money. **Meet:** Dry Creek Park on Dry Creek Road in southern Napa at 10:00 am (we leave at 10:15 sharp). **Directions:** Take Hwy 29 north from Vallejo, exit from the freeway and go west (left) on Trancas/Redwood

Road. After about a mile, turn right onto Dry Creek Road. A half mile later you will see the park on the right. Park on the street next to the park. There is an outhouse at the park.

### First Sunday Breakfast

Sunday, Nov 4 9:00 - 11:00 AM  
Pleasant Hill Senior Center  
Don & MaryAnn Acamo: 925-899-5030

What a great way to start your Sunday Morning. Take your wife, Girlfriend, Husband, Boyfriend, Children, Grandchildren or a close friend. Lots of parking and you can make it even more event full and ride your bike there. It's a unbelievable breakfast for \$5.00. No tax and no tip. It's all you can eat and includes Pancakes, French Toast, Biscuits and Gravy. Sausage. Scrambled eggs. Juice and Coffee. Support your Senior Center and have a great time. The food is delicious.

### Lake Merritt Walk & Dinner

Wednesday, November 7 5:30 PM  
Niels Povlsen 510-375-1521  
[hiknbyke@gmail.com](mailto: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. This will be the first Lake Merritt walk of the season where you will be able to fully enjoy the "Necklace of Lights" around the Lake.

### Lafayette Reservoir Walk

Friday, Nov 9 9:30 AM  
Rebecca 925-933-8033 home  
925-323-3579 cell

Fall is here. Winter approaching. With luck the colors will stay. Meet near the flagpole to walk 2.7 miles on the paved path. Weather permitting, we go for drinks and treats near Noah's Bagels downtown. RAIN CANCELS. Watch for google group alerts.

### Ferry Building to Larkspur Bike Ride (33 +/- L/T)

Saturday, November 10 9:00 AM  
Niels Povlsen 510-375-1521

Let's start with the ferry ride from the Larkspur Ferry. **Ferry leaves at 9:30 AM**

Join us for everyone's favorite ride with a bonus. This time we'll start with the ferry ride, meeting at the Larkspur Ferry. The ride will start from the Ferry Building at 10:30 AM coinciding with the arrival of the ferry. From the Ferry Bldg. we will bike through Fisherman's Wharf, Crissey Field, up to and over the Golden Gate Bridge, coast down to Sausalito; pedal through Mill Valley; stop for lunch in Tiburon; and, for a bonus, continue around beautiful Paradise Cove to Larkspur Landing. With the ride over we can relax at the Marin Brewing Company for a much-deserved libation before heading home. The ferry cost is \$12.00 (Clipper Card \$7.75/Senior/65+ - \$6.00 cash or clipper card). Helmets are required, bring lunch or buy it in Tiburon & don't forget water. **DIRECTIONS:** From the East Bay cross the Richmond San Rafael Bridge, take the 2nd exit to Sir Francis Drake Blvd. Turn left at the 2nd light into the ferry terminal parking. Parking is free.

### Cornerstone Gardens & Lunch

Thursday, November 15 9:00 AM  
Don & MaryAnn Acamo: 925-899-5030

We will be meeting at our home at 8:30 AM and carpool to the Cornerstone Gardens, Sonoma. The Gardens are an ever-changing series of gardens showcasing innovative design from international and local landscape architects and designers. We will also have the chance to browse the marketplace featuring a collection of world class shopping, boutique wineries and tasting. Afterwards we will travel to the quaint and historical town of Sonoma for lunch. If there is time we will explore the town. This will be a RSVP event and rain will cancel.

### Book Group Discussion and Potluck

Thursday, November 15 6:30 PM  
Nancy Nolte 925-930-0133  
Frank Nolte 925-301-6088  
Joan Silber in *Improvement* has written a series of interconnected



stories about a single mother whose boyfriend, after being released from prison, gets involved in a smuggling scheme with friends. They try to talk Reyna, the mom, to join them in the scheme with disastrous results that lead to another story. The characters foolishly make bad choices and suffer the consequences, yet they also exhibit a certain amount of loyalty, generosity and kindness. Call for directions.

### **Lafayette Reservoir Walk**

Friday, Nov 16 9:30 AM  
Rebecca 925-933-8033 home  
925-323-3579 cell

Fall is here. Winter approaching. With luck the colors will stay. Meet near the flagpole to walk 2.7 miles on the paved path. Weather permitting, we go for drinks and treats near Noah's Bagels downtown. RAIN CANCELS. Watch for google group alerts.

### **Briones/Alhambra Creek Hike 2B**

Saturday, Nov 17 10:00 AM  
Jon Heinson 925-899-2953  
About half of this trail (approx. 8 miles total) is shaded and the rest exposed to sun. We proceed along Alhambra Creek and go up a steady climb to the top. A strong beginner should be fine for this hike. At top of hill we pass through a fence and down into a valley and back up. About 3/4 there are full restrooms and water station. Need to drink a lot of water. At the end of hike we stop for lunch at approx. 1:00 PM in the picnic area near parking. Parking can sometimes cost \$5.  
Directions: Hwy 680. Take Pleasant Hill exit, go straight ahead to Gregory and turn left. Gregory becomes Greyson. Follow to the end at cemetery and turn right on Reliez Valley Road. A couple of miles turn left into Briones Regional Park at Alhambra Staging Area.

### **Potluck and Games Night at Jerry's**

Saturday, November 17 6:30 PM  
Jerry Gulick 510-799-7447  
[ggulick3724@sbcglobal.net](mailto:ggulick3724@sbcglobal.net)

### **Reservations Requested**

Let's go to Jerry's and have some delicious food and fun playing board and card games with all the new friends we'll be making at this potluck. Give Jerry a call and tell him what delightful dishes you will be bringing that you can share with 4 to 6 people. Remember to bring a drink to share and \$2 to help defray costs for paper products provided by Jerry. There is usually a good turnout and we break into small groups to play games our guests bring. Jerry also has a ping pong table set up and ready to use.

Directions: Call to RSVP and for directions

### **Martin Luther King Regional Shoreline Bike Ride (1T19)**

Sunday, Nov. 18 10:00 AM  
Diane Savard 925-864-7141

If you want an easy ride with fantastic views, then this is the one. This is an easy and nearly flat bike ride, about half on paved trails free of traffic and nearly all with bay front views! And we have short cuts if 19 miles is too much. We'll follow the ML King path around the San Leandro Bay and then shoot down to the San Leandro Marina where you can almost reach out and touch the jets landing at OAK. We'll return via the Oyster Bay regional shoreline bike path and then circle Bay Farm Island, completing our loop by crossing over to Alameda briefly before completing our loop back to the start. See:

<http://www.regionalparksfoundation.org/document.doc?id=263> for a description and map.

Driving Directions: We begin at the Tidewater Boating Center. From I-880 in Oakland take the High St. exit and drive west towards the bay. Just before the High St. Bridge, turn left on Tidewater Avenue. Look for the Tidewater Boating Center sign 1/8 mile ahead on the right. Turn right and continue to the end of the street. There is no charge for parking, there are restrooms and water. It is also a short distance from the Fruitvale BART station.

### **Thanksgiving Day Strawberry Canyon Walk**

Thursday, November 22 10:00 AM  
Niels Povlsen (510) 375-1521  
Heighten your appetite for turkey dinner with a brisk 2 to 3 hour walk in Strawberry Canyon above UC Berkeley. Enjoy the fall colors - stay out of the way of the cooks & begin the holiday with friends. Meet at trailhead off Centennial Drive above UC Berkeley Stadium. Come early as parking is very limited or park by the pool/tennis courts and walk up to the trailhead. Parking permits are not required on Thanksgiving.

### **Day after Thanksgiving Bike Ride 36 mi/2.5 L-M**

Friday, November 23 10:00 AM (Sharp)  
Blackhawk/Livermore/Danville (36 miles, leisurely pace, some hills-1,200' total gain)  
David Weiner cell 925-382-3381  
DanvilleDave at MSN dot com  
Roland Flamme 925-686-9153  
This is the 5th annual "Day After" ride. Join Roland Flamme and David Weiner as we work off the "T" day stuffing and ride the rural areas around Livermore. Meet at the StarSucks, 4000 Blackhawk Plaza Circle, Danville parking lot for an enjoyable ride around rural and not so rural Blackhawk / Livermore/Danville area. Parking - courtesy note - please park in the adjacent office building parking lots to allow the main lot for store customers. Bring money for lunch at a local eatery at end of ride and possible coffee stop during. Event listed with Hikanbyke and WC "Folks on Spokes" Srs.

Directions to Blackhawk Plaza: Take Crow Canyon Road exit east off I-680. Go 4 miles to the intersection with Camino Tassajara, Continue on Crow Canyon (becomes Blackhawk Road) Make first right turn into Blackhawk Plaza Circle. We'll be in the parking area opposite StarSucks.

Rain or significant chance of rain cancels. Call if in doubt. Bicycle helmets are mandatory! Carpooling is encouraged.

### **Lafayette Reservoir Walk**

Friday, Nov 23 9:30 AM  
Rebecca 925-933-8033 home  
925-323-3579 cell

Fall is here. Winter approaching. With luck the colors will stay. Meet near the flagpole to walk 2.7 miles on the paved path. Weather permitting, we go for drinks and treats near Noah's Bagels downtown. RAIN CANCELS. Watch for google group alerts.

### **Rockridge Stroll Urban Walk**

#### **1A**

Saturday, Nov. 24 10:00 AM  
Diane Savard 925-864-7141  
Join Niels and Diane at the corner of Broadway and Lawton Avenue in Rockridge for an Urban Walk in Rockridge. The walk has wonderful views of the SF Bay Area. It encompasses 22 staircases. It's only 3.96 miles and has 1283 steps. We can go to lunch afterwards if everyone wishes.

### **Light up the Night in Downtown Pleasant Hill**

Wednesday, Nov 28 6:30 - 8:30 PM  
Crescent Drive – Downtown Pleasant Hill  
Patrick Perez 925-915-9554  
[Patrick.perez.g4@gmail.com](mailto:Patrick.perez.g4@gmail.com)  
Join Santa and others in lighting up Downtown Pleasant Hill for the holiday season. Holiday Crafts Fair, Carriage Rides, Caroling & Studio A Dancers on the Plaza Stage, free hot chocolate & cookies, merchant giveaways and lots more fun for all the family. We will meet in front of Pete's Coffee. Heavy coats and clothing are advised since it was real cold last year when people used blankets to bundle up at this festival. Rain or extreme cold will not cancel this event.

Directions: From Lafayette, take highway 24 east bound to NB 680, exit at Contra Costa Blvd. Turn left at the light at Boyd, then go one block to Crescent and make a right. Half block to the parking garage. Parking is free. Exit the parking lot and go past the theater 2 blocks to the restaurant. Don't forget to bring your Sweet Tomatoes coupons with you to share for a reduced price for dinner. Pete's Coffee is located at 65

Crescent Drive. Parking and admission are free.

### **Lafayette Reservoir Walk**

Friday, Nov 30 9:30 AM  
Rebecca 925-933-8033 home  
925-323-3579 cell

Fall is here. Winter approaching. With luck the colors will stay. Meet near the flagpole to walk 2.7 miles on the paved path. Weather permitting, we go for drinks and treats near Noah's Bagels downtown. RAIN CANCELS. Watch for google group alerts.

**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**.