



Hikanbyke Highlights

DUES INCREASE effective June 1 \$15/year, \$35/3 years. Check your address label to ensure delivery of news letter.

Next Event Planning & Potluck
Date: Tuesday June 16 6:30 PM
Place: Robin's house
Directions: Call (925) 829-8799

Deadline for next issue: June 21
By E-mail: DLSavard@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.

Next Collating Meeting & Potluck
Date: Thursday June 25 6:30 PM
Place: Champa Kridalani
Directions: Call (925) 933-9049
To submit events for the next issue of the newsletter:

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@sbcglobal.net of any changes to your email. You can send him an e-mail anytime, or note it on the membership renewal form. If your email is current in our member database you will receive a reminder when your subscription is about to expire

Hikanbyke Web Site:
<http://www.hikanbyke.org>

Visit our website for club information, club policies, photos from events, a "condensed" version of the activities schedule and more.

STATEMENT OF PURPOSE

We are a non-profit group of single friends, dedicated to sharing the enjoyment of activities, such as biking, hiking, skiing, jogging, dining and camping, in a supportive, non-threatening atmosphere.

Club Coordinators

Membership / Missing Newsletters:
Charlie Uhlman (925) 988-6001
Email: cju2 at sbcglobal dot net

Membership Questions & Mailing:
Jeannette Dothee (925) 872-2834
Email: Hyknbyk2 at aol dot com

Treasurer:
Niels Povlsen (510) 375-1521
Email: Hikanbyke at fastmail dot fm

Newsletter Editor:
Diane Savard (925) 864-7141
Email: dlsavard 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.

Unless specifically invited by the event leader, **no** animals are permitted on events.

Email lists: Hikanbyke maintains three email lists. These lists are open to all and you may subscribe to any or all lists. You must be subscribed to each list before you can post a message to it. You may also visit the Google Groups website to create a profile, register to email lists, and select delivery options at: <http://groups.google.com/> You must include your name and contact information in every post. For more help and to read our policy, visit our website: <http://www.hikanbyke.org/>

1. H&B ANNOUNCEMENT LIST

This list is for notification of unscheduled events or last minute information. Please review the list policy before using. To subscribe, send an email to Hikanbyke-subscribe@googlegroups.com To post a message, send an email to Hikanbyke@googlegroups.com To unsubscribe, send email to Hikanbyke-unsubscribe@googlegroups.com

2. H&B CLASSIFIED LIST

For-sale items of any type, services (seeking or providing), solicitations for other clubs or organizations, etc. To subscribe send an email to: HB-Classified-subscribe@googlegroups.com To post, send an email to: HB-Classified@googlegroups.com To unsubscribe or change your email, visit the Google Groups website.

3. H&B BLOG/DISCUSSION LIST

This is our discussion list. Rants, raves, gripes, political, personal, religious, - whatever. As long as its not explicit, hateful, or illegal. "Replying to all" is permissible here. To subscribe, send an email to HB-blog-subscribe@googlegroups.com To post, send an email to HB-blog@googlegroups.com **To unsubscribe or change your email, visit the Google Groups website.**

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

DUES INCREASE effective June 1 - \$15/year, \$35/3 years. Check your address label to ensure delivery of news letter.

Thanks to our Leaders

In March and April we were blessed with many sunny days and the early start of Daylight Savings time so we could get outside for more events. Once again, we had several people lead more than one event. It's not hard to do...we need more "new" leaders! Go to club web site <http://www.hikanbyke.org> to find the sign in waivers and directions to write up your event for the newsletter. Thank you Champa, for hosting your first event!

Rebecca Mallon	Robert Bradley
Joanne Lagerstrom	Kathy Zalecki
Rose Azalde	Ann Lindner
Rudy Thorwirth	Niels Povlsen
Greg Norman	Gretchen Hayes
Frank Nolte	Donita England
Roland Flamme	John Murrell
Liz Redon	Jean Tokarek
Stan Preftokis	Leanne Nelson
Trish Hewison	Bob Livsey
Rita Liston	Lorraine Kent

Joan Friedman	Champa Kridalani
Ariane Franc	Vivian Dondero
Stan Wong	Charlie Uhlman
Karen Hemmeter	Liz Van Houten
Marlene Hanson	Joel Lipkin
Don Acamo	MaryAnn Acamo

UPCOMING EVENTS

3rd Annual 2009 Hikanbyke Cruise

Sunday October 25 thru Tuesday November 3
Don Acamo (925)899-5030
MaryAnn Acamo (925)935-2723
We are now accepting reservation to join us for a 10 day cruise on the Ruby Princess for a Southern Caribbean Medley. We will be visiting Princess Cays (Bahamas) St Thomas (Virgin Islands) Dominica, Grenada, Bonaire, Netherlands Antilles) and Aruba plus 4 relaxing days at sea. This will be an exciting adventure leaving out of Ft Lauderdale and being in the Caribbean during Halloween. Wow! It's going to be a celebration. Inside cabin including tax is \$916, obstructed view \$966. and a balcony is only \$1267. Double occupancy. In addition to this great price, I got our club a \$100 dollar on board room credit. If your a member of the Princess Captain Circle, no deposit is required and additional \$75.00 room credit will be added to your already \$100 dollar room credit. If your not a member than a 20% deposit will be due within 3 days of your booking and the balance of the cruise is due on August 11, 2009. We have reserved late night dining for our group giving us time to get together for our nightly happy hours and more time to visit the ports of call. Airfare can be obtained thru Princess or on your own. We are planning on spending extra time in Fort Lauderdale prior to the cruise. Their is so much to see and do. If you would like to join us give me a call: 925-899-5030. The main thing is don't wait to the last minute. What's good about Princess is that you can cancel and get a full refund up till Aug 11, 2009. We will have a pre-cruise party for all those joining us.

May - June Events

Mixed Doubles Tennis in Walnut Creek

Every Wednesday 1:30 PM
Every Thursday 9:00 AM
Robert
Call Robert for further information

Napa Country Iris Garden/Picnic Lunch

Saturday May 2 9:45 AM
Lorraine
The flower display at the Napa Country Iris Garden is not to be missed! This year there are 443 varieties for viewing including 72 new varieties. Displays are spectacular - bring your camera! Iris bulbs are offered for sale, as available. Purchases made on day of visit will be shipped to you in the fall when dug out of the ground. Check out their website at 'http://www.napairis.com/'. Picnic tables are available - bring lunch or snack to enjoy prior to return home. We will meet at my house to carpool to the Gardens departing 10AM SHARP. Please call for directions from other locations or directly to the Iris Garden.

Lafayette Reservoir Walk

Monday May 4 9:30 AM
Rebecca
The paved lower trail is just 2.7 miles with a little up and down for a good workout. The walk takes about an hour. The parking meters take quarters only. 25 cents for 15 minutes. If you want more exercise, park in the residential area at the bottom and allow an extra 15 minutes to walk up. Meet at the flagpole, upper lot, at 9:30 for a prompt departure. We continue the fun at a local coffee shop. Questions? Call before 9:00 A.M.

Koffee Klatch

Monday May 4 9:00 AM
Rose
Ann
Let's return to Il Fornaio in WC and this seems to be the favorite meeting spot for all of you who attend. For the next three gatherings, it will be there at Il Fornaio -- easy parking and tasty goodies..

East Bay Mid-Week Ride

Every Wednesday May 6 5:45 PM

Rick
Trish

The Wednesday evening rides meet at 5:45 p.m. with a prompt 6:00 p.m. ride start. The location changes each week, and is announced over the e-mail service the day before. Some of the weekly rides are Mt. Diablo, Three Bears, Danville loops, Oakland Hills, etc., and are intended for intermediate-level riders. Look for the e-mail each week.

St. Helena Bike Ride 2T35

Saturday May 9 9:45 AM

Roland

Join me for this gentle rolling hills, and beautiful Napa Valley ride. We will stop for lunch in St. Helena at a local deli. The weather will be nice in May. Directions: From I-680 in the Diablo Valley, drive north to I-780. Then, east on I-80 to State Route 37. Follow 37 west to State Route 29. Then north to Trancas in Napa. West one block to Solano Ave. Meet in The Redwood Plaza Shopping Center.

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

Sunday May 10 10:00 AM

Niels

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

Lake Merritt Walk & Dinner

Tuesday May 12 6:30 PM

Niels

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

Wednesday May 13 9:30 AM

Rebecca

The paved lower trail is just 2.7 miles with a little up and down for a good workout. The walk takes about an hour. The parking meters take quarters only. 25 cents for 15 minutes. If you want more exercise, park in the residential area at the bottom and allow an extra 15 minutes to walk up. Meet at the flagpole, upper lot, at 9:30 for a prompt departure. We continue the fun at a local coffee shop. Questions? Call before 9:00 A.M.

East Bay Mid-Week Ride

Every Wednesday May 13 5:45 PM

Rick

Trish

See write up May 6.

Petaluma- Tomales Bike Ride 3T45

Saturday May 16 9:30 AM

Charlie cju2@sbcglobal.net

Stan swong522@sbcglobal.net

All the fields in Marin County will still be green and beautiful for this ride through rolling hills and dairy farms. We begin at Walnut Park on D St. in Petaluma. The first half of the ride is rolling hills heading west to the town of Tomales for lunch/snack stop at the bakery. After lunch there are several moderate climbs on Petaluma-Tomales Rd., Chileno Valley Rd. and Spring Hill Rd. as we make our way back to Petaluma. Directions from San Francisco: Hwy 101 North to Petaluma, exit on Washington St. (west), then left onto Petaluma Blvd. Right on D St. Park is located on corner of D St. and 4th St. There are facilities in the park.

Pot Luck and Sing-Along

Saturday May 16 6:30 PM

John

We have added a lot of new songs in recent years, so this time we have made a list of them for people to choose from. As usual, everyone will have a chance to pick any song of their choice. John and the gang are once again hosting another of the popular potluck sing-along at John's house in the Montclair district of Oakland. Don't worry if your voice is not that great, we are here to have fun. Bring a potluck dish to share if you plan to join the potluck. A-L brings an entree, M-S brings a salad, T-Z brings desert, and your own beverages. Also a musical instrument if you have one, we have song books.

Mt Tam History Hike 2B

Sunday May 17 10:30 AM

Celeste

This 2B hike explores the living history of Mt Tam, visiting old-timers camps and trails on the Northside and a 100 year old inn. Meet at 10:30 AM at the Bootjack parking area on Panoramic Hwy. Bootjack is about 2.5 mi miles past Mountain Home, on the right, about a mile before reaching Pantoll. Fee lot, carpooling recommended. Call to carpool from Emeryville.

Pinochle

Sunday May 17 5:00 PM

Lynn RSVP

Please RSVP so I know how many tables to set up. Please bring an appetizer or salad or beverage to share..

Lafayette Reservoir Walk

Tuesday May 19 9:30 AM

Rebecca

The paved lower trail is just 2.7 miles with a little up and down for a good workout. The walk takes about an hour. The parking meters take quarters only. 25 cents for 15 minutes. If you want more exercise, park in the residential area at the bottom and allow an extra 15 minutes to walk up. Meet at the flagpole, upper lot, at 9:30 for a prompt departure. We continue the fun at a local coffee shop. Questions? Call before 9:00 A.M.

Book Group Discussion and Potluck

Tuesday May 19 6:30 PM
Frank

In William Goldman's the Princess Bride. as Florin and Guilder teeter on the verge of war, the reluctant Princess Buttercup is devastated by the loss of her true love, kidnapped by a mercenary and his henchmen, rescued by a pirate, forced to marry Prince Humperdinck, and rescued once again by the very crew who absconded with her in the first place. Directions: from Hwy. 24 take Pleasant Hill Rd. exit North. At the split, take Taylor (on your left). At Pleasant Hill Rd. (really) turn right, go two blocks, and turn left onto Linda Lane. From 680 North, take Willow Pass exit, turn left, cross Contra Costa Blvd. and you will be one Taylor Blvd. heading slightly uphill. At Pleasant Hill Rd., turn left and go two blocks, then turn right onto Linda Lane. The house is on the left near the cul-de-sac. 205 Linda Lane, Pleasant Hill.

East Bay Mid-Week Ride

Every Wednesday May 20 5:45 PM
Rick
Trish
See write up May 6.

Evening of Social Bridge

Saturday May 23
at 7:00 PM
If you play bridge, come join us for a friendly card game.



RSVP by Wednesday, May 20. Contact Rita /Bob for details. Bring beverage or snack to share.

Memorial Day Lake Tahoe Weekend

Friday May 22 thru Monday May 25
Don
MaryAnn
This will be our last Lake Tahoe trip and we still have rooms available. We have reserved the Lakeview Lodge at Zephyr Point for the Hikanbyke club. All meals, welcoming dessert, Saturday and Sunday dinner, and Saturday, Sunday, and Monday breakfast and Light lunch for Saturday and Sunday are included along with 3 nights lodging. We have many activities planned for the weekend

which include museum visits, boat rides, and hikes. and games at night. The lodge dining room and outside deck has a beautiful lake view. We also have a meeting room with fireplace with many couches. If you would like to join us: send check payable to Don Acamo for \$210 dollars.

East Bay Mid-Week Ride

Every Wednesday May 27 5:45 PM
Rick
Trish
See write up May 6.

Lafayette Reservoir Walk

Friday May 29 9:30 AM
Rebecca
The paved lower trail is just 2.7 miles with a little up and down for a good workout. The walk takes about an hour. The parking meters take quarters only. 25 cents for 15 minutes. If you want more exercise, park in the residential area at the bottom and allow an extra 15 minutes to walk up. Meet at the flagpole, upper lot, at 9:30 for a prompt departure. We continue the fun at a local coffee shop. Questions? Call before 9:00 A.M.

Dining in the Bay Area

Saturday May 30 TBA
Stan
Fun, friends & fabulous food - An unbeatable combination. Join us for a memorable dining adventure at one of the best restaurants in the Bay Area. Call for more information. Due to popularity of this event, it is important to **RSVP** by Sunday night. Call to find out restaurant name.

Lake Tahoe Cabin / Bike Ride-Hike Weekend

May 29th ~ 31st 2009
(Option to come up a few days early or stay until Monday –call leader David)
What it's about? A fun weekend with friends. What we will be doing: bicycling (road), hiking, playing on the beach, hot tubing, and good things Tahoe. Details: The event is being held at the Après Ski Club Lodge, Kings Beach, north shore of Lake Tahoe and is co-listed with their members. For a preview of the lodge that is two blocks from the lake (highly recommended to get an idea of the lodge) go to

www.apres.org/v08/lodge/essay/.

Bring your sleeping bag, bathing suit, ear plugs, and fun games. Space is limited. On Saturday and Sunday you get (provided U help) a hot breakfast, make your own sack lunches and a special dinner Saturday night. For Saturday night, a delicious steaks or chicken dinner cooked over a charcoal fire. Including baked potatoes with all the trimmings, salad, etc. Yummy. Saturday night is dancing to music of the sixties. Please bring appetizers to share and BYOB. At all other times the kitchen is "no host". Costs: \$90 bunk room or \$100 deluxe room / double occupancy (Friday and Saturday night). Additional nights \$25/\$30. First come – first choice. Make your check payable to Après Ski Club and mail to David Include your phone number, cell number and where/when you will depart from. You must hear from me before your space is confirmed.

Contact: David
DanvilleDave@msn.com

Hikanbyke Potluck and Dance, Castro Valley

Saturday May 30 6:30 to 11:30 PM
Perry
Lori lcpullen@comcast.net
Hikanbyke invites everyone to a Potluck and Dance Party at Perry's. Where else would you find a swimming pool, a grand piano and space for the band and dancing all in the living room? Back by popular demand, for your dancing and listening pleasure, are The Good-timers, a genuine live band who play an infectious blend of rock and roll, swing, country, and lots of other stuff. If you have been to Perry's parties before, you would know that previous occasions resulted in five happy couples (we are keeping track!). Is it the magic of Perry's house or the delightful music of the Good-timers? Come and see for yourself! Bring items for the potluck, a beverage of your choice (please don't bring red wine) and \$10 for the band..

East Bay Mid-Week Ride

Every Wednesday June 3 5:45 PM
Rick
Trish
See write up May 6.

A Yosemite Celebration

" A farewell after 13 years"

Friday June 5 thru Monday June 8

Don

MaryAnn

This weekend is currently sold out with a waiting list. We would like to thank all of you who have joined us over the years. It has been a wonderful experience and we will truly miss it.

Greenbrae to the Headlands 3

Option Ride 3 or 4T 30t/-

Saturday June 6 10:00 AM

Niels

This ride is quickly becoming a favorite as we ride through some of the nicest that S. Marin County has to offer for most level of riders. The route is varied, mostly on roads with light traffic, some bike trails & lots of spectacular views. We're offering 3 options 1) moderate hills 2) more hills 3) to the top of Conzelman in the Headlands. Option 1 is suitable for strong beginners. The ride starts in Greenbrae, meanders through Larkspur, and continues through Corte Madera over a moderate hill to Mill Valley where we'll continue on the Bike Trail to Sausalito. From there some will ride through the Tunnel and others continue up to Conzelman with every one meeting at Rodeo Beach in the Headlands for lunch. Bring lunch, helmet & plenty of water and be prepared for fog at the beach. Directions: 580 across Richmond-san Rafael Bridge. Take Sir Francis Drake Blvd west; cross under 101; turn left on Barry Way (Eliseo Dr.); Park across from the shopping center.

Bear Valley, Old Pine, Woodward Valley, and Coast Loop 3B

Sunday June 7 10:30 AM

Liz

This is a very special hike which will include Sculptured Beach which is where the leader and her husband met in Hikanbyke, 7yrs. ago. This is a **12 mile** hike with great variety. You'll hike past forest, meadows and view the ocean many times. Pack along a good lunch, bring a camera, and plan to enjoy yourself at Sculptured Beach. We will begin our hike just past the visitor's center near the trailhead. Look for a red Subaru Forester and happy hikers gathering around. **Directions:** Take the Richmond San Rafael Bridge and

drive northwest on Sir Francis Drake Blvd. and head toward San Anselmo, driving 20 miles to the town of Olema. At Olema, turn right (north) on Highway 1 for 150yards. Then turn left on Bear Valley Road. Drive a half mile, then turn left at the sign for Seashore Headquarters Information. Drive a quarter mile and park in the large lot on the left, past the visitor center. **I will be at the Lafayette Bart Station at 8:45. Be there if you wish to car pool, and we depart PROMPTLY at 9am. Late comers will be left behind. Please do arrive at 8:45.**

Koffee Klatch

Monday June 8 9:00 AM

Rose

Ann

Let's return to Il Fornaio in WC and this seems to be the favorite meeting spot for all of you who attend. For the next three gatherings, it will be there at Il Fornaio -- easy parking and tasty goodies..

Lake Merritt Walk & Dinner

Wednesday June 10 6:30 PM

Niels

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.

East Bay Mid-Week Ride

Every Wednesday June 10 5:45 PM

Rick

Trish

See write up May 6.

Lafayette Reservoir Walk

Thursday June 11 9:30 AM

Rebecca

The paved lower trail is just 2.7 miles with a little up and down for a good workout. The walk takes about an hour. The parking meters take quarters only. 25 cents for 15 minutes. If you want more exercise, park in the residential area at the bottom and allow an extra 15 minutes to walk up. Meet at the flagpole, upper lot, at 9:30 for a prompt departure. We continue the fun at a local coffee shop. Questions? Call before 9:00 A.M.

Pinochle

Friday June 12

7-11 PM

Janet

Pleasant Hill

I can accommodate up to 4 tables (16 people). Please bring an appetizer/snack or beverage to share.

Hap McGee to Macedo Ranch 2B

Saturday June 13 9:45 AM

Elisabeth

lizzymag@appliedinstrumentation.com

This is a beautiful hike which begins at Hap McGee Park, on the border of Danville and San Ramon. It is a lovely little known trail which crosses under 680, climbs a steep hill, and follows a corridor through an upscale neighborhood, then over hill and dale to Macedo Ranch. There is approximately a cumulative elevation gain of 1600 feet, so you will feel like you have had a workout. Bring poles in case it is muddy, and plan on **4 ½ miles** out to Macedo Ranch, for lunch, and then return on the same trail for a **9 mile hike**. We will have lunch at Macedo Ranch. Rain does NOT cancel this hike. Please meet at 9:45 am so we can depart at 10, sharp.

"Man of La Mancha" Join us for the Annual Mountain Play

Saturday June 13 1:00 PM

Niels

Diane

Email Hikanbyke@fastmail.fm ASAP to reserve your place. Send a check for \$36.00 (\$21.00 if you are 65 or over) Do not delay in making your decision. We always sell out this event.

How to get there: The Mountain Play Express. Most people take advantage of the more common mode of Mountain Play travel and arrive in traditional style aboard a festive yellow bus affectionately called the Mountain Play Express. Free round trip Express shuttles leave continuously from 9:30a.m. to 12:15p.m. from the following locations in Mill Valley: Manzanita Commuter Parking Lot at the junction of Highway 101 and Highway 1 underneath the freeway.

AT THE END OF EACH MOUNTAIN PLAY PERFORMANCE, AFTER

THE CAST HAS TAKEN ITS FINAL BOWS, JOIN HUNDREDS OF FOLKS WHO HIKE THE 6-MILE WOODED TRAIL BACK TO MILL VALLEY.

<http://www.mountainplay.org/pix/hike-down-new.jpg>The six-mile trail from the Mountain Theatre winds through wooded areas, across scenic vistas with breathtaking views, passes historical sites and descends 1,900 feet to downtown Mill Valley. Pick up a Cliff or Luna bar donated this year to assist hikers, as you depart the Mountain Theatre. Volunteers and members of The Mountain Play Board of Directors serve as leaders and sweep, but it is a self guided hike.

IMPORTANT: Hikers should be in reasonably good physical condition. Be sure to have water and sturdy shoes. Hikers can make the hike more enjoyable by lightening their load. After curtain call, put all non-valuables (including picnic supplies and cushions) on the Mountain Play stage where they will be transported by the Mountain Play Express shuttle van to downtown Mill Valley. Hikers can pick up belongings at the Sunnyside parking lot where shuttle vans will take them back to their vehicles located at Manzanita Commuter

SF City Walk Soma/Yerba Buena Center

Saturday June 13 11:00 AM
Rose
Ann

Understand the history and development of the South of Market area from the earliest rough neighborhoods to the proud civic achievement that is today's Yerba Buena Gardens complex. View an exciting variety of buildings and architectural styles including an historic church, posh hotels, and the highest concentration of museums in the city. Even people familiar with the area will discover beautiful gardens and unique sculptures. We will meet in front of St. Patrick's Church, Mission St., between 3 & 4th Streets. EXACT DETAILS TO COME AT A LATER DATE.

Volunteerism & Hikanbyke Potluck Discussion

Monday June 15 6:30 PM
Joan or Niels

Let's get together to discuss all of the different ways Hikanbykers give something back to their communities by volunteering for causes they are passionate about. Fundamentally, volunteering is about giving your time, energy and skills freely. Unlike many things in life there is choice involved in volunteering. As a volunteer you have made a decision to help on your own accord, free from pressure to act from others. Volunteers predominantly express a sense of achievement and motivation, and this is ultimately generated from your desire and enthusiasm to help. Sometimes volunteers are regarded as do-gooders and those that hold that view also assume that one person can never make a difference. It may be true that no one person can solve all the world's problems, but what you can do is make that little corner of the world where you live just that little bit better. We'll learn how to find opportunities to volunteer in areas we are passionate about. By giving something back we can make small but significant, positive changes in our communities. And it feels good too. Location will be announced in a Google Groups announcement

Event Planning Meeting & Potluck

Tuesday June 16 6:30 PM

Place: Robin's house

Directions: Call

Time to work up next schedule of events. New Members: interested in co-leading an event? Come and find out how to do it. We'll find an "old" member to help you. Call for directions. Come and bring lots of new ideas for the upcoming new year.

East Bay Mid-Week Ride

Every Wednesday June 17 5:45 PM
Rick

Trish

See write up May 6.

Book Group Discussion and Potluck

Thursday June 18 6:30 PM

Diane

In Susan Casey's The Devil's Teeth

a journalist's obsession brings her to a group of remote, unpopulated islands 27 miles from the Golden Gate Bridge. For three months each year they become the home to the world's most mysterious and fearsome predators and a strange band of surfer-scientists who study them. The prehistoric monsters are the Great White Sharks; the islands are the Farallons, visible on a clear day from Land's End. This is an outdoor event; be prepared for cool weather.

Danville to Orinda Bike Ride 2M30

Saturday June 20 9:45 AM
Roland

Join me for this wonderful ride to Orinda. We will stop for lunch about half way. The weather will be nice in June. There is no reason to stay home. Meet in the parking lot near the train museum, on the corner of Railroad and Prospect in Danville.

Redwood Regional Park Hike 2B

Saturday June 20 10.30 AM
John

Let's hike in Redwood Regional Park in the Oakland hills. We will cover mostly shaded trails in the park with some moderate climbs. A few of the hill trails offer good exercise. We will be covering about 6 to 7 miles. Suitable footwear is recommended. We will stop for lunch about half way, so bring lunch and something to share. After the hike we may get together for refreshments at the nearby Montclair Village. Heavy rain cancels. Directions; To get to the Skyline Gate staging area. Take Hwy 13 from Hwy 24 if you are coming from the Walnut Creek-Berkley area, or Hwy 580 coming from Hayward. Take the Park Bl exit, and turn left onto mountain Bl. At the second light, turn right onto Snake Rd at the traffic light and continue straight ahead onto Shepherd Canyon Rd. Once at the top, turn right at Skyline and continue for about 1/2 mile. The parking lot is on the left.

Redwood/Joaquin Miller Hike 2B

Sunday June 21 10:30 AM
Celeste

A mostly woodsy hike through deep canyons, lush redwoods, and atop ridges with panoramic views. Meet 10:30AM in front of the Chabot Space & Science Center in the Oakland hills. Possible short post-hike visit to the Center. Dir: From Hwy 13 take Joaquin Miller Rd exit, go east to the stoplight at the top of the hill, turn L onto Skyline Blvd, go 2 mi to Chabot entrance on the right. Free parking in garage.

Mt. Tamalpais Pancake Breakfast and Hike, 2B

Sunday June 21 9:30 AM sharp!

Charlie cju2@sbcglobal.net,
Stan swong522@sbcglobal.net

Join us for a pancake breakfast the historic West Point Inn, halfway up Mt. Tam. We will start with a short hike uphill from the Rock Springs parking area and take a break for our pancakes. Afterwards we will justify the calories with some more moderate hiking. Cost is \$10.00 for the breakfast and the proceeds benefit the organization that keeps this historic Inn alive. If you don't want the pancakes, you are still welcome to join us - you'll just have to watch the rest of us enjoy them! Don't be late – they have been known to run out of sausage!
Directions: Find your way to Hwy 101 and Hwy 1 in Marin. Take Hwy 1 north for several miles and turn right on the Panoramic Hwy to Mt. Tam. Follow uphill past Pantoll station (be sure to stay right) about another 1.5 miles to the Rock Springs parking area. Carpooling is encouraged; don't forget to reimburse your driver. Allow 1:15 driving time from Walnut creek, and plan to begin hiking at 09:30.

Koffee Klatch

Monday June 22 9:00 AM

Rose
Ann

Let's return to Il Fornaio in WC and this seems to be the favorite meeting spot for all of you who attend. For the next three gatherings, it will be there at Il Fornaio -- easy parking and tasty goodies.. .

East Bay Mid-Week Ride

Every Wednesday June 24 5:45 PM
See write up May 6.

Dining in the Bay Area

Thursday June 25 TBA
Stan

Join us for a memorable dining adventure at one of the best restaurants in the Bay Area. Call for more information. Due to popularity of this event, it is important to **RSVP** by Sunday night. Call to find out restaurant name.

Newsletter Mailing & Potluck

Thursday June 25 6:30 PM

Place: Champa
Directions: Call

Attn: NEW MEMBERS - Please come to the stamping and labeling meeting to meet other members, find out more about the club and socialize. We no longer have to collate the newsletters, so the working part of the meeting takes about 15 minutes, leaving the rest of the time for eating and socializing.

Evening of Social Bridge

Saturday June 27 at 7:00 PM

If you play bridge, come join us for a friendly card game.

RSVP by Wednesday, June 24. Contact Rita / Livsey for details. Bring beverage or snack to share.



Redwood Regional Park Hike - 2B

Saturday June 28 10:30 AM
Jean

Please join me for a 6-7 mile hike through Redwood Regional Park up the East Ridge Trail which has some views. We will meet at the Canyon Meadow Staging Area which is a huge parking lot. Bring water, hiking boots and lunch. Directions: From Hwy 13, take Joaquin Miller Road Exit to the top of the hill which becomes Skyline Blvd. Take a left on Redwood Road that goes into the park, bear left and follow the signs that say Canyon Meadow Staging Area.

HIKANBYKE MEMBERSHIP and RENEWAL APPLICATION

Hikanbyke is a SINGLES organization. Married individuals or couples are not eligible for membership. If you are single and you wish to become a member of Hikanbyke and receive our bi-monthly newsletter, complete the application below along with a check or money order payable to Hikanbyke and mail to:

Hikanbyke Membership; 125 Lees Place; Martinez, CA 94553.

Membership is \$10 per year (6 issues) or \$25 for 3 years (18 issues).

Name: _____

Mailing Address: _____

City/State: _____ Zip: _____

Primary Phone: () _____ Other Phone: () _____

Internet email address *: _____

(*For our database and for special notifications. See newsletter pg. 1 for info. on the Hikanbyke Listserv)

Membership Category: ___ New ___ Renewal _____ \$10 (1 year) _____ \$25. (3 years)

Hikanbyke distributes a directory to its members yearly. Member addresses are private. May we:

Publish Primary phone number? Yes___ No ___ Publish Email address? Yes___ No___

I enjoy the following: Hiking ___ Cycling ___ Camping ___ Backpacking ___ DH Skiing ___ XC Ski ___
Tennis ___ Running ___ Other (specify) _____

Hikanbyke
1201 Brickyard Way, #111
Point Richmond. CA 94801

Place stamp
here

Do NOT send renewals to above address.



Address Correction Requested