

Hikanbyke Highlights

Next Event Planning & Potluck

Date: Thursday Feb. 11th 6:30 PM

Place: Joan Friedman's Home

Directions: Call (925) 937-0233

Deadline for next issue: Feb. 14

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 Feb. 18th 6:30 PM

Place: Kathy Tuggle

Directions: Call (925) 426-2412

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, and a "condensed" version of the activity 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

Hikanbyke Coordinator

Rebecca Mallon (925) 933-8033

Rmallon2 at aol dot com

Treasurer:

Niels Povlsen (510) 375-1521

Email: Hikanbyke at fastmail dot fm

Newsletter Compiler:

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

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 it's 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

It's a new year. Make it your resolution to lead an event in 2010. It's not hard to do and there is such a good feeling when you give back to the group. If you are unsure of how to lead a hike a ride or a social event, pair up with a "regular" who will be happy to show you the way. Remember - if you lead the qualifying number of events, you get a free annual membership. And here's a big thank you to all those "regulars" who led the last two months of 2009.

November-December Leaders

Robert Bradley	Niels Povlsen
Rebecca Mallon	David Lehrer
Lori Pullen	Rose Azalde
Ann Lindner	Charlie Uhlman
Stan Wong	Helen Herzberg
Ariane Franc	Jean Tokarek
Frank Nolte	John Murrell
Liz Redon	Debbie Frederick
Rita Liston	Bob Livsey
Lorraine Kent	Kathy Tuggle
Joe Ely	Gretchen Hayes
Carolyn Mason	

UPCOMING EVENTS

Mid-Week Overnighter (Monterey)

Tuesday February 23-25 (two nights 3 days)
Don Acamo (925) 899-5030
Our first overnighter of the year offers great prices. We will be staying at the Del Monte Pines hotel. The price of the hotel w/tax is \$61.40 which includes two queen beds & continental breakfast .All rooms have refrigerators and microwaves. I have reserved 5 rooms so if you would like to join us give them a call, (831)372-4576 and take one room off the reservation and then give me a call. The room with one King is only \$55.00 per night... Mention my name & reservation # A322. Rooms will be held until February 14 then will be dropped. One week cancellation period. I have 3 hikes planned. We will be hiking trails in, Carmel Valley, and newly open trails at Fort Ord. Each night we will gather for happy hour and a little hot tub time prior to going out to dinner. Hope you can join us on our first overnighter of the New Year.

Springtime in San Luis Obispo

March 23 thru 26 (3 nights 4 days)
Don Acamo (925) 899-5030
Spring time is here and we will be greeted with wild flowers and great views on the many trails that we will hike when we visit San Luis Obispo. We will be hiking trails of Montana de Oro state park, Morro Bay State Park, and peaks of San Luis Obispo. We will visit Pirates Cove, a winery or two, and the famous Madonna Inn. Every Thursday night they close off Main Street for music and food. All this and more will be had for those who come. We will be staying at the La Questa Inn on Monterey St. I have reserved 5 rooms and they all have 2 queen beds. Lodging includes nice continental breakfast and there is a hot tub and pool for our enjoyment. The rooms are \$77.28 per night which includes tax. You can make reservations by calling 805-543-2777 giving my name and taking one room off and putting it on your credit card. Then give me a call. Last day to cancel is March 16 and extra rooms will be dropped at that time. If you share a

room it's \$116 for 3 nights. Average \$38.00 per night.

Cabo San Lucas Trip

April 18 - 24, 2010
Linda Ballard (925) 679-8942 or Cell (925) 219-5652 or email me at Linda.ballard@sbcglobal.net. Take a break with me to Cabo! We'll stay at the Villa Palmar. It's a gorgeous resort right on the beach within walking distance from town. Family oriented with lots of activities and nightly entertainment. We'll have group dinners or happy hours or you can relax and do what you whatever your heart desires. For pricing, go to www.meetup.com and search Eastbay travel. Any questions, feel free to ask.

Waterfalls & Wildflowers in Santa Barbara

April 20 thru 23 (3 nights 4 days)
Don Acamo (925)899-5030
This will be our 5th annual trip. There are so many beautiful trails and sites to see this time of the year. We have some new hikes and areas to see. Staying at Motel 6 Santa Barbara Beach is a treat. Breakfast on the beach every morning prior to hiking is so enjoyable with the smell of the ocean breeze and the sun warming our bodies. Taking the trolley down town, visiting the many shops and enjoying the many choices of restaurants are on the menu. Hope you can join us on this popular trip. Rooms are double occupancy at a rate of \$79.99 including tax. Each room has two twin beds. Call Motel 6 (805)564-1392 and mention my name and date. Take one room off and place on your credit card, then give me a call. You can hold the room until 6pm on the day of arrival without charge to your card.

Tahoe Memorial Weekend

Joan Maramonte 510 351 6418
Lynne Orloff-Jones 510 406 2987
Rita Poulsen 925-671-9354
Mark your calendars for May 28-31, 2010 for a glorious Tahoe trip. We reserved the same facility as last year - the "Lakeview Lodge" at the Presbyterian Conference Center at Zephyr Cove. Convenient, scenic location. Three nights lodging (two to a room) with a shared bathroom. Coffee, cocoa/tea will be furnished. Meals will be served at the complex

dining room Saturday am through Monday am. On Sat and Sun, you may pack a bag lunch in the morning. Just pack clothes and snacks and everything else is taken care of. When making your reservation, indicate your roommate. In the case of cancellation, you are responsible for finding your replacement. We'll have a daily happy hour where everyone shares an appetizer - bring your own beverages. Our lodge has a kitchen with refrigerator, stove, oven and kitchenware - so your munchies can safely be refrigerated. Tahoe activities include day hikes, optional excursion to Virginia City and Tahoe shows, board rides, fireside games, pinochle, horseback riding, kayaking, etc. The cost is \$180 per person. Register now as this trip is filling quickly. Send a check for \$180 to Joan Maramonte at 3462 Figueroa Drive, San Leandro, Ca 94578.

January - February Events

Mixed Doubles Tennis in Walnut Creek

Robert Bradley (925) 335-0950
Every Wednesday at 1:30 PM
Every Thursday at 9:00 AM
Call Robert for further information.

New Year's Day Marina Green/Crissey Field San Francisco Bay Walk

Friday January 1 10:30 AM
Niels Povlsen (510) 375-1521
Meet across the street from Safeway in the Marina Green parking lot for a leisurely walk along San Francisco

**A Happy
New
Year!**

Bay. We'll wander through Crissey Field and on to Fort Point where we'll share a snack and perhaps say a toast to our good fortune of having such wonderful friends. We will continue the walk through the Presidio back to our cars. **Bring food/drink to share**

Pinochle Potluck

Saturday January 2 5 p.m.
Joan Miramonte 510 351- 6418
The monthly pinochle game / potluck will be in San Leandro at Joan's on Saturday Jan 2 at 5 pm. Limited to 12. Joan will make Cajun shrimp. Please RSVP at 510 351- 6418

Walnut Creek Walk 1A-8

Sunday January 3 9:30 AM
Roland Flamme (925) 686-9153
Start the New Year off right with some exercise. We will start at Heather Farm for a stroll on the Iron Horse Trail. After about four miles and coffee, we will return for lunch. Directions: From I-680 take Ygnacio Valley Road east to San Carlos Dr. Then left to the last parking lot on the right.

Lafayette Reservoir Walk

Monday Jan. 4 9:30 AM
Rebecca Mallon (925) 933-8033
Rain cancels so call to confirm. The paved lower trail is 2.7 miles. We will walk clockwise and it takes an hour to complete. Meet at the flagpole with quarters to feed the meter. Or walk up from the residential area at the bottom allowing an extra 15 minutes. Call before 9 AM the day of event if you want a ride from that neighborhood or have questions about the walk. We always continue socializing at a local coffee spot.

City Walk & Ferry Building Tour

Thursday January 7 10.30 AM
Don Acamo 925-899-5030
This is a chance for all new people and those who have been waiting for an easy walk to join Hikanbyke on a fun day in the city of San Francisco. We will meet at the Walnut Creek Bart station at 10:30AM and catch the next train leaving for San Francisco at 10:55AM arriving at the Embarcadero Station at 11:31AM. We will have time to use the restrooms and regroup before our tour of The Ferry Building which begins at 12:00 noon. Enjoy an hour-long walk on the rise, tragic fall, and modern rebirth of one of San Francisco's most renowned historic landmarks. Visit a contemporary swirl of shops and learn the history of ferries, freeways and quakes. Meet at the foot of the stairs at the front entrance, Market and Embarcadero. After the tour we will have lunch at

the famous Hamburger grille Taylors. After lunch we will stroll down the Embarcadero and catch the trolley car to Union Square and have a New Year's toast at the Gold Dust Lounge. Afterwards we will make our way to the BART station on Market Street and return home. . This is an RSVP event

Classic Movie at Empress Theatre

Fri Jan 8, 2010 6:15 PM
Lorraine Kent 707-649-2445
kentLL13 at yahoo dot com
'A Star is Born' will be shown at the beautifully refurbished Empress Theatre in Vallejo. Pre-show live band 7:00-8:00PM – show at 8:15PM. Tickets are \$15 – purchased at box office day of event or website (www.empresstheatre.org). Meet at my house at 6:15PM for a 'bring your own dinner'. We will leave for the theatre around 7:00PM. *This is an RSVP event.* Please call if you would like to arrange to meet later directly at the theatre. Dir to my house: I-680 North; cross Benicia Bridge; follow I-780 West (towards Vallejo) approx. 5 mi; exit Glen Cove; Left off ramp onto Glen Cove Pkwy; continue approx 1.3 mi to 3-way stop sign; Left onto South Regatta; 2nd Right to 341 Foulkstone Way (house on left),

Blackhawk Bike Ride 2.5T37

Saturday January 9 9:30 AM
Rain date Sunday Jan 10
Stan Wong (925) 686-2046
swong522 at sbcglobal dot net,
Charlie Uhlman (925) 370-1123
cju2 at sbcglobal dot net
Our ride today will take our usual "back roads" route from downtown Walnut Creek over to Blackhawk Plaza. We will continue to Dublin and then return to Walnut Creek, but not before a stop at Peets in Danville. We will use a combination of routes, including a short detour on the Iron Horse Trail to avoid high traffic areas. Rain on Saturday postpones until Sunday. Rain on Sunday cancels. Directions: Meet at the Walnut Creek BART (over by Ignacio Rd) and be ready to ride at 09:30.

Walk the Iron Horse Trail

Sunday January 10 2:00 PM
Roland Flamme & Maggie Davis
Maggie Davis (925) 837-8699

Hikanbyke Policy Meeting

Sunday January 10 4:00 PM
Maggie Davis (925) 837-8699
121 Sonora Ave. Danville, CA
Every year in January the club has a policy meeting. Join us for a discussion of club issues. Topics in the past have been both frivolous and serious. We have talked about dues, dogs, donations, incentives for leaders, married vs. single memberships. A financial report for the year will be available and a report on the club picnic and holiday party will be given. If you have an item to place on the agenda please send to ciu@sbcglobal.net. If you do want an item on the agenda, plan to attend the meeting to discuss it. This is NOT a potluck. The club will provide light snacks and drinks.

Koffee Klatch

Monday January 11 9:00 AM
Rose (925) 930-9407
Ann (925) 938-9172
Let's return to Il Fornaio in WC and this seems to be the favorite meeting spot for all of you who attend.

Disneyland 2010

Monday January 11-15
MaryAnn & Don Acamo (925)935-2723

There is still time to join the 10 hikanbykers that are set to enjoy "Dreams come true for Seniors too". If you are interested give us a call. We will give you all information, for you to make your reservations.

Lafayette Reservoir Walk

Tuesday Jan. 12 9:30 AM
Rebecca Mallon (925) 933-8033
Rain cancels so call to confirm. The paved lower trail is 2.7 miles. We will walk clockwise and it takes an hour to complete. Meet at the flagpole with quarters to feed the meter. Or walk up from the residential area at the bottom allowing an extra 15 minutes. Call before 9 AM the day of event if you want a ride from that neighborhood or have questions about the walk. We always continue socializing at a local coffee spot.

Lake Merritt Walk & Dinner

Wednesday January 13 6:30 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.

Ventura Cycling Weekend

January 15-18 (MLK Day)
Diane Savard (925) 864-7141
I've been promising for a year to host a Ventura/Santa Barbara cycling weekend. We have options for motels. I will check out Ventura options and we always have the Motel 6 in Santa Barbara, just 30 miles away. If interested in driving down Friday, cycling Santa Barbara Saturday, Ventura to Ojai on Sunday and a hike on Monday prior to driving back, please call me.

Crab Feed

January 16 6:30 PM
Bob Lloyd 925 939 7187
lloyd_r@sbcglobal.net
Last year's feed was great and were are hoping to have as much fun this year. The party will be at 301 Heather Farm Community Center-Lakeside Room Walnut Creek No host Cocktails 6:30 P.M. Dinner at 7:30P.M. All you can eat Crab, Pasta, Salad & Garlic Bread \$40.00 per person. Hope to see you there.

Carquinez Bridge Hike

Saturday January 16 10 am
Robert Bradley and Joanne Lagerstrom (925) 335-0950
We will walk across the Carquinez Bridge's newly opened pedestrian lane. This is a rain or shine hike. Bring layered clothing, boots, water and your lunch. Make plans to meet us in front of the Dead Fish Restaurant in Crockett.

Mexican Rivera Cruise

Saturday January 16-22
Don & MaryAnn Acamo
This is a nice 7 night cruise to the Mexican Rivera visiting 3 ports of call, Mazatlan, Puerto Vallarta, and Cabo San Lucas. The Cruise ship Sapphire Princess leaves from San Pedro round trip. The price is about \$380.00 with tax double occupancy inside cabin. If you would like to join us feel free to give us a call.

Lafayette Reservoir Walk

Wednesday Jan. 20 9:30 AM
Rebecca Mallon (925) 933-8033
Rain cancels so call to confirm. The paved lower trail is 2.7 miles. We will walk clockwise and it takes an hour to complete. Meet at the flagpole with quarters to feed the meter. Or walk up from the residential area at the bottom allowing an extra 15 minutes. Call before 9 AM the day of event if you want a ride from that neighborhood or have questions about the walk. We always continue socializing at a local coffee spot.

Orinda BART-Oakland Hills Loop

26 or 34 miles/3 hours/Grade 4/Pace M.
Saturday January 23 9:30 am
Trish Hewison 925-284-9164
510-386-5883 (cell)
Meet at Orinda BART for our traditional Oakland Hills loop. This is a good training ride and you can do either 26 or 34 miles. We will head West on Camino Pablo, go up Wildcat Canyon to Grizzly Peak, then left onto Skyline Blvd. You can then either go down Pinehurst or continue on Skyline for an additional 4 miles and then go up Pinehurst to Canyon and take Moraga Way back to BART. We will have lunch in The Square at Shelby's for those who want to stay afterwards. Start: Orinda Bart. Take Orinda exit off Hwy 24. From West, left at end of ramp and immediate right into Bart entrance, drive left over freeway and park to the far right. From East, take 2nd exit road and right into Bart entrance. Carolyn Mason 510-865-5049 (home) 510-502-5049 (cell)

Evening of Social Bridge

Saturday
January 23 at
7:00 PM

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

RSVP by
Wednesday, Jan. 20. Contact Rita Liston or Bob Livsey at (415) 442-1230 for details. Bring beverage or snack to share.



Koffee Klatch

Monday January 25 9:00 AM
Rose (925) 930-9407
Ann (925) 938-9172

We are returning to our very favorite restaurant for coffee -- Il Fornaio in downtown Walnut Creek. Plenty of free parking in back of the restaurant.

Mid Week Adventure is Back

Tuesday January 26 8:30 AM
Don Acamo (925)899-5030

Join me as we take our first hike of the New Year to the Marin Coast. We will start our day with a usual coffee break in the quaint little town of Mill Valley. After warming ourselves up, we will hike Alamere Falls. This is an easy hike of 8 miles round trip rewarded with a beautiful waterfall which drops into the ocean and fantastic views along the way for picture taken. Lunch at the falls and an afternoon talking and laughing are in store. Dinner starts at 5:00 pm at the Stinson Beach Grille for their Tuesday special. Soup, Salad, pasta, garlic bread and all you can eat for \$9.95. This will be a great way to end our day and celebrate the beginning of our year. This is an RSVP event so give me a call if you would like to join us. Heavy Rain Cancels.

Lafayette Reservoir Walk

Thursday Jan. 28 9:30 AM
Rebecca Mallon (925) 933-8033
Rain cancels so call to confirm. The paved lower trail is 2.7 miles. We will walk clockwise and it takes an hour to complete. Meet at the flagpole with quarters to feed the meter. Or walk up from the residential area at the bottom allowing an extra 15 minutes. Call before 9 AM the day of event if you want a ride from that neighborhood or have questions about the walk. We always continue socializing at a local coffee spot.

Book Group Discussion and Potluck

Thursday, January 28 6:30 PM
Nancy Nolte 925-930-0133
Frank Nolte 925-301-6088

In Garth Stein's The Art of Racing in the Rain tells of love, loyalty, tragedy, redemption, danger, humility and hope in the face of danger from the point of view of a dog who has much to tell us about being human.

Directions: from Hwy 24 East take Pleasant Hill Rd. North exit, pass under the freeway and head north. At the split at the top of the hill take Taylor (two left lanes) At Pleasant Hill Rd. turn right. Go two blocks and turn right onto Linda Lane. The house is on the left. From 680 North take Willow Pass exit and turn left. After crossing Contra Costa Blvd., Willow Pass becomes Taylor. Turn left at Pleasant Hill Rd. Go two blocks and turn right onto Linda Lane. 205 Linda Lane, Pleasant Hill

Ferry Building to Larkspur Bike Ride 3T33

Sunday January 31 10:00 AM
Niels Povlsen (510) 375-1521
Join us for everyone's favorite ride with a bonus. We'll meet in front of the Ferry Building, then ride through Crissey Field, across the Golden Gate; coast down to Sausalito; pedal through Mill Valley; stop for a picnic lunch in Tiburon; and, for a bonus, continue around beautiful Paradise Cove to Larkspur Landing. From there, a much deserved leisurely ferry ride back to San Francisco. The ferry cost is \$7.85(with Medicare Card \$3.90). Helmets are required, bring lunch or buy it in Tiburon & don't forget water.

Lafayette Reservoir Walk

Monday Feb. 1 9:30 AM
Rebecca Mallon (925) 933-8033
Rain cancels so call to confirm. The paved lower trail is 2.7 miles. We will walk clockwise and it takes an hour to complete. Meet at the flagpole with quarters to feed the meter. Or walk up from the residential area at the bottom allowing an extra 15 minutes. Call before 9 AM the day of event if you want a ride from that neighborhood or have questions about the walk. We always continue socializing at a local coffee spot.

Annual Sacramento Museum Day & Train Trip

Saturday February 6 8:00 AM
Stan Preftokis 925.454.9664
Admission to all of Sacramento's 20+ museums is free today. We will meet at the Martinez train station and take AMTRAK to Old Sacramento. Once in Sacramento, our first stop will be for breakfast at the quaint Fox & Goose Restaurant, where you can get fresh homemade scones with

Devonshire cream, or whatever else strikes your fancy. After breakfast, we will split up into small groups and visit the museums of your choice, at your own pace. Fine art, state history, politics, antique autos, women's history and lots more are sure to peak your interest. There is even a guided tour of the cemetery with fascinating stories of the movers and shakers that made California what it is today. Watch for the announcement on Google groups. www.sacmuseums.org
www.foxandgoose.com

Mt. Diablo Waterfalls Hike 2B

Saturday February 6 9:45 AM
swong522 at sbcglobal dot net,
Charlie Uhlman (925) 370-1123
cju2 at sbcglobal dot net
Join us on this moderately paced hike to view the waterfalls on Mt. Diablo - let's hope there are some today! Be prepared for stream crossings, wet conditions, and a few steep trails. Heavy rain will cancel, light rain - call the leader to check. Meet at the trailhead at the end of Regency Drive in Clayton. Take Clayton Rd towards Clayton, then continue on Marsh Creek Rd approx 1 mile past Clayton town center to a right on Regency Dr. Follow to the trailhead at the end. No facilities at the start (or anywhere else along this hike). Bring water and snack/lunch, allow minimum 3-1/2 hours plus lunch time.

Koffee Klatch

Monday February 8 9:00 AM
Rose (925) 930-9407
Ann (925) 938-9172

Let's return to our favorite restaurant in downtown Walnut Creek -- Il Fornaio. Plenty of free parking in back of the restaurant.

Lafayette Reservoir Walk

Tuesday Feb. 9 9:30 AM
Rebecca Mallon (925) 933-8033
Rain cancels so call to confirm. The paved lower trail is 2.7 miles. We will walk clockwise and it takes an hour to complete. Meet at the flagpole with quarters to feed the meter. Or walk up from the residential area at the bottom allowing an extra 15 minutes. Call before 9 AM the day of event if you want a ride from that neighborhood or have questions

about the walk. We always continue socializing at a local coffee spot.

Lake Merritt Walk & Dinner

Tuesday February 9 6:30 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.

Event Planning Meeting

Thursday February 11 6:30 PM
Place: Joan Friedman's home
Location: Walnut Creek
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.

Lafayette Reservoir Walk - loop by loop

Saturday February 13 12:00 PM
Lorraine Kent 707.649.2445
kentLL13 at yahoo dot com
There have been a few requests for easy walks on the weekends. This event should appeal to walkers of all levels. The paved lower trail is just less than 3 mi with minimal hills. You may walk the loop 1, 2, 3 or 4 times – finishing whenever you would like. I will continue looping as long as there are followers. Please wear layered clothing, comfortable walking shoes; bring water and snacks. Short break between loops. We will meet at 11:50AM at the top of the hill in the parking lot near the picnic tables and rest rooms; depart for the path at 12PM sharp. Rain cancels. Parking is available in the nearby neighborhoods along Mt. Diablo Blvd. or metered parking in the metered park lot (bring quarters). Lafayette Reservoir is located on Mt. Diablo Blvd. Directions on MapQuest or please call me.

Claremont Canyon & Strawberry Canyon Challenging 7mi+/- Meander

Sunday February 14 10:00 AM
Niels Povlsen (510) 375-1521
This hike begins just above the Claremont and features the most

spectacular views in the Bay Area including the SF Skyline, the Bay Bridge, The Golden Gate Bridge and much, much more. Of course to enjoy such a view means you have to pay a small price of some quite steep trail, mostly at the beginning – But remember, it's not a race, so we can take our time as we attain the necessary heights. Then most of the rest of the hike will be along comfortably rolling hills. We'll continue along neighborhood streets as enter Strawberry Canyon and after a couple of miles return back to Claremont Canyon Regional Preserve as we head back to our cars. Let's see – this is a Niels hike so it must be a potluck – Bring food/drink to share. Directions: Ashby Avenue to Claremont Ave. Turn on Tanglewood Road. We'll meet at the steps near #3 Tanglewood Rd. (No Facilities at trailhead but Peets coffee is nearby)

Book Group Discussion and Pot Luck

Tuesday, February 16 6:30 PM
Toni Hessler 925-941-1966
Michelle Richmond's A Year of Fog is a story of love, loss, relationships, and memory. While a woman is walking on Ocean Beach with her fiancé's child, she is distracted and the child is abducted. What follows is a year of searching for the child, and what memory recalls, and what happens in the relationship with the woman and her fiancé. Directions: From Walnut Creek take 680 north. Exit Willow Pass Rd. and turn left. Willow Pass becomes Taylor after crossing Contra Costa Blvd. Turn right at Pleasant Hill Rd. (which becomes Alhambra) heading towards Martinez. Turn right at Elderwood. Right again onto Fieldcrest. Where the road forks, stay right onto Southwind Dr. My condo is the first on the left side (twinkling light on patio just above the "Ridgeview" sign. Park on the street and walk in. From Oakland exit Pleasant Hill North. At one and a half miles the road splits -- take Taylor on your left. At Pleasant Hill Rd. turn left, heading towards Martinez and follow the directions above. 155 Southwind Drive, Pleasant Hill

Lafayette Reservoir Walk

Wednesday Feb. 17 9:30 AM
Rebecca Mallon (925) 933-8033
Rain cancels so call to confirm. The paved lower trail is 2.7 miles. We will walk clockwise and it takes an hour to complete. Meet at the flagpole with quarters to feed the meter. Or walk up from the residential area at the bottom allowing an extra 15 minutes. Call before 9 AM the day of event if you want a ride from that neighborhood or have questions about the walk. We always continue socializing at a local coffee spot.

Newsletter Mailing & Potluck

Thursday February 18 6:30 PM
Place: Kathy Tuggle's home
Directions: Call (925) 426-2412
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.

Tilden Park Hike

Saturday February 20 10 am
Robert Bradley and Joanne Lagerstrom (925) 335-0950
Join us for an all-weather hike. Bring boots, water, layered clothing and your lunch. Make plans to join us at Inspiration Point parking lot off of Wildcat Canyon Road.

Pot Luck and Sing-along

Saturday February 20 6.30 pm
John Murrell (510) 339-1263
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. Directions; 6175 Snake Rd, Oakland. Take the Highway 13 exit toward Hayward from Highway

24 if you are coming from the Walnut Creek-Berkeley area. Go about three miles and exit at Park Bl and turn left to Mountain Bl, go left again on Mountain Bl about three blocks and turn right onto Snake Rd at the light. From Hayward, take Hwy 580 to Hwy 13, exit at Park Rd & turn left onto Mountain Bl. Be careful, Snake Rd makes a sharp left turn a short distance (200 yards) up the hill. If you see a fire station, you have missed the turn. The house is 1/2 mile up on the left opposite Drake St.

Koffee Klatch

Monday February 22 9:00 AM
Rose (925) 930-9407
Ann (925) 938-9172
Let's return to Il Fornaio -- this seems to be our favorite coffee place to meet and mingle.

Dining in the Bay Area

Wednesday February 24 TBA
Stan Preftokis (925) 454-9664
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.

Evening of Social Bridge

Saturday
February 27 at
7:00 PM
If you play
bridge, come join
us for a friendly
card game.



RSVP by
Wednesday, Feb 24th. Contact Rita
Liston or Bob Livsey at (415) 442-
1230 for details. Bring beverage or
snack to share.

Alamo to Pleasanton Bike Ride

3M-40

Sunday February 28 10:00 AM
Roland Flamme (925) 686-9153
Start at Alamo Shopping Center for
this beautiful ride through the rolling
hills in this area. After lunch in
Dublin, we will return for
refreshments at a local pub.
Direction: Meet at Alamo Shopping
Center. Take I-680 to Stone Valley
Road, then west to Danville Blvd.
The shopping center will be on the
northwest corner. Park near Bank of
America.

HIKANBYKE MEMBERSHIP and RENEWAL APPLICATION

Hikanbyke is 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. If 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. Mail with completed application to:

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

Regular Membership (hard mailed newsletter) is \$20 per year (6 issues).

Green membership (emailed newsletter) is \$10 per year (6 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 ___\$20 (Regular) ___\$10. (Green – email address required)

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___

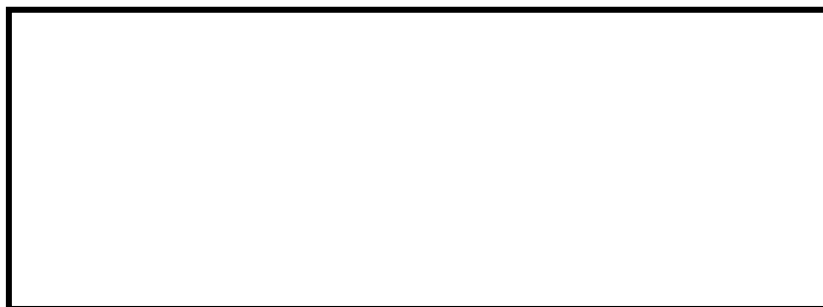
I enjoy the following: Hiking ___ Cycling ___ Camping ___ Backpacking ___ DH Skiing ___ XC Ski ___

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

Check the **expiration date** on your mailing label

If within 3 months, please **renew promptly.**

January – February 2010

Jan-10

Hikanbyke Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
				<u>Jan-1</u> New Years Day Walk	<u>Jan-2</u> Pinochle	<u>Jan-3</u> Walnut Creek Walk
<u>Jan-4</u> Lafayette Reservoir Walk	<u>Jan-5</u>	<u>Jan-6</u> Tennis	<u>Jan-7</u> Tennis SF City Walk	<u>Jan-8</u> Classic Movie	<u>Jan-9</u> Blackhawk Bike Ride	<u>Jan-10</u> Walk the Danville Trail Hikanbyke Policy Meeting
<u>Jan-11</u> Koffee Klatch Disneyland	<u>Jan-12</u> Lafayette Reservoir Walk Disneyland	<u>Jan-13</u> Tennis Lake Merritt Walk Disneyland	<u>Jan-14</u> Tennis Disneyland	<u>Jan-15</u>	<u>Jan-16</u> Carquinez Bridge Hike Bob Lloyd Crab Feed Ventura Cycling Mexican Cruise	<u>Jan-17</u> Mexican Cruise Ventury Cycling Weekend
<u>Jan-18</u> Ventura Cycling Weekend Mexican Cruise	<u>Jan-19</u> Mexican Cruise	<u>Jan-20</u> Tennis Lafayette Reservoir Walk Mexican Cruise	<u>Jan-21</u> Tennis Mexican Cruise	<u>Jan-22</u> Mexican Cruise	<u>Jan-23</u> Livermore Hike Oakland Hills Bike Ride Bridge	<u>Jan-24</u>
<u>Jan-25</u> Koffee Klatch	<u>Jan-26</u> Mid Week Adventure	<u>Jan-27</u> Tennis	<u>Jan-28</u> Tennis Lafayette Reservoir Walk Book Group	<u>Jan-29</u>	<u>Jan-30</u>	<u>Jan-31</u> SF Ferry Building to Larkspur Ride

Feb-10

Hikanbyke Calendar

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>Feb-1</u> Lafayette Reservoir Walk	<u>Feb-2</u>	<u>Feb-3</u> Tennis	<u>Feb-4</u> Tennis	<u>Feb-5</u>	<u>Feb-6</u> Mt. Diablo Waterfall Hike Sacramento Train Trip	<u>Feb-7</u>
<u>Feb-8</u> Koffee Klatch	<u>Feb-9</u> Lafayette Reservoir Walk Lake Merritt Walk	<u>Feb-10</u> Tennis	<u>Feb-11</u> Tennis H&B Event Planning Meeting	<u>Feb-12</u>	<u>Feb-13</u> Lafayette Reservoir Walk	<u>Feb-14</u> Berkeley Hike
<u>Feb-15</u>	<u>Feb-16</u> Book Group	<u>Feb-17</u> Tennis Lafayette Reservoir Walk	<u>Feb-18</u> Tennis H&B Collating Meeting	<u>Feb-19</u>	<u>Feb-20</u> Tilden Park Hike Pot Luck and Singalong	<u>Feb-21</u>
<u>Feb-22</u> Koffee Klatch	<u>Feb-23</u>	<u>Feb-24</u> Tennis Dining Out	<u>Feb-25</u> Tennis	<u>Feb-26</u>	<u>Feb-27</u> Bridge	<u>Feb-28</u> Alamo to Pleasanton Ride