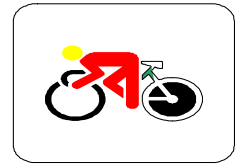


March - April 2010



Hikanbyke Highlights

Next Event Planning & Potluck

Date: Tuesday April 13 6:30 PM

Place: Lynn Deckert's in Concord

Directions: Call (925) 676-2447

Deadline for next issue: April 18

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 April 22 6:30 PM

Place: Champa Kridalani

Directions: Call (925) 933-9048

A fun social gathering and group effort to stamp and label newsletters.

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

Annual Policy Meeting

The 2010 Hikanbyke Policy meeting was held January. 10. Many members attended, but there were no major policy items discussed this year. A financial report was given. Discussion of membership, newsletters, postings on Google groups, and club insurance followed. A copy of the minutes by email is available to members. Send a request to Charlie Uhlman: cju2 at sbcglobal dot net

Event Leaders January-February

2010 was off to a good start with many favorite events repeated and several future overnight trips offered. The weather is getting better, the days are getting longer. So dust off your boots, pump up the tires, and check your calendar to see when you can lead an event for the group in the coming months. Remember the number of events in each newsletter depends on the members who volunteer to lead. Thanks too, to the leaders who announce a "last minute" event on the Hikanbyke Google Groups site.

A big Thank You to the following:

Robert Bradley Niels Povlsen
Joan Miramonte Roland Flamme
Rebecca Mallon Diane Savard
Don Acamo Lorraine Kent
Stan Wong Charlie Uhlman
Maggie Davis Rose Azalde
Ann Lindner MaryAnn Acamo
Bob Lloyd Trish Hewison
Rita Liston Bob Livsey
Nancy Nolte Frank Nolte
Stan Preftokis Joan Friedman
Toni Hessler Kathy Tuggle
Joanne Lagerstrom John Murrell

Congratulations to the following leaders who earned membership credit for leading events:

Maggie Davis Rose Azalde
Rick Edmondson Ann Lindner
Roland Flamme Trish Hewison
Rebecca Mallon

UPCOMING EVENTS

Hello to all Hikanbyke Members. Our mid-week adventure hikes will begin again in March. We are looking forward to getting back on the trail and seeing a lot of you again. This year we will venture out to new parks, trails, coffee house, and restaurants. These hikes are all under 8 miles in length and are done at a leisurely pace. No body is left behind. We will meet at a specified place at 8:30 AM and then carpool to our destination. Everyone who is not driving will be asked to pay an equal share of the gas expenses and everyone will be asked to share in bridge fares & parking fees. These mid-week hiking excursions are usually for the day and for the enjoyment of everyone. The hikes will not be cancelled but may be postponed. We look forward to seeing all of you who would like to join us and build some new memories. Our hikes will be advertised on the hikanbyke google web site. Happy Trails, Don & MaryAnn Acamo

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 a 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.

2nd Annual Lake Tahoe Cabin / Bike Ride & Hike Weekend

May 21st – 23rd 2010

David Weiner (925) 736-3655

(Option to come up a few days early or stay until Monday –call leader)

Have a fun weekend with friends, bicycling (road), hiking, playing on the beach, hot tubing, and good things Tahoe. The event is being held at Apre Ski Club Lodge, Kings Beach (north shore of Lake Tahoe). The event is co-listed with their members. For a preview of the lodge that is two blocks from the lake go to www.apres.org/v08/lodge/essay/. Bring your sleeping bag, bathing suit, ear plugs, and fun games. 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 steak or chicken dinner cooked over a charcoal fire. Dinner also includes twice baked potatoes with all the trimmings, gourmet salad, etc. Saturday night is dancing to music of the sixties. Please bring appetizers to share Friday and it is BYOB. At all other times the kitchen is "no host". Costs: \$80 bunk room or \$90 deluxe room / double occupancy per person (Friday and Saturday night). Additional nights \$25/\$30. First come – first choice. Make your check payable to Apre Ski Club and mail to David Weiner, 105 Sutton Circle, Danville, CA 94506. Include your email address, home and cell phone number, and where/when you will depart from. You must hear from me before your space is confirmed. Space is limited. Last year we had to turn away people.

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 for a glorious Tahoe trip. Lakeview Lodge at the Presbyterian Conference Center at Zephyr cove. 3 days lodging (2 to a room, bathroom

down the hall) Meals served in the complex facilities 3 meals a day – Saturday & Sunday, plus Monday breakfast Lunch fixings can be packed for excursions, or you can lunch at the facility When making your reservations, indicate your roommate. In the event of cancellation, you are responsible for finding a replacement. We'll have a daily happy hour where everyone shares an appetizer – bring your own beverage. Our lodge has kitchen facilities. Tahoe activities are hiking, biking, trips to Virginia City, Tahoe shows, boat rides, pinochle, horseback riding, kayaking, tram rides to the top of Heavenly, fireside games and more. Cost is \$180 per person. Register soon as this trip is filling quickly. Send check for \$180 to Joan Maramonte at 3462 Figueroa Dr., San Leandro, CA 94578. Camping Trip Sierra Club Style!!

Plaskett Creek Group Campground

Thursday October 21 – 25, 4 nights \$35/per person

Margaret Livingston
margaretlivingston07@comcast.net
Beautiful Plaskett Creek

Campground is located on the east side of Hwy. 1 with the Pacific Ocean on the west side of Hwy. 1. This campground has a park like setting under a scattered canopy of mature Monterey Pines and Monterey Cypress. The campground is located in the Los Padres National Forest, and beach access is within a short walk to Sand Dollar Beach, the largest sandy beach in the Big Sur area! There are many trails accessed from the Sand Dollar Beach offering views of water falls, groves of Redwood Trees, meadows and streams. October is a great time to visit due to fewer crowds and whale sightings are common at this time. Participants will be responsible for their own camping and hiking equipment as well as their personal belongings. All you need is your eating equipment. I will supply the entire kitchen. As Food Coordinator, I will "holding your hand" – "do not be afraid!" Participants will be assigned to teams of 2 or 3 people who will buy, prepare, and serve either one breakfast, appetizer or dinner for the group. Food costs average about \$40 per person. Any

questions, please email me @ margaretlivingston07@comcast.net

Annual Holiday Party

Saturday, Dec. 4, 7:00-11:00PM
Rebecca Mallon (925) 933-8033
Save the date for the Hikanbyke Holiday Party. We will return to the Sycamore Clubhouse for another evening of music, food and fun.

March - April Events

Mixed Doubles Tennis in Walnut Creek

Robert Bradley (925) 335-0950
Every Wednesday and Thursday
Call Robert for further information.

East Bay Wednesday Night Rides:

Trish Hewison and Rick Edmondson
We are getting ready to list our Wednesday rides again. Daylight savings is March and the rides will be short, so we will start in April. In order to vary the rides, we will send out an email on Tuesday informing the group where we will meet. Come join us and get that mid-week exercise. Some weeks we meet afterwards for dinner.

Lafayette Reservoir Walk

Monday March 1 9:30 AM
Rebecca Mallon (925) 933-8033
Rain cancels so call to confirm. The paved lower trail is 2.7 miles. It takes about an hour to complete. Meet at the flagpole with quarters to feed your meter. Or walk 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 the neighborhood or have concerns about the weather. Optional socializing at a local coffee spot after the walk.

Huddart Park

Thursday March 4 8:30 AM
Don Acamo (925)899-5030
We will be venturing off to Woodside and hiking in Huddart Park, a Peninsula treasure covering 1000 acres. We will be doing a loop hike of the park which will give us a good overview. The park is known for its forested trails and occasional views of the south bay. Prior to our hike we will make a coffee stop in Woodside. It's going to be a great day. RSVP required

Koffee Klatch

Monday March 8 9:00 AM

Rose (925) 930-9407

Ann (925) 938-9172

Let's return to Il Fornaio in WC as this seems to be the favorite meeting spot for all of you who attend. Easy parking and tasty goodies. Why don't we make this another "book or CD exchange"? For those of you who have participated, you seem to enjoy this, so let's give it another go.

Lake Merritt Walk & Dinner

Tuesday March 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.

Sugarloaf Ridge State Park

Wednesday March 10 8:30 AM

Don Acamo (925) 899-5030

Today we will venture out toward the wine country. Today's adventure will take us to Sugarloaf State Park and the rewards will be many. The park's grassy meadows are bedecked in spring with a multitude of colorful wildflowers from Indian pink to Blue Dicks. Views from Bald Mountain will reward us stretching from Napa Valley to the Snowy peaks of the Sierra Nevada. We will cover about 8mi round trip. On the way home we will reward ourselves with dinner in Santa Rosa. RSVP Required.

Lafayette Reservoir Walk

Thursday March 11 9:30 AM

Rebecca Mallon (925) 933-8033

Rain cancels so call to confirm. The paved lower trail is 2.7 miles. It takes about an hour to complete. Meet at the flagpole with quarters to feed your meter. Or walk 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 the neighborhood or have concerns about the weather. Optional socializing at a local coffee spot after the walk.

Classic Movie at Empress Theatre

Friday March 12 6:15 PM

Lorraine Kent 707-649-2445

kentLL13 at yahoo dot com

"African Queen" 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 \$17 purchased at box office day of event or on the website www.empresstheatre.org.

Pre-show dessert provided at 6:15PM at my place. Off to the theatre around 7:00PM. *This is an RSVP event.* Please call with your RSVP or if you would like to arrange to meet later 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 Foulstone Way (house 5th on left).

Joaquin Miller Park and Sausal Creek Hike 2B

Saturday March 13 10.30AM

John Murrell (510) 339-1263

Lets explore the trails of Joaquin Miller Park. We will explore also Sausal Creek and have lunch in Dimond Park. The terrain is mixed with a few moderate hills to keep things interesting. Suitable footwear is recommended. We will be covering about 5 to 6 miles. We will stop for lunch about half way, so bring lunch and something to share. Directions; Get onto Hwy 13 from Hwy 24 if you are coming from the Walnut Creek-Berkley area, or Hwy 580 coming from Hayward. From Hwy 13, exit at Joaquin Miller Rd and continue about .5 miles until you see the sign for Woodminster Amphitheater on the left at Sanborn Dr. Drive to the first parking lot on the left, next to the office building.

St. Patrick's Day Celebration bike ride 3M35-40

Saturday March 13

9:00 AM PROMPT

Ken Karda

510-530-8389

Meet @ Walnut Creek BART. Bike direct to parade route in Dublin.

<http://www.dublinstpats.com/parade.cfm> WEAR GREEN.

Hyke'nByke Potluck and Dance, Castro Valley

Saturday March 13 6:30-11:30

David Lehrer (510) 763-1070

david.lehrer@sbcglobal.net

Hyke'nByke invites everyone to a Potluck and Dinner Party at Perry's fantastic house. 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 Goodtimers, 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 know that previous occasions resulted in 7 happy couples (we are keeping track!). Is it the magic of Perry's house or the delightful music of the Goodtimers? 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. Directions: 26459 Palomares Rd., Castro Valley Phone: (510) 581-1076.

Mt. Diablo Waterfall Hike (2B)

Sunday March 14 10:30 AM

Niels Povlsen (510) 375-1521

Waterfalls are rare on Mt. Diablo, so come see them now before they dry out! There are three, up to 100 feet high! This should be a great time for taking in the astounding display of wildflowers and just enjoying the colorful rock formations along the way. Meet us at the trailhead at 10:30 wearing your boots and carrying your lunch. **Directions:** Take Ygnacio Valley Rd. from I-680, Walnut Creek out to Clayton Road (approx. 8 mi.). Turn right on Clayton Rd., follow it to the town of Clayton. Turn right on Marsh Creek Road for about a mile. Turn right on Regency Drive and drive to the dead end, with parking on the street beyond the last houses. NO FACILITIES.

Heather Farms-Pleasanton, 53 miles (shorter options

available)/pace 2/level B/hills B

Sunday March 14 10:00 am PROMPT

Helen Herzberg (510) 537-9109 or

hherzberg@earthlink.net

Burn off a few calories on this (almost) flat ride - a few hills in the first 10 miles. We'll start at Heather Farms in Walnut Creek and have lunch in Dublin. Rain cancels, cold & windy weather may shorten ride. moderate pace. Meet at the parking lot at Heather Farms. From Highway 24, heading east, connect to the 680

freeway, heading north. Take Ygnacio Valley Road. Stay on Ygnacio Valley Road till the eleventh traffic signal. One block past John Muir Hospital, turn left onto North San Carlos Drive. Park at the end of North San Carlos Drive.

A Wild Flower Hike on Borel Hill

Tuesday March 16 8:30 AM
Don Acamo (925) 899-5030

We will venture out to Santa Clara County to Russian Ridge Open Space known for its rolling hills of wildflowers in the spring, unblocked views of the ocean, forested canyons, huge Buckeye trees and views of the Santa Cruz Mountains. The first hike is 5 miles round trip with elevation gain of 600 ft. We can add another hike depending how the day is going of 4.5 miles round trip for a gain of 500 feet. Afterwards we can celebrate St. Patty's day on the way home. RSVP Required.

Book Group Discussion and Pot Luck

Thursday March 18 6:30 PM
Gretchen Hayes 510-530-3557
Frank Nolte 925-930-0133

Nancy Horan's Loving Frank is a work of fiction based on events relating to the love affair of the brilliant and controversial architect Frank Lloyd Wright and one of his clients, Mamah Cheney. In 1903 Mamah and her husband commissioned Wright to design a house for their family in Oak Park, Illinois. This book portrays the period from 1907 to 1914, during which the Wright/Cheney affair flourished. Directions: from Contra Costa County, take Hwy 24 West heading toward Oakland. Turn onto Hwy 13 (The Warren Freeway) going toward Hayward. Hwy 13 will fork as it merges with Hwy 580. Follow Hwy 580 East and exit at Seminary Ave., which wraps around the back of Mills College. Follow the arrows that say "Coliseum Complex." Cross MacArthur Blvd., staying on Seminary for one more block, and then turn right onto Brann Ave. Brann Ave. deadends onto Morcom after 4 blocks or so. Go left on Morecom and the house is a yellowish color located in the middle of the block on the left. 2956 Morcome Ave., Oakland.

The Sunol Bike Ride 3M-30

Saturday March 20 10:00 AM
Roland Flamme (925) 686-9153
Join me as we ride through the rural areas around Sunol. We will ride from Muirwood Park in Pleasanton along Foothill Road to Sunol and then onto Sunol Regional Park for a fantastic lunch. Please bring your lunch and something to share. Rain Cancels! Directions: Take I-680 to Stoneridge Drive Go west and turn left Springdale Ave. Turn left on Muirwood Drive. Park on street next to the park.

Evening of Social Bridge

Saturday March 20th at 7:00 PM

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

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



Pinochle In Pleasanton

Saturday March 20 5:00 PM
Join us for pinochle . Contact Robin Yancey at (925) 829-8799 for details. Please let Robin know what you will bring for the potluck which starts at 5 pm. Pinochle to follow.

Carquinez Straights Round Trip Bike Ride - 2.5T28

Sunday March 21 9:30 AM
Charlie (925) 370-1123 cju2 at sbcglobal dot net
Stan (925) 686-2046 swong522 at sbcglobal dot net
Trish (925) 284-9164 tayden2001 at yahoo dot com
On the first day of spring, join us on a round trip around the Carquinez from Contra Costa to Solano and back across both bridges. Our ride begins in Martinez and we bike to Crockett, and cross the Zampa Bridge where we take in the magnificent views. Then making our way up river through Vallejo and Benicia where we will stop for a snack/coffee. Afterwards we will return on the Benicia Bridge and ride through Martinez back to the start. Directions: Meet at 09:15 AM in the parking lot at Hidden Lakes Open Space in Martinez, at the corner of

Morello Ave. & Chilpancingo Pkwy. From 680 take Willow Pass Road exit and head West (turns into Taylor Blvd), right on Morello, and when you reach the "T" at the intersection with Chilpancingo Pkwy, go straight into the Hidden Lakes Parking lot. Co-listed with GGC.

Koffee Klatch

Monday March 22 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. Free parking in back of the restaurant.

Hiking San Luis Obispo

Tuesday March 23- Friday March 26
Don Acamo (925) 899-5030
Their are still openings for our hiking adventure in San Luis Obispo . We will be spending 3 nights with hikes every day. If you would like to join us call the La Cuesta Inn (800)543-2777. Mention that you would like to join the Acamo group. After you have reserved a room, give me a call so I can add you to the list. You will get an email agenda prior to the trip.

Dining in the Bay Area

Thursday March 25th 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. It is important to **RSVP** by Sunday night. Call to find out restaurant name.

Cajun/Zydeco Dancing

Friday March 26 8:00 PM
Joan Friedman (925) 937-0233
Cell (925) 216-7833
Come on down to Eagles Hall in Alameda for lively Zydeco dancing to the sounds of Andre and Zydeco Magic. We always have a great time there. Don't worry about not knowing how to do it—dance lessons start at 8:00. Wear comfortable low shoes and light casual clothing—you can get pretty warm with this kind of dancing! Entrance fee is \$14. Anyone interested in dinner beforehand? Meet at Tomatina, 1338 Park St, Alameda (one block from Eagles), at **6:30 PM**? Call or email me to RSVP
JoanMFriedman@aol.com. Eagles Hall, 2305 Alameda Ave.: From I-880

South take 23rd Ave. exit, go over Park St. Bridge; turn right at Alameda St. Park anywhere you can.

Double Bridge Loop Bike Ride 2T-36

Saturday March 27 10:00 AM
Roland Flamme (925) 686-9153
Join me on this great ride over two bridges with views. Ride begins at Hidden Lakes Open Space Park. lunch will be at a local deli in Benicia. Take I-680 and exit at Sun Valley Blvd. (Taylor Blvd.) west to Morello Ave. Turn right at the end of the street, the park will be in front of you.

Tour de Valleys 2T35

Sunday March 28 10:00 AM
Joel Lipkin (925) 961-0400
Let's meet at the 580 Market Place shopping center in Castro Valley for the start of this relaxing ride through several east bay valleys. The ride includes some town and country riding and features a lunch stop in Pleasanton. If you want to start your day off right, come a little early and enjoy your favorite morning drink at Bodi's Java, a friendly coffee shop in the center. [Note: The route includes the Dublin grade (both directions). If you want to bypass this long--but not too steep--climb let the leader know, and we'll arrange to meet you at an alternate starting point in Dublin that cuts the ride length in half.] Bring \$ for lunch and plenty of water. Rain cancels. Directions: From West Bound I-580 (towards Oakland) take Castro Valley exit, turn right at traffic light at end of exit ramp, make the next right into the 580 Market Place parking lot. Bodi's Java is directly in front of you. From I-580 East Bound (towards Livermore/Stockton) take exit # 37 (Grove Way/Redwood Rd), turn left at traffic light at end of exit ramp and go under freeway. Turn right at first traffic light (Castro Valley Blvd), 580 Market Place entrance is on the right about 1/2 mile from last turn (entrance is just past a traffic light for I-580 on-ramp).

San Pedro Valley County Park

Tuesday March 30 8:30AM
Don Acamo (925) 899-5030
Today we will venture out to Pacifica and hike the Montara Mountain Brooks Creek Trail. The park is known for its coastal beauty where hikers can carve out their own

personal slice of heaven. This trail is the prize of the park featuring the best viewing area for Brooks falls and great lookouts to the Pacific Coast. The trail is 7 miles round trip. RSVP required.

Lake Merritt Walk & Dinner

Thursday April 1 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.

Lafayette Reservoir Walk

Friday April 2 9:30 AM
Rebecca Mallon (925) 933-8033
Rain cancels so call to confirm. The paved lower trail is 2.7 miles. It takes about an hour to complete. Meet at the flagpole with quarters to feed your meter. Or walk 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 the neighborhood or have concerns about the weather. Optional socializing at a local coffee spot after the walk.

Vacaville to Winters Bike Ride (3T37)

Saturday April 3 10:00 AM
Niels Povlsen (510) 375-1521
Join us on this beautiful ride through the back roads and apple orchards of Vacaville. Rolling hills – no real killers on this one. Lunch stop will be at the Gazebo in downtown Winters (buy sandwiches at the deli). Take Hwy. 80 East to Alamo Drive/Merchant Street exit. (about 45 miles from Berkeley) Left over the freeway; cross over Merchant, turn left in to Mall. Meet at Donuts Bakery at SE corner of the lot.

Lafayette Reservoir Walk

Monday April 5 9:30 AM
Rebecca Mallon (925) 933-8033
Rain cancels so call to confirm. The paved lower trail is 2.7 miles. It takes about an hour to complete. Meet at the flagpole with quarters to feed your meter. Or walk 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 the neighborhood or have concerns about the weather.

Optional socializing at a local coffee spot after the walk.

Saratoga Gap Loop

Tuesday April 6 8:30 AM
Don Acamo (925) 899-5030
Today will bring us to Los Altos where we will be hiking in the Mid-peninsula Regional Open Space. This trail is 9 miles round trip. The trail descends to the headwaters of Stevens Creek and along the way we will enjoy grassy hills sprinkled with oaks and Madrones and canyons that are heavily wooded with mostly Douglas fir. RSVP required.

Classic Movie at Empress Theatre

Friday April 9 6:15 PM
Lorraine Kent 707-649-2445
kentLL13 at yahoo dot com
'Breakfast at Tiffany's' will be shown at the beautifully refurbished Empress Theatre in Vallejo. Pre-show live entertainment at the Empress 7:00-8:00PM – show at 8:15PM. Tickets are \$17 purchased at box office day of event or on the website (www.empresstheatre.org). Pre-show pot luck appetizers 6:15 PM at my place. Off to the theatre around 7:00PM. *This is an RSVP event.* Please call with your RSVP or 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 5th on left),

Sunday Streets in San Francisco bike ride 3M30-35

Sunday April 11 10:00AM
Ken Karda 510-530-8389



Meet @ Ferry Building Historic Stairs. Bike through Fisherman's Wharf, Marina Green, Upper Presidio to the Great Highway.

<http://sundaystreetssf.com/>

Koffee Klatch

Monday April 12 9:00 AM
Rose (925) 930-9407
Ann (925) 938-9172
Let's return to our favorite restaurant in downtown Walnut Creek -- Il Fornaio. Free parking in back.

The Grand Loop

Tuesday April 13 8:30 am.
Don Acamo (925) 899-5030
Today we will be hiking in Mt. Diablo State Park and together we will do the grand loop trail around Mt Diablo's peak. The trail is 7 miles long and 500 ft elevation gain. We will be treated with great scenery and vivid green hillsides and many wild flowers. After the hike we will celebrate with a pot-luck barbecue at our home. RSVP required.

Event Planning Meeting

Tuesday April 13 6:30 PM
Place: Call (925) 676-2447
Location: Lynn Deckert 4487 Sweet Shrub, Concord in the Crossings
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. Bring lots of new ideas for the New Year.

Clearlake Trip

April 15-18
Trish Hewison (925) 284-9164
Cell 510-386-5883
We are doing our annual trip to Clearlake again. We are staying at a different hotel this year, which will make a nice change. We already have 20 signed up, some arriving on the 15, others on the 16th. We will be organizing rides on Friday, Saturday and a short ride on Sunday before leaving. Breakfasts, dinners and happy hours will be provided at a nominal charge of \$30 per person. Please let me know if you are interested in joining us.

Wimp Bike Ride

Saturday April 17 10:30 AM
Robert Bradley and Joanne Lagerstrom
925-335-0950
Are you a wimp? Then prove it! Note: We start later than everybody else because we're wimps. Join us for another 12-14 mile ride, this one along the Canal Trail. Another easy ride for beginners or others who want a less challenging bike ride. Meet at Walden Park on Oak Street; it is between Treat and Ygnacio where the Canal trail crosses Oak.

Pot Luck and Sing-along

Saturday April 17 6:30 pm
John Murrell 510-339-1263
John and the gang are once again hosting another of the popular potluck singalongs at John's house in Montclair. 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 bring an entree, M-S bring a salad, T-Z bring desert, and your own beverages. Also bring 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.

Mines Road, 50 miles/4.5 hours/pace 1/level B/hills D

Sunday April 18 10:00 am PROMPT
Helen Herzberg (510) 537-9109 or hherzberg@earthlink.net
Mines Road is quiet & scenic - and a great workout. No water or toilets at ride start and no water or food along the way, so come prepared. We plan on lunch and rest at the roadhouse at the junction of San Antonio Valley Road and Del Puerto Road. This is a simple out-and-back, so pick your pace and distance. I lead from the rear, so just cruise & enjoy the scenery. Great climbs too. Possible ranch rest stop for the weary - warm up & relax. Meet at the junction of Mines Road and the spur that goes to Del Valle Reservoir. Take 580 EAST to Livermore. Take the North Livermore Avenue exit; head SOUTH, and stay on North Livermore Ave. for a mile or so. North Livermore Avenue becomes Tesla Road; at the Stone Ridge Winery make a RIGHT onto Mines Road toward Del Valle Regional Park. Stay on Mines Road for another couple of miles (2-3), then bear left at the intersection with Del

Valle Road. There is a wide shoulder about 100 yards to the right of the intersection for parking.

Santa Barbara Mid-Week Adventure

Tuesday April 20 - 24
Don & MaryAnn Acamo
This adventure in Santa Barbara is currently full with a waiting list.

Book Group Discussion and Potluck

Thursday April 22 6:30 PM
Jean Tokarek 510-534-5686
Frank Nolte 925-930-0133
In Sandy Tolan's The Lemon Tree set in 1967, Bashir Khairi, a Palestinian, journeyed to Israel with the goal of seeing the beloved old stone house with a lemon tree behind it that he and his family had fled nineteen years earlier. To his surprise, when he found the house he was greeted by Dalia Eshkenaze Landan, an Israeli college student, whose family fled Europe for Israel following the Holocaust. On the stoup of their shared home, Dalia and Bashir began a rare friendship, forged in the aftermath of war and tested over the next thirty-five years in ways that neither could imagine on that summer day in 1967. The Israeli-Palestinian conflict is explored in at its most human level, suggesting that even amid the bleakest political realities there exists stories of hope and reconciliation. Directions: From 24 West get onto 13 East toward Hayward. Take the Redwood Rd. exit. Turn left at the light and you will be on Redwood Rd., heading up hill. Go 8/10ths of a mile and make a U-turn at Serena Circle and head back down the hill on Redwood Rd. Go 1/10 of a mile and turn right onto Terrabella Way. Drive all the way to the back of the complex. At the water tank the road curves to the left. From the Warren Freeway (13 North) toward Berkeley take Carson St.-Redwood Rd. exit. After the stop sign continue straight onto Mountain Blvd. In a few blocks turn right onto Redwood Rd. and follow the directions above. 4360 Terrabella Way, Oakland.

SAN FRANCISCO SYMPHONY REHEARSAL AND LUNCH:

Wednesday April 21 8:30 AM
Ariane Franc (925) 284-9738

This program is a "crowd pleaser". Bernard Labadie conducts two of Mozart's final symphonies : # 35 or the "Haffner" Symphony, and the "Jupiter" Serenade # 41 known for their passion and clarity. We also will hear Mendelssohn's Piano Concerto #1, Marc-Andre Hamelin, pianist. What a treat! As usual, the Box Office opens at 8:30 AM, and there will be a crowd.. The price is \$20 for "open seating" We try to get seats Left side of the Orchestra as we look at the stage, and between the 6-8th row . Drop your coat to mark you seat, and join us in the Hall for coffee (\$1) and free donuts. There is a talk about the coming program from 9-9:30 AM. Don't miss it: ! It is funny and enlightening. The rehearsal takes place from 10-12:30 PM. We regroup outside the Hall, in front of the Box Office, and go to a nearby Bistro for an enjoying lunch at moderate prices. (This is optional). Directions: the best way is to go by BART to SF Civic Center, walk 4 blocks past City Hall to Van Ness Ave. The Davies Hall is at 201 Van Ness. More info? Call me at (925)284-9738, or better, email agfranc@comcast.net

Newsletter Mailing & Potluck

Thursday April 22 6:30 PM
Place: Champa Kripalani's home
Directions: Call (925) 933-9048
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.

Briones Reservoir Hike 3B

Saturday April 24 9:00 AM
Stan Wong (925) 686-2046
swong522 at sbcglobal dot net
Charlie Uhlman (925) 689-7208
cju2 at sbcglobal dot net
Join us for our annual outing around this secluded local reservoir. The terrain varies from open meadows full of poppies to forested hillsides. There are lots of short ups & downs and we will hike at a brisk pace since this is close to a 12 mile route. The trails may be muddy, so wear appropriate footwear. Access to Briones Reservoir is by EBMUD

permit so our group is limited to 15, therefore you must call or email to confirm. Expect 5+ hours of hiking. Bring a lunch & plenty of fluids (there is no water). Rain cancels.
Directions: From Hwy 24 take the Orinda exit and go North on Camino Pablo which then becomes San Pablo Dam road. Go approx 3.5 miles and turn right on Bear Creek Rd. Go approx 2.5 miles (over the Papa Bear – make sure you go past Upper Happy Valley Rd.) to the Bear Creek staging area on the left.

Pinochle

Saturday April 24 5:00 PM
Toni Hessler (925) 228-5956
This is an RSVP event & POTLUCK. My house 155 Southwind Dr. Pleasant Hill. DIRECTIONS: 680 take Willow Pass Rd. exit go west under freeway. After Sun Valley Mall the road becomes Taylor Blvd. Turn RIGHT on Alhambra/Pleasant Hill Rd. toward Martinez. (A) Approx 1.5 miles turn RIGHT on Elderwood. First stop sign, turn RIGHT on Fieldcrest. Go down small hill, at Y keep right, you are now on Southwind Dr. My condo is end unit on the left, "Ridgeview" sign sits in the landscaping. FROM 24 take Pleasant Hill Rd. exit going past Acalanes High School. The road splits, stay LEFT on TAYLOR going under the bridge. Continue to Alhambra/Pleasant Hill Rd turn LEFT heading north. Then follow directions from (A) above. Call or email sop1toni@yahoo.com.

Evening of Social Bridge

Saturday April 24
at 7:00 PM
If you play bridge, come join us for a friendly card game.
RSVP by Wednesday, April 21. Contact Rita Liston or Bob Livsey at (415) 442-1230 for details. Bring beverage or snack to share.



Dining in the Bay Area

Saturday April 24th 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.

PALOMARES ROAD BIKE RIDE (3T32)

Sunday April 25 10:00 AM
Joan Friedman h) 925-937-0233; cell) 925-216-7833
This beautiful ride goes from the tiny town of Sunol, along Niles Canyon Road to Palomares Rd., then up a long steady climb on Palomares Road into the quiet Stonybrook Canyon. The effort on Palomares Road is well worth it, because the crest is followed by a thrilling downhill ride. The return is along Dublin Canyon Road which parallels Highway 580, then a little excursion into Pleasanton and back to Sunol. Afterwards, we will go to a local restaurant/cafe for lunch.
DIRECTIONS: From 680 south (south of the 680/580 intersection), take the Rt. 84 (Niles Canyon Rd.) exit, turn right onto Rt. 84. After an intersection stop sign, turn right into the town of Sunol and park in the school parking lot on the right.

Koffee Klatch

Monday April 26 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. The holidays have passed so let's enjoy getting together.

Lafayette Reservoir Walk

Monday April 26 9:30 AM
Rebecca Mallon (925) 933-8033
Rain cancels so call to confirm. The paved lower trail is 2.7 miles. It takes about an hour to complete. Meet at the flagpole with quarters to feed your meter. Or walk 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 the neighborhood or have concerns about the weather. Optional socializing at a local coffee spot after the walk.

Surprise Hike

Tuesday April 27 8:30AM
Don & MaryAnn Acamo
Keep your eyes on our google groups website for this one. Happy Hiking.

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:

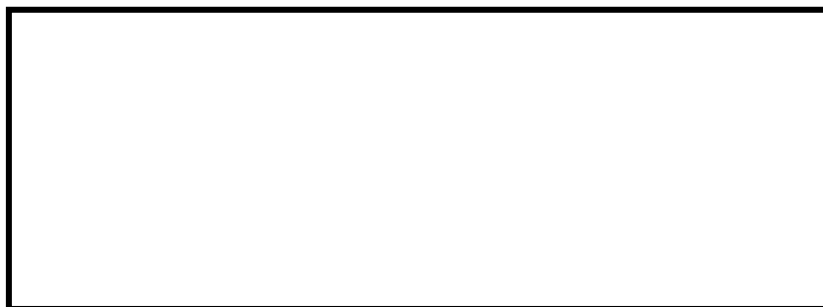
Publish Primary phone number? Yes___ No___ Publish Email address? Yes___ No___

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**.
March April 2010