

# Friday Schedule

## AFTERNOON & EVENING

Time	What	Where
2:30 – 6:00	<b>Registration</b>	Patio
2:30 – 5:15 pm	<b>Veggie Sushi Making</b>	Patio 1
	<i>Led by Miriam Feiner</i> Learn to make delicious vegetarian sushi rolls. Take a taste of what you roll, and make some more for everyone else to enjoy during the Shabbat Schmooze.	
	<b>Bike Blend a Smoothie</b>	Patio 1
	<i>Led by Alli Rosen and Ilana Horwitz</i> Take a spin on our legendary Bike Blender, and churn up a delicious smoothie in the process.	
	<b>Sports on the Lawn</b>	Ball Field
Gaga, Ultimate Frisbee, and other pick-up games to get you moving after the drive up to camp.		
4:45 – 5:30 pm	<b>Farm Tour</b>	Gather on Patio 2
	<i>Led by Walker Creek Ranch Staff</i> Walk down the road to Walker Creek's beautiful garden, and learn something new about your home for the next few days.	
5:30 – 6:00 pm	<b>Know Your Neighbors</b>	Patio 2
	<i>Led by Deborah Newbrun, Adam Arenstein, and Erica Hymen</i> Your 50-words-or-less bio in this Rider Pack only says so much. Come meet the rest of the community before we begin our Shabbat celebrations.	
6:00 – 6:15 pm	<b>Candlelighting</b>	Patio 2
	<i>Led by Cheryl Cook</i> Welcome Shabbat with songs and the blessing over the Shabbat candles.	
6:20 pm	<b>Shabbat Schmooze (Continues for those choosing not to go to Kabbalat Shabbat Services)</b>	Patio 2
	<i>Led by Hazon Staff and Ride Planning Team</i> Enjoy tasty pre-dinner snacks at our wine and cheese reception. Lisa Gottreich of the nearby Bohemian Creamery in Sebastopol will present a spread of her delicious cheeses and answer any questions.	
6:45 pm	<b>Traditional Kabbalat Shabbat Service</b>	Maple
	<i>Led by Renna Khuner-Haber</i> Join us for exuberant singing of the Psalms and Kabbalist songs compiled into the Kabbalat Shabbat service to welcome the Shabbat bride. Our gathering, all in Hebrew with transliteration, will conclude with the traditional evening service, <i>Ma'ariv</i> .	
	<b>Musical Kabbalat Shabbat Service</b>	Ampitheater
	<i>Led by Rabbi Sydney Mintz and Ben Kramarz</i> In this open and inclusive Kabbalat Shabbat service, we will sing beautiful melodies together accompanied by musical instruments to welcome Shabbat. Songs and prayers will be available in Hebrew, transliteration, and English translation.	
7:30 pm	<b>Dinner</b>	Dining Hall
9:00 pm	<b>Sensory Full Moon Hike</b>	Meet on Dining Hall Porch
	<i>Led by Jeff Glickman</i> The next full moon is tomorrow night! Join us for a peaceful and informative night walk around the Ranch grounds.	

# Friday Schedule

## EVENING

Time	What	Where
9:00 pm	<b>Shabbat Tisch</b>	Dining Hall
	<i>Led by Lexi Light</i> Tisch means table in Yiddish. Come sit, sing songs, and enjoy snacks and adult beverages at our table.	
	<b>Games Night</b>	Dining Hall
	<i>Led by Team Hot Kitchen</i> Board games, card games, and fun to be had by all. Join in the revelry as Teams Kitchen and Hot Wheels join forces to bring you an epic night of friendly competition.	
	<b>The SNAP Vaccine: America's Strongest Defense Against Hunger and Food Insecurity</b>	Maple
	<i>Led by Alli Rosen</i> Adequate, healthy food is an immunization to prevent long-term chronic disease, but can you really eat healthy on less than \$4 a day? Separate myth from fact on the program that feeds over 45 million Americans and get real tips for shopping on a budget.	

# Saturday Schedule

## MORNING

Time	What	Where
8:30 – 9:30 am	<b>Yoga</b>	Fireside
	<i>Led by Whitney Blumenfeld</i> We'll join together for morning sun salutations and stretches with a focus on the neck, shoulders, and upper back in anticipation of the rides ahead of us.	
8:30 – 9:30	<b>Breakfast</b>	Dining Hall
9:00 am – 12:00 pm	<b>Bike Ride</b>	Meet at Patio 2
	<i>Led by Rafi Rubin</i> This challenging route is intended for intermediate cyclists looking to pack even more thrilling climbs, descents, and breathtaking vistas into their weekend. We'll climb out of the valley and then North along Tomales Bay into the town of Tomales. There we'll soak up the small town ambiance before heading back along the route we came. About 28 miles with 2200 feet of climbing; 2.5-3 hours. This is NOT a supported ride.	
10:00 – 11:00 am	<b>Avodat Lev: Service of the Heart</b>	Fireside
	<i>Led by Adam Berman</i> This guitar service involves singing, chanting, and meditation in the context of a Shabbat morning service.	
	<b>Traditional Minyan</b>	Maple
	<i>Led by Arielle Tonkin</i> Join us for exuberant singing in this traditional, mostly Hebrew-language service.	
	<b>Morning Wander</b>	Meet at Patio 2
	<i>Led by Alli Rosen</i> Meet other members of the community for a stroll through the local hiking trails. Strike up a conversation or walk in silence and enjoy the beauty of the morning.	

# Saturday Schedule

## MORNING & AFTERNOON

Time	What	Where
11:00 am – 12:00 pm	<b>Torah Service and Musaf</b> <i>Led by Liore Milgrom-Gartner, Marilyn Heiss, David Rendsburg</i> Join the entire community for a combined Torah service. Stay for Musaf if you wish or gracefully leave and rejoin the group at Kiddush.	Amphitheater
12:00 – 12:30 pm	<b>Kiddush</b> We will all come together for a kiddush before lunch	Patio 2
12:30 pm	<b>Lunch</b>	Dining Hall
1:30 pm	<b>Shabbat Menucha (Rest Time)</b> Take some downtime before an afternoon packed with activities.	
3:00 – 6:00 pm	<b>Swim, Kayak, or Canoe in the Pond</b> <i>Lifeguard on duty</i> Enjoy water activities in Turtle Pond, which is just a short walk up the hill. <b>NOTE: Use of the pond is prohibited if no lifeguard is on duty.</b>	Turtle Pond
2:30 – 3:30 pm	<b>Introduction to Qi Gong</b> <i>Led by Adam Berman</i> Slow movements to open your energy channels and tap into the cosmic flow. It's like doing acupuncture on yourself without the needles. It's a subtle practice. Patience required.	Fireside
	<b>Urban Homesteading</b> <i>Led by Suzie Rose and Urban Adamah staff</i> Have you ever wondered what it takes to raise chickens in your backyard? Want to know the dirt on worm composting? This lively discussion will surely have you dreaming of your very own backyard homesteading projects.	Maple
	<b>What's Shmita?</b> <i>Led by Ben Kramarz</i> If you've been hanging around Hazon recently you've probably heard a lot of talk about Shmita, the Biblically mandated 'Sabbatical Year' of rest and release. Want to find out what it's all about, and why Hazon has made it a focus of our work for the next two years? Come learn with Ben Kramarz from Congregation Beth Sholom in this introductory text study.	Carson
3:40 – 4:50 pm	<b>Reimagining Society: Shmita in Our Community</b> <i>Led by Sue Reinhold, North Berkeley Investment Partners; Dana Cappelloni, Hebrew Free Loan of San Francisco; Arielle Tonkin, Magnes Museum</i> Three members of our community will discuss how the Shmita year relates to hot-button social issues like economic justice and property rights. Q&A session to follow.	Carson
	<b>Ultimate Frisbee</b> <i>Led by Ben Rosenthal</i> All are welcome. Get your heart rate up and throw the disc around!	Ball Field

# Saturday Schedule

## AFTERNOON

Time	What	Where
3:40 – 4:50 pm	<b>64 Days, 3300 Miles</b>	Maple
	<i>Led by Renna Khuner-Haber and Howard Metzenberg</i> Wonder what it's like to see the country from the seat of your bike? The kindness of strangers in Montana, a serendipitous meeting of Jews in rural North Dakota, the largest picnic basket in the world (in Ohio), and lots and lots of corn are just a few of the things the Hazon Cross USA Riders encountered along the way. Join Renna and Howard as they share stories and photos from their adventure.	
	<b>Bicycle Skills 101</b>	Fireside
	<i>Led by Rafi Rubin and Adam Arenstein</i> Hazon Alumni and experienced riders Adam and Rafi will present on topics relevant to newer riders, and specifically focus on details that can be used in the next two days of riding. Topics include nutrition, clothing, safety, training tips, and navigation.	
5:00 – 6:10 pm	<b>Bicycle Maintenance 101</b>	Fireside
	<i>Led by Rafi Rubin and Joel Aufrecht</i> Learn the basics of bicycle maintenance from tinkers Joel and Rafi. Demos will include pre-ride inspection (brakes, tire condition, tire pressure, etc.), and fixing flats, with detailed discussions on bicycle ergonomics (riding position, adjusting seats, etc.) and useful accessories (lights, racks, bottles, etc.).	
	<b>Shmita Hike</b>	Meet at Patio 2
	<i>Led by Deborah Newbrun</i> When planting and sewing fields was not an option in the Shmita year, ancient Jews turned to perennials and volunteers for their greens. Join Deborah to find edible plants in this area as well as go inward on the edge of a mountain to dream about the sabbatical rest you might enjoy in the next Shmita year 2014.	
	<b>Improv 101</b>	Muir
	<i>Led by Rebecca Poretsky</i> Improvisation is more than just fun and games (OK, it's mostly fun and games). Learn the ropes from local actress (and Hazon Rider) Rebecca Poretsky in this introductory workshop. Space limited.	
	<b>Parshat HaShavuah</b>	Madrone
	<i>Led by Marilyn Heiss</i> Join Marilyn Heiss for an interactive discussion about Parashat Beh'alotecha. Marilyn is a seasoned teacher of Torah and if she can engage 6th graders, she can engage you!	
	<b>Sit and Knit (or Crochet)</b>	Grassy area (outside maple)
	<i>Led by Joel Aufrecht and Erica Hymen</i> Bring along your already started project, or borrow our supplies, and learn the basics of how to knit and crochet from some Hazon friends. We'll sit in the shade and enjoy some chill craft time.	
<b>Bike Repair with Mechanics</b>	Patio 1	
<i>Led by Brian Lee</i> Our bike mechanics will do any last-minute repairs and safety checks on your bike. Continues at 9:30 pm.		

# Saturday Schedule

## EVENING

Time	What	Where
6:30 – 7:30 pm	<b>Dinner</b>	Dining Hall
	After dinner, we will walk to the Maple Room together for this year's Keynote Address	
7:40 – 8:20 pm	<b>Keynote Address</b>	Maple Room
	<i>Led by David Weisberg</i> Hazon is soon to merge with The Isabella Freedman Jewish Retreat Center, and our new Executive Director, David Weisberg (who will co-lead Hazon going forward with founder and soon to be President, Nigel Savage) will enrapture us with his warm storytelling. Leave this keynote with a broader understanding of whom Hazon will be in the merged entity and how together we can open meaningful and engaging portals of Jewish connection through food, environmental and outdoor experiences.	
8:25 – 8:40 pm	<b>Havdallah Small Group Gatherings</b>	Maple Room
	<i>Led by Beth Cousens and Liore Milgrom-Gartner</i> Your nametag has a number on it — find your group and join in a brief pre-Havdallah discussion.	
8:45 pm	<b>Havdallah Service</b>	Outside Maple
	<i>Led by Ben Kramarz, Liore Milgrom-Gartner, and Beth Cousens</i> Stay with your small groups and circle around our guitar player for a sweet end to Shabbat.	
9:00 pm	<b>Rider Safety and Route Briefing</b>	Maple Room
	<i>Led by David Rendsburg</i> <b>Mandatory for all Riders.</b> This meeting will help you prepare for the Ride ahead. You will have an opportunity to ask any questions you may have.	
	<b>Crew Prep</b>	Dining Hall
	<i>Led by Whitney Pollack and Arriel Adler</i> <b>Mandatory for all Crew.</b> This meeting will help you prepare for our work to help the Ride go smoothly.	
9:30 pm	<b>Bike Repair Mechanics</b>	Patio 1
	<i>Led by Brian Lee</i> Our bike mechanics will do any last-minute repairs and safety checks on your bike.	
	<b>Snack and Fireside Hang Out</b>	Dining Hall
	<i>Led by Miriam Feiner</i> Chill by the fireplace with games, schmoozing and tea.	

# Sunday Schedule

## MORNING

Time	What	Where
6:30 – 8:30 am	<b>Bike Support Available</b>	Parking Lot
	<i>Led by Brian Lee</i>	
6:30 – 8:00	<b>Breakfast — everyone should eat!</b>	Dining Hall
	Riders should finish eating by 7:15	
7:20 am	<b>Stretching for all riders</b>	Patio 1

# Sunday Schedule

## MORNING – EVENING

Time	What	Where
7:40 am	<b>Ride Launch Ceremony, Tefilat haDerekh (Traveler's Prayer) &amp; Shofar Blowing</b>	Patio 1
	<b>ALL PARTICIPANTS REQUESTED FOR GROUP PHOTO AND SEND OFF</b>	
8:00 am	<b>Riders depart</b>	Patio 1
1:00 – 5:00 pm	<b>Riders arrive back at Walker Creek Ranch</b>	Patio 1
3:30 – 5:30 pm	<b>Cookie Baking</b> <i>Led by Ila Lewis</i> Learn to bake Ila's legendary chocolate chip cookies, which will be shared by all later.	Dining Hall
4:30 – 5:30 pm	<b>Yoga</b> <i>Led by Whitney Blumenfeld</i>	Fireside
6:00 – 7:15 pm	<b>Dinner</b>	Dining Hall
7:30 pm	<b>Recap, Route Briefing, and Crew Meeting – MANDATORY</b>	Maple Room
8:00 – 9:30 pm	<b>Bike Repair Mechanics</b> <i>Led by Brian Lee</i>	Patio 1
8:30 pm	<b>Ice Cream Sundae Bar</b> Enjoy delicious local ice cream donated by Straus Family Creamery!	Dining Hall
9:00 – 10:00 pm	<b>Simply Salsa: A Workshop for Beginners</b> <i>Led by Kat Morgan</i> A fun, rhythmic evening, sure to boost your heartrate and passion! Join Kat, a weekend Salsalera, for a lesson in the basics of Salsa dancing. No partner required — come alone or with friends and bring your brightest smile!	Dining Hall
9:00 pm	<b>Additional Optional Activities</b> To be announced at dinner.	

# Monday Schedule

## MORNING

Time	What	Where
6:15 – 8:15 pm	<b>Mechanic Available</b> <i>Led by Brian Lee</i> Our bike mechanics will be available to assist with repairs.	Patio 1
6:30 – 8:00	<b>Breakfast</b>	Dining Hall
6:30 – 8:30	<b>Bring luggage to truck by 8:30 am</b>	Parking lot
7:30 am	<b>First group departs – Average 10 MPH</b>	Patio 1
8:00 am	<b>Second group departs – Average 12 MPH</b>	Patio 1
	<b>31-mile rider shuttle departs</b>	Parking lot
8:30 am	<b>Last group departs– Average 15 MPH</b>	Patio 1

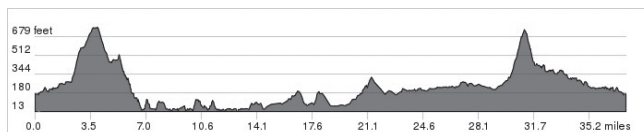
# Monday Schedule

## AFTERNOON

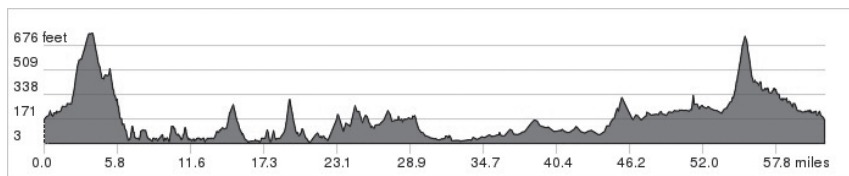
Time	What	Where
12:00 – 2:00 pm	Riders arrive at Jewish Community High School of the Bay	JCHS
2:00 – 3:00 pm	Closing Ceremony	JCHS
3:00 pm	Goodbye! See you next year!	
3:30 pm	Van departs for Los Angeles. Luggage dropoff at JCHS Parking Lot.	

## Elevation Charts

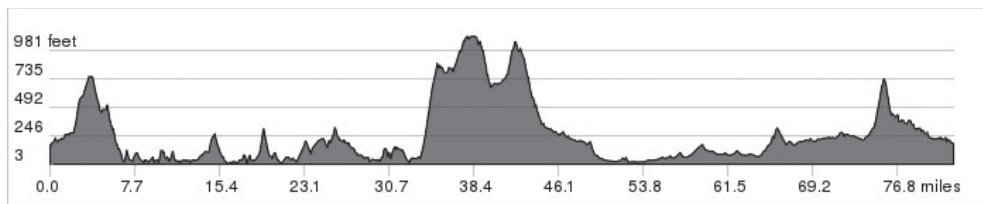
### Day 1



37 miles

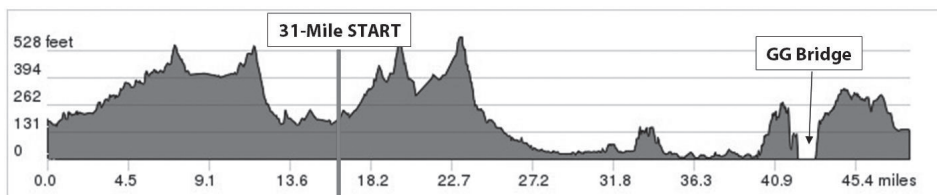


62 miles



81 miles

### Day 2



31- and 47-mile options

Note: elevation charts have different vertical scales.