

Friday

AFTERNOON & EVENING

Time	What	Where
2:30 – 6:00	Registration	Patio 1
2:30 – 5:00 pm	DIY Snack	Patio 1
	<i>Led by Miriam Feiner</i> Come make your own tasty “Do It Yourself” snacks.	
	Bike Blender Smoothies	Patio 1
<i>Led by Rachel Cohn</i> Take a spin on our legendary Bike Blender, and churn up a delicious smoothie in the process.		
3:00, 4:00, 5:00	Rider Safety Video	Maple
<i>Led by Donna De Rego and staff</i> Watch the Rider Safety video TODAY and get excused earlier on Saturday night from the Safety briefing.		
5:30 – 6:00	Know Your Neighbors	Patio 2
	<i>Led by Morgan Blum, Miriam Feiner and Whitney Pollack</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	Candlelighting	Dining Hall
	<i>Led by Drisana Davis, Steven Wynbrandt, and Rabbi Alyson Solomon</i> Welcome Shabbat with guitar, songs and the blessing over the Shabbat candles.	
6:20 pm	Shabbat Schmooze	Patio 2
	<i>Led by Hazon Staff and Ride Planning Team</i> Drink (mostly local beers and wine), nosh on local (depending on one’s definition) food products and meet up with fellow Golden Gate riders. For those not attending evening Shabbat services, the schmoozing will last until dinner.	
6:30 pm	Traditional Egalitarian Kabbalat Shabbat Service	Maple
	<i>Led by Rachel Cohn and David Meyer</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> .	
6:45 pm	Musical Reform Kabbalat Shabbat Service	Ampitheater
	<i>Led by Deborah Newbrun and Steven Wynbrandt</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.	
7:15 pm	Motzi and Kiddush	Patio
	<i>Led by Adam Segulah Sher</i> Friendly motzi and kiddush for those who aren’t going to services but would enjoy saying the blessings before dinner.	
7:30 pm	Dinner	Dining Hall
	Birkat Hamazon	Dining Hall
<i>Led by Beth Cousens and Joel Aufrecht</i> Stay for singing and praying as we say grace after meals.		

Friday

EVENING

Time	What	Where
8:30 – 9:00 pm	Teen Orientation	Fireside Lounge
	<i>Led by Deborah Newbrun and Elizabeth Kattler</i> Required for all teen riders and crew. Welcome our teens, review schedule, safety and harmony agreement.	
9:00 pm	Night Hike	Meet on Dining Hall Porch
	<i>Led by Adam Segulah Sher and Jeff Glickman</i> Join us for a peaceful and informative night walk around the Ranch grounds.	
	Shabbat Tisch	Dining Hall
	<i>Led by Miriam Feiner, Rachel Cohn, David Meyer, Adam Segulah Sher</i> The next full moon is tomorrow night! Join us for a peaceful and informative night walk around the Ranch grounds.	
	Games Night	Dining Hall
<i>Led by Morgan Blum and Team Hot Wheels</i> Board games, card games, and fun to be had by all. It’s always an epic night of friendly competition!		
	Mezzuzah for Your Bike	Dining Hall
<i>Led by Mckenzie Means and Deborah Newbrun</i> Make a mezzuah-like amulet to decorate your bike.		

Saturday

MORNING

Time	What	Where
8:30 – 9:30 am	Yoga	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 – 10:00	Breakfast	Dining Hall
9:00 am – 12:00 pm	Bike Ride	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. Find Rafi after Shabbat dinner if you’re interested.	
10:00 – 11:00	Avodat Lev: Service of the Heart	Fireside
	<i>Led by Sydney Davis and Naomi Stern</i> This musical service, led by Urban Adamah Fellows, involves singing and meditation in the context of a Shabbat morning service.	
	Traditional Egalitarian Shacharit	Maple
<i>Led by Marilyn Heiss</i> Join us for exuberant singing in this traditional, mostly Hebrew-language service.		

Saturday

MORNING & AFTERNOON

Time	What	Where
10:00 – 11:00 am	Gratitude Movement Meditation <i>Led by Simone Adler</i> Simone will lead a movement meditation focused on gratitude and the morning prayers. Using our breath and slow movements, we will align ourselves with the Kabbalistic Tree of Life, the elements, and give thanks and blessings for where we are in this moment.	Meet at Patio 2
11:00 am – 12:00 pm	Torah Service and Musaf <i>Led by Marilyn Heiss and 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	Kiddush <i>Led by Milken Students</i> We will all come together for a kiddush before lunch and hear from Mini Grant Recipients: Temple Adat Shalom, Milken High School and Temple Sinai	Patio 2
12:30 pm	Lunch	Dining Hall
1:30 pm	Shabbat Menucha (Rest Time) Time to rest before an afternoon packed with activities.	
2:30 – 3:20	Swim, Kayak, or Canoe in the Pond <i>Lifeguard on duty</i> Enjoy water activities in Turtle Pond, which is just a short walk up the hill. NOTE: Use of the pond is prohibited if no lifeguard is on duty. Bathing suits required.	Turtle Pond
	Parashat HaShavuah (This week's Torah Portion) <i>Led by Marilyn Heiss</i> Just as we are looking forward to our ride through the hills of West Marin, this week the Israelites are finalizing the logistics for their trek <i>B'midbar</i> , in the Wilderness. The devil is in the details, and we'll look at how they handled the complicated logistics of transporting hundreds of thousands of people who had only known a life of slavery in Egypt.	Madrone
	Eat to Ride and Ride to Eat <i>Led by Dr. David Pepper, M.D.</i> Learn with Dr. Pepper how to maximize your energy through what you eat and drink to power through your next bike ride.	Muir
2:30 – 4:20	Hike <i>Led by Deborah Newbrun, Donna DeRego and Jeff Glickman</i> Hike up the ridge for beautiful views back into camp. It is said we are created <i>b'zelem elohim</i> (in the image of God); we'll explore some of the ways that might be true for us.	Meet on Dining Hall Porch
3:20	Snack Available	Dining Hall

Saturday

AFTERNOON

Time	What	Where
3:30 – 4:20 pm	Women's Mikvah <i>Led by De Herman</i> Women of the Golden Gate Ride: Prepare your body, heart, mind, and spirit for a fabulous Shabbat and Ride! Please join Hazon veteran and ritual maker De Herman at a <i>mikvah</i> ceremony (a ritual immersion in water). Past <i>mikvah</i> participants in the New York Ride reported feeling refreshed, soothed, and energized, as well as connected to new acquaintances. Bring your bathing suit and a towel.	Meet on Dining Hall Porch
	Capoeira <i>Led by Morgan Blum</i> Capoeira is an Afro-Brazilian martial art that incorporates dance, fight, acrobatics, music and the rich culture of Brazil. This workshop will serve as an introduction to Capoeira (no previous knowledge of capoeira necessary). It will demonstrate the basic elements of dance and defense that form the base of this beautiful cultural treasure. Wear comfortable pants and a t-shirt or tank top.	Maple
	Tire Changing <i>Led by Joel Aufrecht</i> Ride with confident inflation! In this workshop you will remove, fix and remount the tire on your own bicycle.	Patio 1
	Meditative Chanting <i>Led by Yesh Ballon</i> The melodic and rhythmic repetition of a sacred phrase is a way of transforming the words of liturgy and Torah for a deeper experience of the depth and tranquility of Shabbat. Yesh studied this sacred art under Rabbi Shefa Gold.	Fireside
4:30 – 5:20	Roots – What is Jewish (and Exciting) About Gardening – What About the Upcoming Shmita Year? <i>Led by Steven Wynbrandt, Rebecca Marcyes, Deborah Newbrun (Moderator)</i> Panel discussion led by two hugely successful gardeners/farmers about how they relate their profession to their Jewish roots. How, if at all, does Judaism's teachings inform their practice and how does it impact what their gardens produce?	Maple
	What do the World's Faith Traditions Have to Say About the Environment? <i>Led by Adam Segulah Sher</i> Adam 'Segulah' Sher serves as Hazon's Director of Transformative Experiences and Director of Elat Chayyim headquartered at Isabella Freedman Jewish Retreat Center in Falls Village, CT. Adam brings his background in comparative religions and ecology of myth to this lively discussion.	Fireside
	Making Something Out of Nothing – Intro to Improv <i>Led by Rebecca Poretsky</i> Come to this workshop to learn the basics of improvisation! We'll do exercises and play games to practice being spontaneous and creative, failing good-naturedly, and creating collaboratively. Improv is stupidly fun and can be quite ridiculous, AND YET, AND ALSO, can give you some real tools to help you move through the world with greater awareness, compassion, and adaptability.	Muir

Saturday

EVENING

Time	What	Where
5:30 – 6:20 pm	Shmita: The Biblical Foundation for Food Security and Fair Access <i>Led by Alison Rosen</i> Commonly translated as the 'Sabbatical Year,' <i>Shmita</i> literally means 'release.' As its most basic level, <i>Shmita</i> presents a set of laws that deals with our methods of food production. We'll dig into the specific practices of the <i>Shmita</i> year that offer a glimpse into an ideal food system, and lay the foundational end-goal for resilient, local food security and fair food access. Cordial Making	Fireside Maple
	<i>Led by Miriam Feiner</i> Infuse your favorite flavors in alcohol to make a tasty beverage or medicinal elixer, to take home and enjoy in the coming days and weeks. 21 years old and up, please.	
5:30 – 6:30	Bike Repair with Mechanics <i>Led by Laura Rose</i> Our bike mechanic will do last-minute repairs and safety checks on your bike. Continues at 9:30 pm.	Patio 1
6:30 – 7:30	Dinner	Dining Hall
8:00 – 9:00	Rider Safety and Route Briefing <i>Led by David Rendsburg & Rafi Rubin</i> Mandatory for all Riders. This meeting will help you prepare for the Ride ahead. You will have an opportunity to ask any questions you may have. Crew Prep	Maple Room Dining Hall
	<i>Led by Whitney Pollack</i> Mandatory for all Crew. This meeting will help you prepare for our work to help the Ride go smoothly.	
9:00 – 9:30	Havdallah Service <i>Led by Steven Wynbrandt & Rabbi Alyson Solomon</i> Come together as we transition away from the sanctity of Shabbat and prepare for the week ahead.	Outside Maple
9:00 pm	Rider Safety and Route Briefing <i>Led by David Rendsburg</i> Mandatory for all Riders. This meeting will help you prepare for the Ride ahead. You will have an opportunity to ask any questions you may have. Crew Prep	Maple Room Dining Hall
	<i>Led by Whitney Pollack and Arriel Adler</i> Mandatory for all Crew. This meeting will help you prepare for our work to help the Ride go smoothly.	
9:30 – 9:45	Rider Safety Video <i>Led by David Rendsburg</i> Mandatory for all Riders who have not yet watched the video and signed waiver. All riders must video in advance of riding. *Last showing before Sunday's ride. Bike Repair with Mechanics	Maple Room Patio 1
	<i>Led by Brian Lee</i> Our bike mechanics will do any last-minute repairs and safety checks on your bike.	
9:30 pm	Fireside Hang Out <i>Led by Steven Wynbrandt</i> Chill by the fireplace with games, schmoozing, tea and singing with Steve W.	Dining Hall

Sunday

MORNING

Time	What	Where
7:00 – 9:00 am	Bike Support Available <i>Led by Brian Lee</i>	Parking Lot
7:00 – 9:00	Breakfast – Everyone Should Eat! 61- and 81-mile riders should finish eating by 7:45/8 am; 41-mile riders can eat after launch ceremony.	Dining Hall
7:45 am	Stretching for 61- and 81-mile group	Patio 1
8:15 am	Ride Launch Ceremony, Tefilat haDerekh (Traveler's Prayer) and Shofar Blowing ALL PARTICIPANTS REQUESTED FOR GROUP PHOTO AND SEND OFF	Patio 1
8:30 am	61- and 81-mile groups leave	Patio 1
9:00 am	41-mile group leaves	Patio 1

AFTERNOON & EVENING

Time	What	Where
1:30 – 5:30 pm	Riders Arrive Back at Walker Creek Ranch	Patio 1
4:00 – 5:00	Cookie Baking <i>Led by Alyse Opatowski</i> Join Alyse Opatowski in making cookies to enjoy.	Dining Hall
4:30 – 5:30	Yoga <i>Led by Sarah Winger – Milken Student</i> What better way to relieve the soreness from Sunday's ride, than fully aligning one's body through an afternoon yoga session. This yoga session will focus on reducing tension caused by a full day's ride and prepare you for another long ride on Monday. Operation Schmooze	Fireside Patio 1
	<i>Led by Rachel Cohn</i> Want to get to know your fellow riders better? Want to kvetch or kvell (offer complaints or congrats) about the greatest or toughest part of your ride today? Come for some structured downtime including games, reflection, and other activities...or just a chance to spend some quality time with new and old friends!	
6:00 – 7:15	Dinner Birkat Hamazon <i>Led by Michele and Dylan Ban</i> Stay for singing and praying as we say grace after meals.	Dining Hall Dining Hall
7:30 pm	Recap, Route Briefing, and Crew Meeting – MANDATORY	Maple Room
8:15 – 9:30 pm	Bike Repair with Mechanics <i>Led by Brian Lee</i> Our bike mechanics will be available to assist with repairs.	Patio 1
8:15 pm	Ice Cream Sandwich Bar Enjoy delicious local ice cream donated by Straus Family Creamery... and if you want, turn your ice cream and cookies into an ice cream sandwich.	Dining Hall

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