

Thursday

AFTERNOON & EVENING

Time	What	Where
4:00 – 6:00	Arrival and Check-In	Patio 1
6:30 pm	Dinner	Dining Hall
7:30 pm	Orientation & Opening Circle We will gather as a group to be welcomed by the Ride planning committee and Hazon staff. Learn about the weekend and get to know your new community.	Patio 2 (or Dining Hall)
8:30 – 9:15	Rider Safety and Route Briefing	Maple Room
	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	Dining Hall
8:00 – 10:30	Mandatory for all Crew. This meeting will help you prepare for our work to help the Ride go smoothly.	
	Bike mechanics available Our bike mechanics will be able to help with last-minute bike repair and safety checks on your bike.	Patio 1

Friday

MORNING

Time	What	Where
6:30 am onwards	Bike Support Available <i>Led by Brian Lee</i>	Parking Lot
6:30 – 7:00	Jewish Meditation <i>Led by Scott Green</i> There is a rich and deep meditative tradition within Judaism. A simple but profound practice of Jewish Vipasana will be offered in order to connect us with our breath, the present moment, and divine presence. Our Kavanah will be to infuse mindfulness and awareness into all of our activities during the retreat.	Carson Room
7:15 – 8:45	Breakfast – Everyone Should Eat!	Dining Hall
	60- and 80-mile riders should finish eating by 7:45/8 am; 40-mile riders can eat after launch ceremony	
8:00	Stretching for 60- and 80-mile group	Patio 1
8:15	Ride Launch Ceremony	Patio 1
	ALL PARTICIPANTS REQUESTED FOR GROUP PHOTO AND SEND-OFF <i>Tefilat haDerekh</i> (Traveler's Prayer) and Shofar Blowing	
8:30	60- and 80-mile groups leave	Patio 1
9:30	40-mile group leaves	Patio 1

Friday

AFTERNOON & EVENING

1:30 – 5:30	Riders Arrive Back at Walker Creek Ranch	Patio 1
3:00 – 4:00 pm	Challah Baking <i>Led by Racheli Shandrovsky</i> Racheli Shandrovsky will be leading a hands-on workshop , teaching the ancient art and wisdom off challah making. A fun bonding activity not to be missed!	Dining Hall
4:00 – 4:45	Post Ride Stretching	Patio 2
	Be kind to your body and give it a good stretch as a way of relaxing into Shabbat	
4:00 – 5:00	Do-It-Yourself Sushi Making Workshop <i>Led by Alex Shandrovsky</i> With the assistance of Head Sushi Chef Jagun Ney, Alex Shandrovsky will be leading a sushi making workshop where participants will learn how to roll like a master, and enjoy the fruits of their labor. A brief introduction to what makes fish both sustainable and kosher will accompany the workshop.	Dining Hall
6:00 – 6:45	Musical Kabbalat Shabbat Service <i>Led by Rabbi Josh Jacobs-Velde & 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.	Ampitheater
6:50	Candlelighting, Kiddush, Motzi	Dining Hall
	Welcome Shabbat with the blessing over the Shabbat candles and the introductory blessings for Shabbat dinner	
7:00 pm	Dinner	Dining Hall
	Singing and Games	Dining Hall
	Join in on the Friday night fun with songs and games	

Saturday

MORNING

Time	What	Where
7:30 – 8:30 am	Yoga (with music) <i>Led by Arella Axelrod</i> Stretch out your sore muscles and relax your body. Start Shabbat off with this heart-opening yoga class that will leave you feeling refreshed and renewed.	Fireside
8:30 – 9:30	Breakfast	Dining Hall
10:00 – 11:00	Musical Shabbat Morning Prayers <i>Led by Rabbi Josh Jacobs-Velde & Steven Wynbrandt</i> Join this musical Shabbat morning service for singing and heart-opening prayer.	Ampitheater
	Morning Shabbat Hike <i>Led by Donna De Rego</i> Before we were The People of the Book, we were The People of the Land. Come explore this weeks Torah portion, <i>Emor</i> , as we hike through the hills. Learn how your support of Hazon connects you to this portion.	Meet at Patio 1
11:00 am – 12:00 pm	Torah Service <i>Led by David Rendsburg</i> Experience reading the Torah outside and learn incites into this week's Torah portion as it relates to Jewish history and contemporary issues.	Ampitheater

Saturday

AFTERNOON

Time	What	Where
12:00 – 1:15 pm	Kiddush & Lunch We will all come together for a kiddush on the patio before lunch	Patio 2 / Dining Hall
2:00 – 5:00	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
1:30 – 2:45	The Jewish Chicken Ranchers of Petaluma <i>Led by Kenneth Kann</i> This session will explore Sonoma County Jewish history and community life through the Petaluma Jewish chicken ranching community. We'll examine how the community sustained over three generations and more, including the displacement of family farming by corporate agriculture, bitter political battles during the McCarthy era, and the assimilation of the children and grandchildren. <i>Kenneth Kann is a historian. He is the author of Comrades and Chicken Ranchers: the Story of a California Jewish Community and Joe Rapoport, the Life of a Jewish Radical.</i>	Maple
3:00 – 4:00	Jewish Meditation & Yoga <i>Led by Scott & Tracey Green</i> Come experience a fluid and restorative Jewish Yoga class which will connect you with deep Shabbat <i>menucha</i> (rest). Allow your Hazon spirit to be refreshed, your body to be nourished, and your <i>kavanah</i> (intention) focused.	Fireside
	Making Something Out of Nothing: Intro to Improv <i>Led by Rebecca Poretsky</i> Back by popular demand, this workshop will teach you 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.	Carson
4:15 - 5:30	Kashrut and Sustainability: Can They Coexist? What can Funagi (Kosher Eel Sushi) teach us about the future of Kosher and sustainability? This discussion will be led by Alex Shandrovsky, founder of Lchaim Sushi, the world's first sustainable kosher sushi provider.	Maple
	Spiritual Nature Hike <i>Led by Rabbi Josh Jacobs-Velde</i> Deepen your intimacy with the natural world through a Jewish lens. Join Rabbi Josh Jacobs-Velde for a non-strenuous hike on the trails of Walker Creek Ranch, tapping into the deep restfulness of Shabbat afternoon.	Meet at Patio 1
5:45 - 6:45	Social Justice, Jewish Values & Entrepreneurship in the 21st Century We encourage everyone to join us for this special session of thought-provoking stories, sharing, and conversation with a panel of innovative leaders in our community.	Maple

Saturday

EVENING

Time	What	Where
7:00 - 8:00	Dinner	Patio 2 / Dining Hall
8:15 – 9:00	Rider Route Briefing	Maple Room
	Mandatory for all Riders. Prepare for the Ride ahead.	
	Crew Prep	Dining Hall
	Mandatory for all Crew. Prepare for our work to help the Ride go smoothly.	
9:00 – 9:30	Havdallah Service	Outside Maple
	<i>Led by Steven Wynbrandt</i> Come together as we transition away from the sanctity of Shabbat and prepare for the week ahead and Sunday's ride.	
9:30 pm	Bike Mechanics Available	Patio 1
	Meet with our mechanic for support in prepping your bike for the morning ride.	
	Fireside Hang Out	Dining Hall
	<i>Led by Steven Wynbrandt</i> Chill by the fireplace with singing, schmoozing, tea, and snacks.	

Sunday

MORNING

Time	What	Where
6:00 – 6:40 am	Jewish Meditation	Carson Room
	<i>Led by Scott Green</i> There is a rich and deep meditative tradition within Judaism. A simple but profound practice of Jewish Vipasana will be offered in order to connect us with our breath, the present moment, and divine presence. Our <i>kavanah</i> (intention) will be to infuse mindfulness and awareness into our activities during the retreat.	
6:15 – 8:15	Mechanic Available	Patio 1
	Our bike mechanics will be available to assist with repairs.	
6:30 – 8:30	Breakfast	Dining Hall
6:30 – 8:30	Bring Luggage to Truck by 8:30 am	Parking lot
7:15	Stretching for All Riders	Patio 1
7:30	First Group Leaves – Average 10 MPH	Patio 1
8:00	Second Group Leaves – Average 12 MPH	Patio 1
8:15	30-Mile Route Shuttle Leaves	Parking lot
8:30	Last Group Leaves – Average 15 MPH	Patio 1

AFTERNOON

Time	What	Where
12:30 – 2:00 pm	Riders arrive at Jewish Community High School of the Bay	JCHS
2:00	Closing Ceremony	JCHS
3:00	Goodbye! Head home safely!	