

# Friday Schedule

Please wear your name tag throughout the weekend.

Time	What	Where	Leader
2:30 – 5:00 pm	<b>Registration</b>	WW Office / Woods Inn	
	Snacks and beverages will be available in Woods Inn throughout the weekend. This is a great place to meet new people, pick up a game, or browse our literature table.		
	<b>Pool open</b>	Lifeguard on duty	
3:00 – 5:45	<b>Rental bike pick up and bike mechanical support</b>	Parking lot behind the Office	
	Our bike mechanic will be able to help you with last-minute bike repair and to get you fitted on your rental bike.		
3:30 – 5:30	<b>Volleyball</b>	Volleyball Pit	Gabe Germanow
	Join your new friends for a pick-up game of volleyball.		
	<b>Bike powered smoothie station</b>	Woods Inn Porch	Rafi Rubin and Team Malachim
	Make your own smoothie while enjoying the ultimate expression of human power with Hazon's bike-pedal-powered blender.		
	<b>The Art of Lacto-Fermentation</b>	Dining Hall Porch	Miriam Feiner
Experience the art of Lacto-Fermentation! In this workshop you'll learn about the health benefits of natural fermentation, what supplies are needed, and a few easy techniques so you can make your own pickled veggies at home. Everyone will get to make their own jar of pickled seasonal veggies to take home, along with recipes.			
3:30 – 4:30	<b>Hike</b>	Meet in front of Boxcar	Rich Robinson
	Please wear sturdy closed-toe shoes and join us on a short hike. This is about a one-hour hike round trip with moderate difficulty.		
	<b>Learn how to change a flat</b>	WW office	Elijah Post, Emma Wendt
	We want every rider to feel a high level of confidence in being able to change a flat tire. It will make you a more confident cyclist and able to help others on the road. Learn how to change your own flat tire; a new session will start every 15 minutes.		
4:00 – 5:15	<b>Yoga</b>	Boxcar	Deena Aranoff
	This all-level yoga class will include gentle physical postures, breathing exercises, and meditation. Jewish teachings will be woven into the class to inspire our movement. No previous yoga experience needed.		
6:00 – 6:30	<b>Shabbat Shmooze</b>	Dining Hall Porch	Ilana Horwitz, Suzie Rose
	Shabbat Shmooze – Delicious snacks (dinner's not till 8:00!) and alcoholic and non-alcoholic beverages will be available. Follow the instructions on the back of your name tag to meet some wonderful riders, crew, staff, and friends!		

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6:30 – 6:50	<b>Candlelighting</b>	Homestead	Michael Hopkins
	Welcome Shabbat with songs and the blessing of the Shabbat candles. Actual candlelighting is 7:50 pm.		
7:00	<b>Musical Minyan</b>	Amphitheater	Reena Spicehandler
	In this open and inclusive Kabbalat Shabbat circle we will sing uplifting tunes, accompanied by guitar and drums, to welcome Shabbat. Songs and prayers will be available in Hebrew, transliteration, and English translation. Please bring an open heart and a willingness to get up and dance!		
	<b>Soulful Traditional Minyan – Kabbalat Shabbat and Ma'ariv</b>	Homestead	Renna Khuner-Haber, Mark Goodman
	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> . This service will have three sections of seating for men, women, and all genders.		
	<b>Prayer Walk</b>	Meet in front of Boxcar	Deborah Newbrun
	Do you get your Jewish on by walking the earth and praying through the rhythm of your body's heart beat as you ascend a peak? If yes, join us as we enter Shabbat -- rain or shine -- for some walking, talking, breathing, and a few blessings. Please wear closed toed shoes.		
	<b>Dinner for families</b>	Dining Hall	Elizabeth Kattler
	Families with children are welcome to enjoy a kid-friendly meal.		
8:00	<b>Dinner</b>	Dining Hall	Deena Aranoff
	Sit with your family and friends and meet someone new. Led by Deena, we will bless the wine and challah together and end the meal with <i>birkat hamazon</i> .		
9:15 – 10:00	<b>Orientation</b>	Homestead	Ilana Horwitz, Suzie Rose
	We will gather as a group to be welcomed by the Ride Co-Chairs and Hazon staff. Learn about the weekend and the space we're in and get to know your new community.		
10:00	<b>Shabbat Tisch</b>	Side Dining Hall	Jocelyn Berger, Julia Gazdag
	<i>Tisch</i> means table in Yiddish. Come sit, sing songs, and enjoy snacks and adult beverages at our table.		
	<b>Night Walk</b>	Meet in front of Boxcar	Toby Zelt
	We set out on a nighttime journey, playing games testing our senses, and observing the nocturnal life around us. True relaxation follows as we enjoy the stars and unwind into Shabbat. Flashlights are optional, but long pants and closed toe shoes are mandatory.		
	<b>Friends of Bill W</b>	Boxcar	

# Saturday Schedule

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Time	What	Where	Leader
8:00 – 10:00 am	<b>Breakfast</b>	Dining Hall	
8:45 – 10	<b>Yoga</b>	Boxcar	Deena Aranoff
	This all-level yoga class will include gentle physical postures, breathing exercises, and meditation. Jewish teachings will be woven into the class to inspire our movement. No previous yoga experience needed.		
	<b>Prayer hike</b>	Meet in front of Boxcar	Toby Zelt
Inspired by the Shabbat morning prayer service, we practice being fully present through mindfulness exercises in the natural world. Through discussion and activity, we will experience the Torah portion. If time allows, our service concludes with a solo-sit, called hitbodedut, or alone time for spiritual practice.			
8:45 – 10:45	<b>Bike Ride</b>	Meet in front of WW Office	Howard Metzenberg, Karren Shorofsky, Team Malachim
	This short ride is intended to give you more confidence on the road. We'll discuss safe group riding skills and then have a chance to practice on a leisurely ride. Ride leaders will also emphasize good climbing and descending techniques. Low impact, one-hour ride, about 10+ miles.		
9 – 11:30	<b>Soulful Traditional Minyan</b>	Homestead	Mark Goodman
	Join us for exuberant singing in this traditional, mostly Hebrew-language service, with the triennial Torah reading – from <i>Psukei d'Zimrah</i> through <i>Adon Olam</i> . This service will have three sections of seating for men, women, and all genders.		
10:15 – 11:30	<b>Avodat Lev: Service of the Heart</b>	Box Car	Adam Berman
	This service involves singing, chanting, and meditation in the context of a Shabbat morning service.		
11:30	<b>Kiddush</b>	Dinning Hall Porch	
	We will all come together for a kiddush and a small nosh followed by a brief <i>d'var torah</i> (word of Torah).		
12 – 1:15 pm	<b>Creating Fair Food Systems: Jewish tradition and the 2012 Farm Bill</b>	Amphitheater	Nigel Savage
	In this keynote, Hazon's Executive Director, Nigel Savage, will lead a conversation about the 2012 Farm Bill, reflecting both on Jewish tradition and the evolution of fair food systems in the USA.		
1:30 – 2:30	<b>Lunch - Sit by Interest Groups</b>	Dining Hall	
	Find a topic that interests you and join in the discussion: Animal Husbandry; Green Transportation; Nutrition for Cycling; LGBT; Urban Adamah; Wilderness Torah; Hazon in the Bay Area; Hazon Cross-USA Ride; Israel Ride.		

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2:30 – 7:00	<b>Pool Open</b>		Lifeguard on duty
2:45 – 4:00	<b>The Earth-Based Roots of Judaism</b>	Homestead	Zelig Golden
	Join Zelig Golden, founder of Wilderness Torah, to explore ancient texts that teach us why connecting to nature helps us connect with our ancient roots.		
	<b>Drop-in Q&amp;A session about the Ride</b>	Dining Hall Porch	Ilana Horwitz, Suzie Rose
	This Q&A session is open to anyone who wants to ease their concerns and ask questions about the next two days of riding.		
	<b>Outdoor Activities: Frisbee and Volleyball</b>	Volleyball Pit Field	Jeff Levy, Gabe Germanow
Enjoy the beautiful outdoors with a game of frisbee or volleyball.			
3:00 – 5:00	<b>Origami</b>	Boxcar	Fraidy Aber
	Learn to create multi-paper geometric sculptures (also called kusudama). No folding experience needed.		
4:15 – 5:30	<b>Shop Talk: All-Things-Bicycle Round Robin</b>	Homestead	Emma Epstein, Howard Metzenberg, David Pepper, Elijah Post, Karren Shorofsky, Emma Wendt
	Come talk shop: bike maintenance, bike commuting, riding in the rain, bike touring, endurance cycling, and cycling for women. In this hands-on round robin with our mechanics and knowledgeable Hazon community, you'll get to hear what kinds of bikes and gear they like to use. You are welcome to bring your bike and questions so that you may learn basic maintenance and gain a better understanding of what these activities involve.		
	<b>Is Cow Tipping Kosher?</b>	Woods Inn	Elizabeth Kattler
	A new look on ethical-kashrut that explores why pigs were demonized in the Torah, why Martin Buber is a kashrut hero, and why eco-kashrut can save the planet, your business, and your marriage.		
	<b>Qi Gong</b>	Boxcar	Adam Berman
Join us for this Chinese meditative practice using slow, graceful movements and controlled breathing techniques to promote the circulation of qi within the human body and enhance your health.			
5:45-7:00	<b>Tagging Water, Tagging People</b>	Homestead	Mousa Diabat, David Eisenberg
	Of the many complexities that characterize the ongoing Israeli-Palestinian conflict, the question of how the region manages its extremely limited water resources looms large. To maintain healthy and functional communities, cooperation between nations is vital. Join us in a discussion with Arava Institute alum Mousa Diabat as he shares his unique perspective, having worked on the difficult and divisive issue of trans-boundary water politics.		

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Time	What	Where	Leader
5:45 – 7:00 pm	<b>Yoga</b>	Box Car	Michele Ban
	Join yoga enthusiast Michele Ban, a practicing yogi for the past six years as she takes you through Shabbat's conclusion with a short guided meditation and renewing collective pranayama (breathing), and begin the week (and Sunday's ride) with relaxed shoulders, open hips, and an open heart.		
	<b>Shabbos in the Raw</b>	Dining Hall Porch	Baruch Schwadron
Join Chef/Herbalist Baruch Schwadron, of PassionFoods, for an invigorating raw (Shabbat-friendly) food making extravaganza! We will be making delicious versions of kale salad, ginger-tahini-lemon dressings, and more! Healing, wholesome and delicious!			
7:00 – 7:30	<b>Mincha</b>	Homestead	Meir Goldstein
	This service includes a preview of next week's Torah reading. There will be three sections of seating for men, women, and all genders.		
7:30 – 8:30	<b>Dinner</b>	Dinning Hall	
8:45 – 9:15	<b>Havdallah</b>	Woodside Porch	Sarai Shapiro
	We will bring Shabbat to a close together as a community with song and dance. <b>Shabbat ends 8:52pm.</b>		
9:30	<b>Rider Safety and Route Briefing Meeting</b>	Homestead	David Rendsburg and Renna Khuner-Haber
	<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 have.		
	<b>Teen Rider Safety and Route Briefing Meeting</b>	Woodside	Cheryl Cook and Deborah Newbrun
	<b>Mandatory for all Teen Riders.</b> This meeting will help you prepare for the Ride ahead, with an opportunity to ask any questions you have.		
	<b>Crew Prep</b>	Boxcar	Nancy Lipsey and Whitney Pollack
	<b>Mandatory for all Crew.</b> This meeting will help you prepare for our work to help the Ride go smoothly.		
10:00	<b>Bike repair mechanics</b>	WW Office	Matt Ames, Brian Lee
	Our bike mechanics will do any last-minute repairs and safety checks on your bike.		