



# TEAM ALAMEDA NEWSLETTER

Spring 2020 (Coronavirus Issue)

## Message from the President



### **President "Captain Eurotrash" Ralph Bruni**

Hello Team Alameda,

On March 16<sup>th</sup>, just minutes prior to the official announcement, we received advance word about the pending shelter-in-place order and physical distancing restriction, commonly called "social" distancing. We posted to our website the decision by the Board to indefinitely cancel all club rides, but I wish to assure all members that social distancing is far from our minds, as it implies not socializing with others or being connected to your friends.

This Newsletter exemplifies the concept of physical distancing while remaining connected on a social level. The communities, including our cycling club, that survive and rebuild most effectively after a crisis are those with strong social networks, which share lifesaving and life enhancing information with one another. Therefore, this very social Coronavirus edition.

However, it may be too late to change the vernacular and everybody is doing their part anyway. One group is riding local or on trainers at home, posting many more virtual rides than ever before. Another sizeable group embarks on solo forays of longer distances on roads that are magically free of vehicles, except for the odd motorist. Some do both. This newsletter will attempt to give you some practical solutions to enjoy your sport and keep in shape.

Other news:

Michael “Mike” Castro, our **Membership** director, has announced all members will benefit from a free three (3)-month extension to their individual membership in recognition of our cancelled rides. Lapsed members will also not be removed from the roster, until we are back to normal. We are still working out the details and we hope the current situation is resolved by summertime, so that we may resume our group rides.

One Board member did contract COVID-19, but, thankfully, is back to riding his bike again. This goes to show that this pernicious virus knows no age barrier and can cause severe symptoms to anybody.

The Board is continuing its monthly meetings virtually with Zoom, a videoconferencing app. The Agenda and Minutes are prepared as usual and we are planning for the day physical distancing disappears. Nobody, including the government and health experts, knows when this will happen, and some say sometime in October, but we will be more than ready!

In the meantime, stay healthy, happy and fit,

Ralph

**Team Alameda President**

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## Winter Program

Earlier this Winter, the Board took on the task of revisiting and updating some of our official documentation. In particular, we were interested in first documenting the duties of each Board member, and secondly updating the Club Bylaws to ensure that they are accurate and represent what our Club has become over the past years since inception. The more specific duties and responsibilities of our ten Board members have been committed to writing and will be voted on at our next virtual Board meeting on May 5<sup>th</sup>. This represented **Phase I** of our effort. **Phase II** will address the Club Bylaws, which will require a review and endorsement by an attorney, once completed. After this, we should not have to return to this sort of exercise again for a few years.

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# Coronavirus Gear

## Antibacterial Hand Sanitizer Spray (\$4 - \$11)

I received a capped stick, such as the ones pictured below, on one of my organized rides and know from recent experience, that it works well and dependably. It easily fits in a jersey pocket. To be effective, it must contain at least 60% ethyl alcohol. If you have sensitive skin or a skin condition like eczema, opt for an alcohol-free version — but keep in mind that nonalcohol-based hand sanitizers may not reliably kill all microorganisms. The cheapest option is  $\frac{2}{3}$ -cup rubbing alcohol (99% isopropyl alcohol) and  $\frac{1}{3}$ -cup aloe vera gel (optional). Stir. Decant into a clean soap or spray pump bottle. All are cheap, effective and dry quickly, with no residue, perfect for cycling.



Source (red with pocket clip): <https://doctorsklineandgreen.com/antibacterial-hand-sanitizer-spray-pen>

Source (blue): [https://99fab.com/products/blue-safety-10ml-pocket-hand-sanitizer-antibacterial-disinfection-spray?variant=32046110081099&currency=USD&utm\\_campaign=gs-2019-06-25&utm\\_source=google&utm\\_medium=smart\\_campaign&gclid=CjwKCAjw-YT1BRAFEiwAd2WRtvoJjc200ojp4PRI6P73iun7AEjGolSie0bph5M5HbTGrE9xrQwKchoCWWEQAvD\\_BwE](https://99fab.com/products/blue-safety-10ml-pocket-hand-sanitizer-antibacterial-disinfection-spray?variant=32046110081099&currency=USD&utm_campaign=gs-2019-06-25&utm_source=google&utm_medium=smart_campaign&gclid=CjwKCAjw-YT1BRAFEiwAd2WRtvoJjc200ojp4PRI6P73iun7AEjGolSie0bph5M5HbTGrE9xrQwKchoCWWEQAvD_BwE)

## Scarves versus Masks

Traditionally, buffs, or tubular shawls, have been used by cyclists to cover mouth and nose when the weather gets cold. Triple-ply surgical masks, even the disposable kind, make it difficult to breathe while exercising, but provide some protection against bacilli and viruses. Is there anything porous enough to breathe, while being sufficiently protective? I do not use anything but a neck gaiter when cycling outdoors and only when it is chilly, but the question did occur to me. There are individuals who would like to wear something like a mask, without being forced to dial down their speed or end up with a sweaty fabric blocking their respiration.

The solution is to buy a summer-weight buff with UV properties and simply apply antibacterial spray on it which is designed for fabrics or can be used on textiles without saturation, chemicals or resultant eye irritation. Please keep in mind, that the sprays have not been tested as a textile application and are only offered as a suggestion. Examples:

### Bufs (\$14 - \$55)



Source (light blue buff): [https://www.amazon.com/gp/product/B07SZKQXKY/ref=ask\\_ql\\_qh\\_dp\\_hza](https://www.amazon.com/gp/product/B07SZKQXKY/ref=ask_ql_qh_dp_hza)

Source (multicolor buff has cooling properties, especially useful for cyclists, but is much more expensive): [https://www.amazon.com/dp/B07DKXZRHC/ref=twister\\_B07DKZNVG3?th=1&psc=1](https://www.amazon.com/dp/B07DKXZRHC/ref=twister_B07DKZNVG3?th=1&psc=1)



## Sprays (\$7 - \$12)

Can also be used as a hand sanitizer in lieu of gloves and both products below are composed of hypoallergenic natural ingredients. Dilute, if perceived fragrance is too strong.



Source (blue spray bottle, which generates a super fine mist):

[https://www.etsy.com/listing/789336763/hand-disinfectant-sanitizer-spray?gpla=1&gao=1&utm\\_source=google&utm\\_medium=cpc&utm\\_campaign=shopping\\_us\\_d-bath\\_and\\_beauty-spa\\_and\\_relaxation-aromatherapy&utm\\_custom1=acc9ea2-4696-4c65-bed7-4bce52fc2098&utm\\_content=go\\_1843970623\\_66522760061\\_346429143524\\_pla-545844112712\\_c\\_789336763&utm\\_custom2=1843970623&gclid=CjwKCAjwnlr1BRAWEiwA6GpwNWLpcwbFrKledyw0xFNrofnlGqwtorQXjlc1KwlyseGtliz8IMnvwRoC1cAQAvD\\_BwE](https://www.etsy.com/listing/789336763/hand-disinfectant-sanitizer-spray?gpla=1&gao=1&utm_source=google&utm_medium=cpc&utm_campaign=shopping_us_d-bath_and_beauty-spa_and_relaxation-aromatherapy&utm_custom1=acc9ea2-4696-4c65-bed7-4bce52fc2098&utm_content=go_1843970623_66522760061_346429143524_pla-545844112712_c_789336763&utm_custom2=1843970623&gclid=CjwKCAjwnlr1BRAWEiwA6GpwNWLpcwbFrKledyw0xFNrofnlGqwtorQXjlc1KwlyseGtliz8IMnvwRoC1cAQAvD_BwE)

Source (aqua spray bottle, tested on athletes):

[https://skinourishment.com/products/climb-on-hand-spray?variant=31483518910558&utm\\_medium=cpc&utm\\_source=google&utm\\_campaign=Google%20Shopping&gclid=CjwKCAjwnlr1BRAWEiwA6GpwNveCcGsX-7Yez7ihS4fHGqw1jFil3QA8SRNpa8BVy7ccb4eG5qSylRoCSAsQAvD\\_BwE](https://skinourishment.com/products/climb-on-hand-spray?variant=31483518910558&utm_medium=cpc&utm_source=google&utm_campaign=Google%20Shopping&gclid=CjwKCAjwnlr1BRAWEiwA6GpwNveCcGsX-7Yez7ihS4fHGqw1jFil3QA8SRNpa8BVy7ccb4eG5qSylRoCSAsQAvD_BwE)

## Gloves (\$9, box of 100)

It is best to buy a box of Latex gloves for temporary use, that are cheap, plentiful and easily disposed of. These are so thin, that they will give excellent tactile feedback, such as when

shifting gears on your bike. As mentioned, these should be used only when warranted and for brief periods, as they will build up sweat rather quickly. Otherwise, use as designed for those times you are on the BART or public transport, around other people or servicing your bike. The latter is especially useful to keep your hands clean, even after this health crisis is over. They are also excellent when it is raining.

Source: Everywhere

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*She was most surprised to find out  
the holder was for water bottles,  
not for chocolates.*



## Welcome New Members!

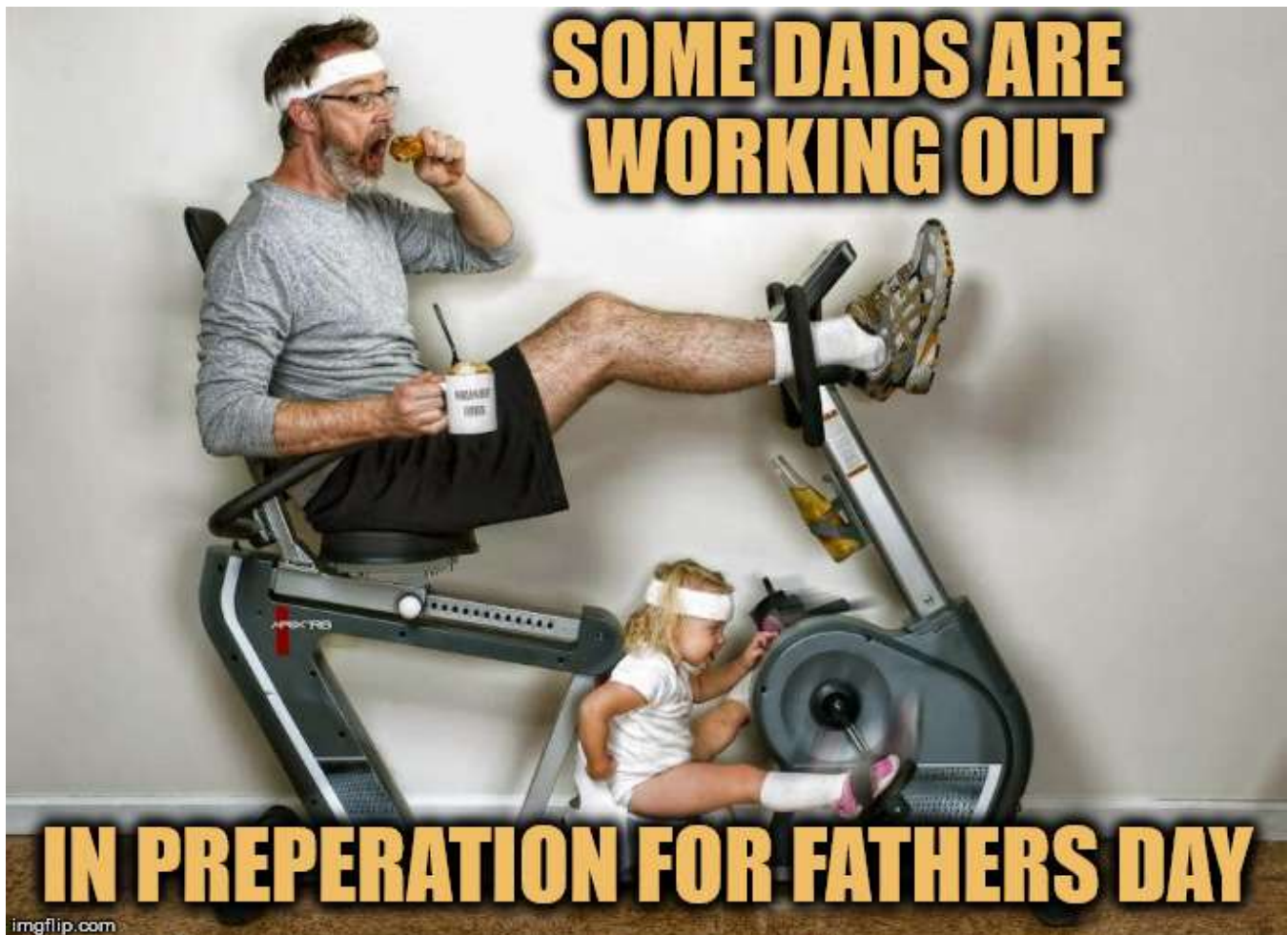
First Name	Last Name	Joining Date (2019)
William	Davis	20 February
Lisa	Maxwell	26 February

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## (Suspended) Learn How to Ride Safety

<http://www.ebbc.org/safety>

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## Team-Up Ride Calendar

Until further notice, all group rides are cancelled as per our announcement on 16 March 2020.

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### Bicycle Community

We have received an inquiry from Alameda Bicycle to pick up on the joint effort AB/AV/TA (the shop *Alameda Bicycle*, and the two clubs *Alameda Velo* and *Team Alameda*). It is designed to pool resources, raise our profile and thus strengthen awareness among the larger cycling community. In accordance with earlier announcements, we are also preparing a **Letter of Intent**, which, after the COVID-19 crisis is over, will become the operating tool to formalize all verbal agreements on:

- being the beneficiary of the extensive AB mailing list
- merging social media, such as Facebook, and ride calendars
- feeding AB cyclists into TA as new members
- announcing LAB certified classes on the shared calendar
- posting AB clinics for proper gear and handy repairs
- a monthly group riding clinic, as also planned by Jayne Moeller of TA
- provide to AB on a quarterly basis a current list of member first and last names so that any purchase rebates at their store can be verified (no other information will be revealed)

Once the trial period is successfully concluded, we will use this Letter of Intent as the foundation to a written agreement, to be signed by all parties.

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### Introductory Rides

Once our shelter-in-place and physical distancing restrictions have been lifted, Jayne Moeller will be posting dates for her rides for prospective and newer members to the TA Ride Calendar, provided the health crisis does not exceed her announced time window.

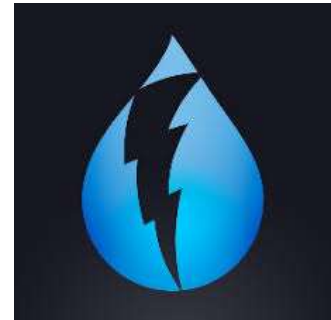
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## Club Facebook Page

We have started posting lots of ideas, articles, and suggestions for staying fit and engaged during the Shelter in Place on our Facebook page. If you are a Facebook user, please enter Team Alameda Cycling Club into the Search field in the upper left-hand corner and then click on any of the Team Alameda Cycling Club links to get to our page and see the postings. Don't forget to Like and Follow the page as well in order to get notifications of new postings. We hope to keep using this tool as a means to keep our team members notified and engaged on local happenings and club activities. Thanks!

## Other Useful Apps

It is called **Dark Sky**, hopefully a condition you will not see before you head out on a ride. It allows hourly forecasts for the day, plus an additional seven days in advance. Cloud cover is represented by a grey column to the left; the lighter the shade, the less clouds. It factors in wind chill for the actual perceived temperature, thus also shows the prevalent temperature and average wind speed and maximum or gusting wind speed. Also, precipitation probability and rate, for our area and any city or town where you might be riding.



In this regard, **Dark Sky** is a valuable planning tool, more so than many other weather apps. You can install a shortcut on your cell phone and check before you even get out of bed!

**Dark Sky** [ <https://darksky.net/app> ]

**BART Runner** is very handy as well. If you should need to bail out along the route or simply wish to schedule a planned embarkation or return point, it can be invaluable as a planning tool. Consult a system map and verify prices, before you commit. Cheaper than a cab fare and extends your physical range and flexibility by leaps and bounds. Just bring along your coronavirus protective gear.



**BART Runner** [ <https://www.bart.gov/guide/apps> ]

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## Gentle Reminder

If you're having problems with links from the homepage, or can't seem to get into the forums, make sure you've logged in first or send an email to our Webmaster!

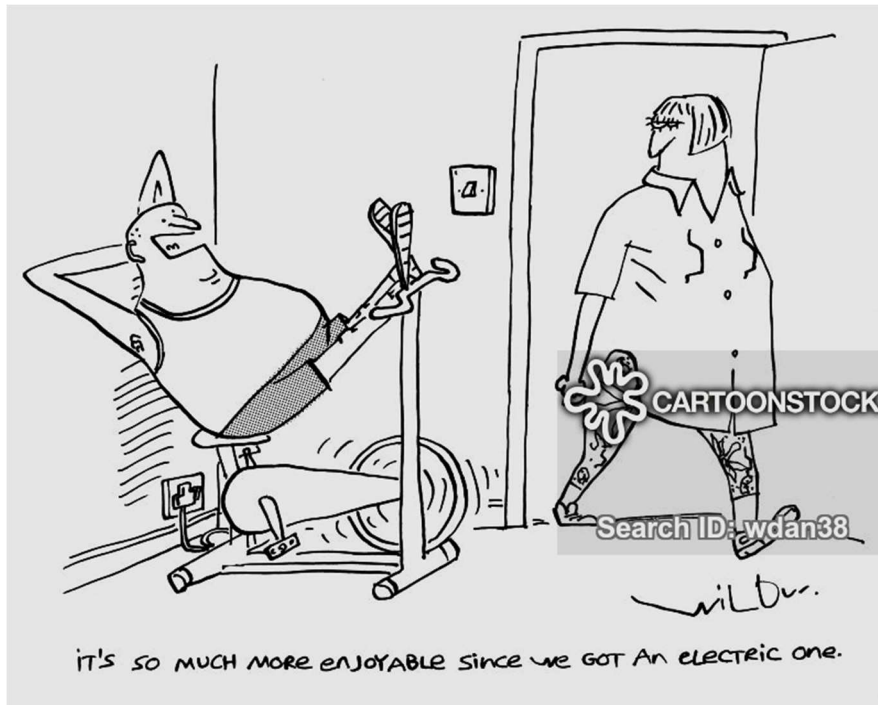
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## Upcoming Events and Rides for 2020

Many organized rides have been postponed or cancelled outright. Some virtual "events" and races have taken their place. Until such time these rides are re-posted, we will skip our customary table of dates and registration links to them. We hope the summer edition of this Newsletter will have an updated and verified list of rides.


Our own Forum section and past rides on the Team Alameda calendar will give you added ideas and routes for solo rides, often complemented by the corresponding RideWithGPS <https://ridewithgps.com> links. Create your own route or utilize the BART train to venture further from our customary roads. Your imagination is the limit, and Google Street View will give you a good idea where the turns are located on unfamiliar roads and bike paths.

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## Reading while Sheltering

Here are some suggested links to distract you from the boredom:

Who	Where	What
<b>BikeRadar</b>	 <a href="https://www.bikeradar.com/road/">https://www.bikeradar.com/road/</a>	Bike reviews and bike tests from experts, the latest bike news and buying advice. On the forefront of giving you unbiased product reviews!
<b>Global Cycling Network (GCN)</b>	 <a href="https://www.globalcyclingnetwork.com/category/gcn-show">https://www.globalcyclingnetwork.com/category/gcn-show</a>	Watch The GCN Show every Tuesday for a round-up of all the cycling news and views from the past week. Also to be found on YouTube. Hands-on tests, interviews, trade shows, crazy challenges and much humour, British style. Best show around by a large margin!



<p><b>Road Bike Rider (RBR)</b></p>	 <p><a href="https://www.roadbikerider.com/">https://www.roadbikerider.com/</a></p>	<p>Since 2001. Updated weekly. Thousands of cycling articles by top cycling coaches on training, road cycling tips and advice. New bike and gear reviews. I have followed it since inception, until I started to see a more commercial pressure and recycled articles, but please make up your own mind, since it is worth checking out.</p>
<p><b>Cycling Weekly</b></p>	 <p><a href="https://www.cyclingweekly.com/">https://www.cyclingweekly.com/</a></p>	<p>Daily cycling news and cycle equipment reviews from <i>Cycling Weekly</i>, the UK's best-selling cycling magazine. Free weekly newsletter. Videos on YouTube.</p>

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## Team Alameda 2020 Board of Directors

Please send your ideas, suggestions and concerns directly to the appropriate Board member:

Board Position	Contact
<p>President Newsletter</p>	<p>Bruni, Ralph <a href="mailto:president@teamalameda.com">president@teamalameda.com</a></p>
<p>Vice President Ride Leader Coordinator/Calendar</p>	<p>Elias, Steve <a href="mailto:vicepresident@teamalameda.com">vicepresident@teamalameda.com</a> <a href="mailto:ridecoordinator@teamalameda.com">ridecoordinator@teamalameda.com</a></p>
<p>Treasurer</p>	<p>Pigott, Jack <a href="mailto:treasurer@teamalameda.com">treasurer@teamalameda.com</a></p>
<p>Membership</p>	<p>Castro, Michael "Mike" <a href="mailto:membership@teamalameda.com">membership@teamalameda.com</a></p>

<b>Secretary</b>	McNulty, Zoraida "Z" <a href="mailto:secretary@teamalameda.com">secretary@teamalameda.com</a>
<b>Sponsors and Publicity</b>	Shaver, Janet <a href="mailto:sponsorship@teamalameda.com">sponsorship@teamalameda.com</a>
<b>Webmaster</b>	Schniederger, Klaus <a href="mailto:webmaster@teamalameda.com">webmaster@teamalameda.com</a>
<b>Process Ride Sheets Assistant Webmaster</b>	Woo, Norman <a href="mailto:ridesheets@teamalameda.com">ridesheets@teamalameda.com</a> <a href="mailto:webmaster@teamalameda.com">webmaster@teamalameda.com</a>
<b>Member at Large Annual Picnic</b>	Ng, Tony <a href="mailto:memberatlarge@teamalameda.com">memberatlarge@teamalameda.com</a>

Please consider your past experience and skills for any of these positions as officer on the Board. Your ideas and suggestions will be welcome and may make a huge difference. Every Board member casts a vote on important issues and challenges.

Our monthly Board meetings take place in a conducive environment, such as members' homes, accompanied by food and drink, and are as much a social occasion and free exchange of ideas, as it is a functional assembly with procedural rules.

**Interested in assisting in any of these areas?**  
Please contact the appropriate committee chair.

**Questions or suggestions?**  
Please contact any of our Board Members.

**Note the email addresses!**





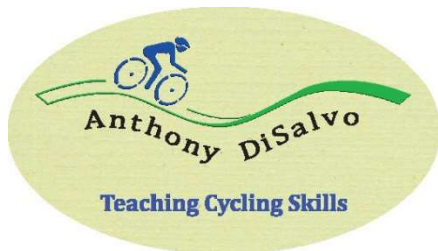
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## Please Support Team Alameda Sponsors

Next time you're out and about, whether in the saddle or not, take the time to thank our sponsors for their generous support.

Our sponsors logos are on our website homepage and Team Alameda jerseys. Better yet, give something back when you can and shop locally! Many of our activities would not be possible without the support of our sponsors.

### Anthony Di Salvo Teaching Cycling Skills



## Alameda Bicycle



## George V. Arth & Son Auto Repair Shop



## Bike East Bay



## Stone's Cyclery





Cycle City



TWA Properties



Lars Hansson C.P.A.

**LARS  
HANSSON  
C.P.A.**

**Next Level Softball/Baseball Academy**

