



TEAM ALAMEDA NEWSLETTER

Fall 2019

Message from the President



President "Captain Eurotrash" Ralph Bruni (Greece, May 2019)

Hello Team Alameda,

A few short months have wrought many positive changes. We now have 117 active members. The ride calendar is more populated, thanks, in part, to bringing back some members and Ride Leaders who were not being listened to. The *Bike for the Parks* event in September was an unmitigated success, with the club paying everybody's registration fee, with 18 participants for the team entry and an additional 4 route volunteers. Our website, re-designed by a professional IT programmer on a *pro bono* basis, is fresh and inviting, and affords all members the opportunity to address their questions and concerns to Board members directly through dedicated email addresses. We have ordained new Ride Leaders and extended lifetime membership to our main sponsor, Gene Oh of *Alameda Bicycles*.

We cannot become complacent. We must maintain momentum through the winter months, with temperatures that are truly mild compared to the rest of the country. Let us help each other out with encouragement to ride through the cold season by making the correct equipment and clothing choices and continued posting of rides to the calendar. What better way to maintain fitness and health than by riding all year long? To keep things operating smoothly, we also need to relieve some members of our Board, without whom none of the previously mentioned initiatives would have come into being. The positions of **Member at Large**, this **Newsletter** and eventually **Ride Leader / Ride Calendar Coordinator** and **Vice President** will require volunteers to step forward. Please attend the next Board meeting as a guest, so you may observe what we do, become involved and bring forth new ideas.

We strive to be an inclusive club, geared to all cyclists of varying abilities, based upon social interaction and the enjoyment of the sport in a safe group environment. We do not race or dodge cars. The quicker ones may forge ahead to the next assembly point, however they will wait for the slower riders. The team kit may be from different years and designs, but is becoming more ubiquitous. Yours truly has finally been shamed into putting in a large order, which should arrive early

December. Please make this club our club, better yet, your club, not one for certain members.

Thank You,

Ralph

Team Alameda President



Link for our customary assembly point in front of the Kaiser clinic:

<https://www.google.com/maps/place/Kaiser+Permanente+Alameda+Medical+Offices/@37.764173,-122.241916,15z/data=!4m5!3m4!1s0x0:0x22c8d06c2d0072d6!8m2!3d37.764173!4d-122.241916>

Winter Program

Our Board will be embarking on a program to revamp the Club Bylaws. These have not been reviewed and amended since 2013. Some Board positions have been either separated or combined since that time. Others need a more detailed description. Therefore, this framework of positions and commensurate duties needs to be codified and reflect current practice. The winter season lends itself well for this effort. Future compositions of Board Officers will be thankful.

Ride Categories

We have changed our pace categories to be in line with those used by other cycling clubs. It pays to be mindful of these levels, especially for our **Ride Leaders**, who have the sole dispensation to post these rides on our Calendar:

TEAM ALAMEDA rides are rated by hills, pace and distance in this order =

HILLINESS / PACE / MILEAGE, posted thusly: **3/A/58**

HILLINESS [1-5]	PACE [A, B, C]	MILEAGE
1: 0-2 % Essentially flat/ All Alameda, Marina rides	A: 14-16 Fast pace, for strong experienced riders, maybe one stop. B: 12-14 Steady faster pace, most century riders are this pace. C: 10-12 Steady pace, fewer stops, for experienced and new riders.	58
2: 2-6 % A Few Low Hills/ Montclair Peets, Domingo Peets rides		Post the number of miles next
3: 6-8 % Moderately Hilly/ Tunnel, Skyline, Redwood, Butters Canyon		www.ridewithgps.com gives you a very good planning tool and can deliver a printable cue sheet and GPS file that may be exported to your bicycle computer
4: 6-12 % Very Hilly / Three Bears, Pinehurst, Snake Rd., Claremont		Keep an eye out for the weather forecast to determine the likelihood of high temperatures and winds
5: 12+ % Extremely Hilly / Marin, Vollmer, Hiller, Thorndale, Ascot, Donald Dr.		

See you on the road ...

Gear

Lights

As the days get shorter, we may find ourselves riding through darkened hours in the morning or at the conclusion of a ride. Lights are not only there to illuminate our path though. Even on a group ride, our mounted front (white) and rear (red) lights effectively alert motorists to our presence.

Many a potential collision has been averted by a mounted handlebar light. Also, rear lights have prevented cars from striking a cyclist, such as might occur in a tunnel. In fact, these lights are now considered essential safety equipment and should be mounted on everybody's bike. We have made only helmets mandatory, but please do us all a favor by removing those nearly useless passive reflectors, and mount serviceable active white and red lights.

These are now available with powerful beams, long-lasting burn times, in much lighter versions and with rechargeable ports, quite unlike lights from years ago. No more dynamos, heavy batteries and weak candlepower. There is no reason not to invest in these LED lights, as good ones can be had for as little as \$50, some as front and rear combos. This article is designed to give you some thoughts on the kind of lights used by our members, based upon their experience. You will be pleasantly surprised what difference such lights make, especially when riding solo in traffic.

There are a few things to keep in mind:

- Do not buy lights in excess of 350 lm (lumen). Such lights are mostly designed for trail riding at night or for trekking and expeditions. These will only blind oncoming motorists, thus defeating their whole purpose. Some countries have already outlawed these super-bright lights for road riding. Such high-powered lights can become quite hot as well.
- For the same reason, a pulsing light is preferable to a rapidly flashing light. Studies have found that a fast-flash setting can cause disorientation to a motorist and make it difficult for a driver to judge your actual approaching speed, distance and vector. Certain countries

only allow a pulse, brightening and fading over a more gradual spectrum, rather than being needlessly distracting.

- Similarly, your red rear light cannot be too bright, leaving afterimages on the retinas of club members following behind you. Cars will experience the same annoying sensation, so please keep it sensible.
- Some rear lights come equipped with an accelerometer, which flares the light when braking or decelerating, similar to a car's brake lights, a very useful feature.
- Other factors to consider: where to attach (underslung or on top of the handlebar), sectors the light needs to cover, is it rechargeable with a USB connection or some other convenient method, does it have side lenses for vehicles approaching from the right and left, dimensions and weight, battery level indicator, minimum burn time at brightest setting for the rare occasion you are truly caught out in the dark, how easy is it to mount and dismount, is it built with a watertight housing, and price of course. Check the reviews.

Here are some examples, prices and links:

Light & Motion Urban 350 (\$25)



Source: https://www.amazon.com/Light-Motion-Urban-Headlight-Obsidian/dp/B0797LYSVW/ref=asc_df_B0797LYSVW/?tag=hyprod-20&linkCode=df0&hvadid=312111916046&hvpos=1o1&hvnetw=g&hvrnd=2535660008599006717&hvpone=&hvptwo=&hvgmt=&hvdev=c&hvdcmidl=&hvlocint=&hvlocphy=9031977&hvtargid=pla-570602545149&psc=1

LEZYNE Mini Drive 300lm (\$24)



Source: https://www.amazon.com/dp/B07CZG3DXS/ref=twister_B07FB1YFGY?th=1&psc=1

SERFAS Thunderbolt Tail Light (\$35)



Source: https://www.amazon.com/Serfas-Thunderbolt-USB-Tailight-Black/dp/B009WGFYRC/ref=sr_1_2?dchild=1&keywords=serfas%2Bthunderbolt&qid=1572806653&s=sporting-goods&sr=1-2&th=1

Cygolite Hotshot (\$20)



Source: [https://www.amazon.com/dp/B005DVA57Y?linkCode=xm2&tag=bicycling-auto-20&ascsubtag=\[artid|2143.a.20023360\[src\]\[ch\]\[\[t\]sale](https://www.amazon.com/dp/B005DVA57Y?linkCode=xm2&tag=bicycling-auto-20&ascsubtag=[artid|2143.a.20023360[src][ch][[t]sale)

Helmets

Helmets have enjoyed some advances as well. The most notable is the inclusion of MIPS. MIPS is a form of slip plane technology, meaning that a MIPS helmet is constructed from two layers that rotate against each other, mimicking the rotation of the brain's own cerebrospinal fluid, which is the body's natural defense against oblique impacts. Simply stated, such helmets are fitted with an inner membrane, layer or cradle, which rotates independently of the movement of the helmet when experiencing a side impact or oblique blow. This also helps protect the upper spine from wrenching forces.

Another feature are high-visibility or “fluo” (fluorescent) colors for the daytime and embedded reflective elements. With many newer models, pasting on reflective strips or tape is a thing of the past. Other, more specialized, aero designated helmets support adjustable ventilation or removable vent covers.

Factors to consider:

- Will you wear this, if it appears to be dorky or sit like a mushroom on your head? Better make certain, the fashion statement you are making is in line with your own taste, so you do not need to return it. Some models are specifically designed for women.
- Does it have docking ports for your glasses to the front and/or rear? For women, and some men, is there a ponytail port?
- Also, does the helmet brim stay clear and not keep knocking against your glasses?
- Does it conform to the standards issued by the U.S. Consumer Product Safety Commission or CPSC?
- Is there enough ventilation for the summer months and is it not too heavy? Check the reviews and YouTube videos from consumers and product reviews!

Bell Z20 MIPS (\$170)

With a reflective layer in the grey paint



Source: https://www.amazon.com/dp/B07GT672T2/ref=twister_B074BCQT9S?_encoding=UTF8&psc=1

Review: https://www.bikehub.co.za/features/_/gear/reviews/first-ride-bell-z20-helmet-r7598

Giro Cinder MIPS (\$135)

Cheaper than many others, still has MIPS and looks right



Source: https://www.amazon.com/dp/B075RR66JR/ref=twister_B01M04LM5H?th=1&psc=1



Welcome New Members!

First Name	Last Name	Joining Date (2019)
Rosalind	Harper	8 August
Gene	Oh	Lifetime since 19 August
Scott	Colcord	19 August
Logan	Rivenes	3 September
Mindy	Bennett	5 September
John	Gomez	25 September
Gunnar	Ostergren	29 September
Oleksandr	Zaytsev	15 October
Gregory	Reichert	20 October



Learn How to Ride Safely

Ride Leader, and veteran **Anthony DiSalvo** is certified to teach various cycling education classes. The classes are free but require an online sign-up. This class is **highly** recommended, for new riders and as a refresher for experienced riders alike!

No class is currently scheduled for Alameda.

The first session takes place on 21 December 2019, from 1300-1500 (1-3 P.M).

It is called **Urban Cycling 101: A Two-Part Class for Adults and Teens**

The location is the *Bike East Bay* office, 466 Water Street (North end of Jack London Square).

Free bike parking is available.

To create a notification, go to: <https://bikeeastbay.org/UC101#Day2>

Description

Day 1: Classroom Workshop

This fun workshop is taught by an instructor certified by the League of American Bicyclists. Learn basic rules of the road, how to equip your bicycle, fit your helmet, avoid bike theft, ride after dark, and prevent common crashes. It represents a 2-hour, indoor workshop for adults and teens, no bike is required and there is no charge.

Consider this as an opportunity to gather the familiarity you may need and thereby increase your sense of safety on the streets. For more experienced riders, this can be a valuable refresher course and learn about the latest insights into safe riding.

Check for other class times & dates at other locations, such as Berkeley, on the Bike East Bay website:

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

Team-Up Ride Calendar

With our recent effort to rejuvenate the ride calendar and populate it with more rides, we have met with a measure of success. We would welcome that all members keep in mind the following outline in order to maintain a strong and thriving Team Alameda:

Members

- **Become a Ride Leader**
 - by going to the next TA training session conducted by our Ride Leader Coordinator
 - by co-leading three (3) rides to become fully endorsed as Ride Leader
 - if you lead more than eight (8) rides in a calendar year, we give recognition with a gift card

Ride Leaders

- Try to be more descriptive with your chosen route, so members and potential guest riders will know what to anticipate
- Do not count on other Ride Leaders to fill in the schedule; rather, fill in the gaps, especially when a "C" pace has been posted, but no faster pace is shown on a particular day, especially on Saturdays
- Select a co-leader who has experience and promise, especially for those individuals who have already benefited from the in-house training session
- Consider placing a Ride Report in the tab "Post-ride Reports", especially if you have something noteworthy to report or have explored new roads

Rides

As announced in the Late Spring Newsletter, we have updated our list of rides found under the tab "Rides". We added downloadable routes, such as those available under RideWithGPS. Similarly, we would ask any posting to the Ride Calendar to be complemented by:

- The active link to your website-designed route (make certain you place your route in the public domain)
- A cue sheet, either in Excel, Word or as a pdf
- The Team Alameda rating of hilliness, pace and mileage

With future submissions, we will soon have a complete library of local and regional rides, from which Ride Leaders can choose. Downloading these routes to your GPS-enabled computer will be a cinch, even if you are not the Ride Leader.

Need a photo here!

Caption

Reminder for our Speed Hounds

Members

1. Do not ride OTF on C-pace rides, unless you know the next assembly point; knowing the route is not enough, as it may become amended or a mechanical may occur
2. If you ride ahead, try to keep in sight or, as a minimum, in close proximity to the rest of the group; wait up, if a red light has split the group or there are stragglers
3. If you still wish to put in a more intense pace, let the RL know you are leaving the group, i.e. are bailing out

Ride Leaders

1. Announce before the ride starts, that this is a C-pace ride to be ridden at your speed; encourage members and guests to respect this, if they wish to participate
2. Use the assembly points as a tool to keep the group together; mandate more frequent re-assemblies, if the group threatens to split
3. Communicate to your group during the ride and to the Board after the ride, if additional reminders need to be voiced or long-term concerns arise

Being considerate of the group's needs and that of the Ride Leader will not remove your overall enjoyment of the ride.

Ride for the Parks

This charity ride for our city's parks and recreation facilities was conducted on 28 September 2019. We had a great turnout of 18 riders for the team entry. Another 4 members chose to act as route volunteers. Gene Oh made it possible for us to submit a single check, drawn against the club treasury, in order to allow all our members to participate for free, otherwise a nominal \$45 fee.

Though the pace at first was slow, we soon sped up as other cyclists thinned out. We were among the first to return to the start area near the baseball field in Washington Park after a 23-mile loop through many heretofore unknown parts of Alameda. It was a blast and nobody left hungry. Our display awning blew away in the wind, but we will be back next year!



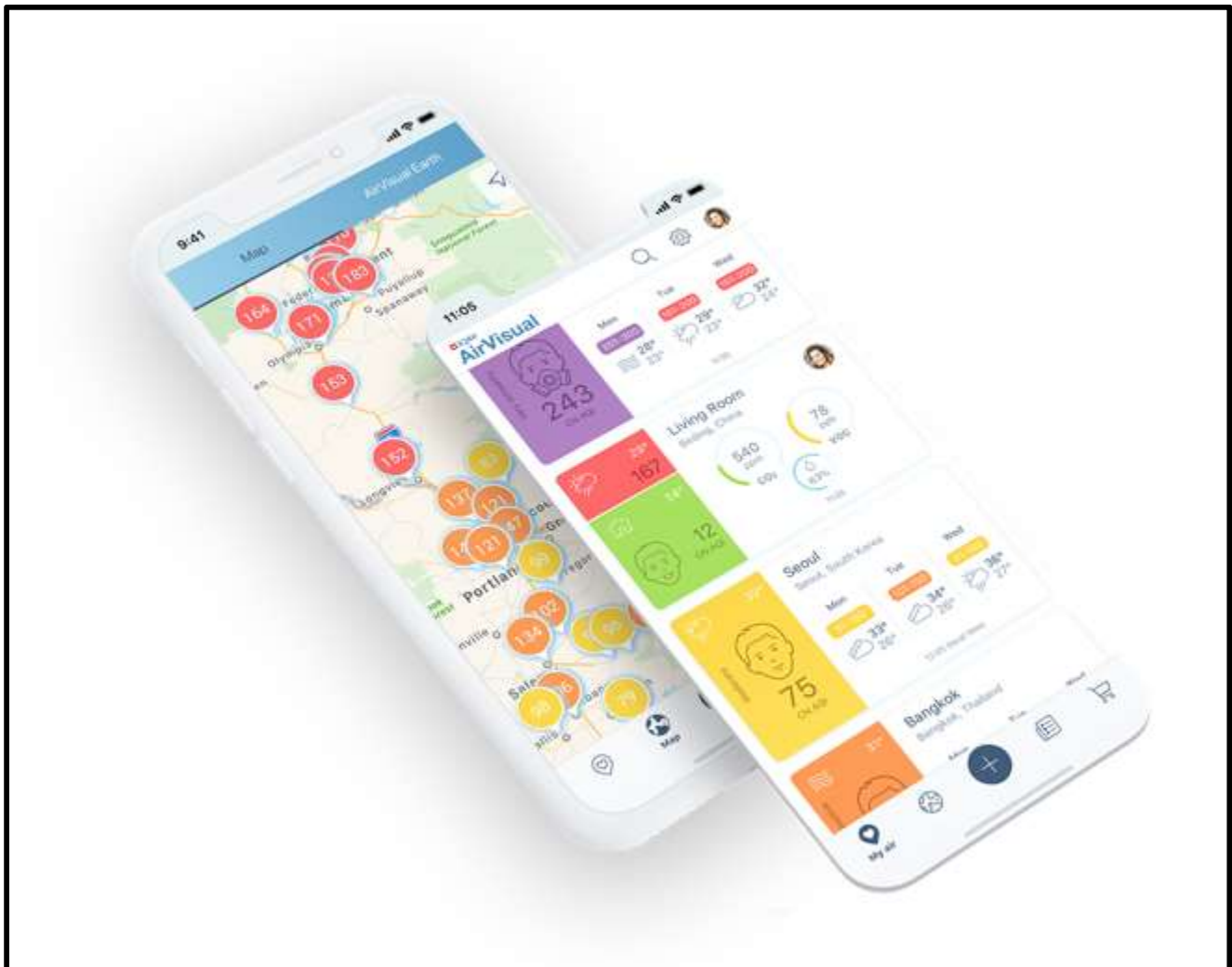
Ride for the Parks 2019

Check Out the Forum or Calendar One Last Time Before You Leave!

Before you roll, be sure to double-check the calendar and forums for any ride changes! While Ride Leaders try to avoid last-minute changes to posted rides, such changes are at times inevitable (such as the rain squalls or smoke moving through the Bay region). It is good practice to check the calendar the night before the ride, or even better, first thing in the morning. You can install a shortcut on your cell phone and check before you even get out of bed!

A very handy app to also have on your phone is called **AirVisual**

It allows you to verify the air quality before you climb out of bed. AirVisual combines data sets from government agencies, crowdsourced AirVisual Pro monitors and satellite imagery, to provide the most comprehensive image of air quality for Alameda and over 10,000 locations globally. Alameda has two monitoring stations and a webcam. AirVisual's 7-day forecast, developed with machine learning and AI, provides you with the most accurate predictions available. The maps, graphs and color codes will give you a sense of what is going on outdoors when a smoke event occurs and allows you as Ride Leader to determine whether a particular ride should be cancelled or not.



AirVisual [<https://www.airvisual.com/>]

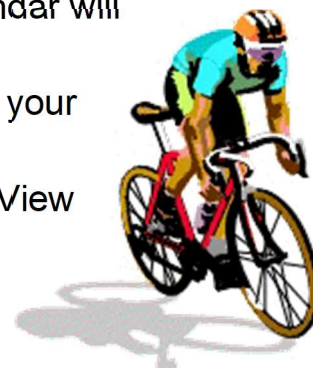
Gentle Reminder

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!

Upcoming Events and Rides for 2020

Ride Date (2020)	Ride Name	Location	Link
28 March	Cinderella Classic [women only]	Pleasanton, CA	https://www.valleyspokesmen.org/cinderellaclassic
13 April	Tierra Bella	Gilroy, CA	https://tierrabella.org/
16-19 April	Sea Otter Classic	Monterey, CA	https://www.seaotterclassic.com/
26 April	Chico Velo Wildflower Century	Chico, CA	https://www.wildflowercentury.org/
02 May	Wine Country Century	Santa Rosa, CA	https://www.findafondo.com/event/142/wine-country-century
?? May TBD	Rosarito Ensenada	Rosarito, Mexico	http://www.rosaritoensenada.com/ingles/evento.php
03 May	Grizzly Peak Century	Moraga, CA	https://www.grizz.org/century/home/index.php
16 May	Sonoma County Backroad Challenge	Petaluma, CA	https://backroadchallenge.com/
17 May	Strawberry Fields Forever	Watsonville, CA	https://www.cyclistsforculturalexchange.org/sff
?? June TBD	Gold Country Cycling Challenge	Grass Valley, CA	http://www.rotarygoldcountrychallenge.com/home.html
09 June	Bike the Bridges	Martinez, CA	https://www.sonc.org/thebridgeride

Our own Forum section and past rides on the Team Alameda calendar will give you added ideas and routes, 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.



Team Alameda 2019-2020 Board of Directors

We are presently short staffed and would like to find volunteers willing to take on some additional responsibilities, designed to make our club operate smoothly. You may have benefited from the group rides, made new friends on and off the bike, and gained in road riding knowledge and ability. You may even have become a Ride Leader. Now comes the time to give back a little.

Since my last appeal in the summer Newsletter and elsewhere on our revamped website, we have been able to fill the **Secretary** and **Membership** positions on the Board. The current makeup is as follows:

Board Position	Contact	Our Need
President Newsletter	Bruni, Ralph president@teamalameda.com	We need a new person to write the quarterly Newsletter ←
Vice President Ride Leader Coordinator/Calendar	Elias, Steve vicepresident@teamalameda.com ridecoordinator@teamalameda.com	Eventually Steve will relinquish his duties as Ride Leader/Calendar Coordinator ← or Vice President ←
Treasurer	Pigott, Jack treasurer@teamalameda.com	
Membership	Michael Castro membership@teamalameda.com	Recently appointed
Secretary	McNulty, Zoraida secretary@teamalameda.com	Recently appointed

Sponsors and Publicity	Shaver, Janet sponsorship@teamalameda.com	
Webmaster	Schniedergergers, Klaus webmaster@teamalameda.com	
Process Ride Sheets Assistant Webmaster	Woo, Norman ridesheets@teamalameda.com webmaster@teamalameda.com	
Member at Large Annual Picnic	deMatos, Isabella	Isabella will be resigning as Member at Large ← This position entails special projects and general assistance to the Board

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, even the individual for the Newsletter, 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. If you have not made up your mind as to which position might suit you, simply come by to the next meeting at:

Date	Tuesday, 12 November 2019
Time (PST)	1830 (6:30 P.M.)
Location	408 Shell Gate Road, Alameda

You will be welcome as a guest, as is the right of every club member. If you receive the majority vote, you will be inducted into your new responsibilities, which are not onerous and will not take much of your time. With dedicated email addresses, your privacy is assured and

you will benefit from the ideas expressed by an equally motivated set of experienced riders, each with a unique and relevant skill set. We are an inclusive and social group, the whole spirit of Team Alameda!

Thank you for your consideration,

Ralph

Team Alameda President

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

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

Note the new email addresses!



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.