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TEAM ALAMEDA NEWSLETTER - Fall 2022

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Thu, Sep 29, 2022 at 6:17 PM



TEAM ALAMEDA NEWSLETTER

Fall 2022

Message from the President



Me during a great, and crazy, ride through Oakland, Berkeley, and the Bay Bridge!

Janet Shaver

President, Team Alameda

president@teamalameda.org

Hello Team Alamedans, and welcome to the Fall season in the Bay Area.

That means the weather will be cooling, but we may still be surprised by an Indian Summer at any moment. Personally, I am expecting to be underdressed – or overdressed – a lot on my bike during the next few months, or maybe even BOTH during the same ride! I can't complain though, seeing that we are blessed with a climate that allows us to keep riding pretty much all year around.

This past summer seemed pretty mild overall, save for the one week of very hot weather we had recently, which allowed us to ride a lot of challenging rides that we don't normally get to ride during the summer months (Three Bears at the beginning of September?? Unheard of!). And, thanks to many of our creative ride leaders, there were a great number of interesting, challenging, and fun away rides (Half Moon Bay, Point Reyes, Mt. Tamalpais, Richmond Bridge, etc., etc. etc. ...thanks especially to Jack Scullion and Ralph Bruni for keeping things interesting and different.

And now, as the (hopefully) wet winter months start looming, we are planning on an amazing weekend of riding in the Occidental area. It should be a blast, with lots of riding options and some great photo opportunities along the Russian River and out to Highway 1 on the coast. Fingers crossed that the rain stays away for that weekend, unlike our annual picnic in mid-September.

We hope you enjoy this quarterly newsletter, everyone. Let us know if there are any topics you would like us to tackle for the next newsletter. And, in the meantime, start pulling out those arm and leg warmers and long finger gloves, and enjoy the crisp Fall biking weather.

Janet

Team Alameda 2022 Board of Directors

Board Position	Contact
President	Shaver, Janet president@teamalameda.com
Vice President	Bruni, Ralph vicepresident@teamalameda.com
Ride Leader Coordinator, Calendar, Ride Sheets	Borowski, Kurt ridecoordinator@teamalameda.com
Treasurer	Pigott, Jack treasurer@teamalameda.com
Membership	Ng, Tony membership@teamalameda.com
Secretary	McNulty, Zoraida secretary@teamalameda.com
Sponsors, Publicity	Castro, Mike sponsorship@teamalameda.com
Webmaster	Schniederger, Klaus webmaster@teamalameda.com
Communications, Newsletter	Open Position * newsletter@teamalameda.com
Member at Large	Palacios, Emil memberatlarge@teamalameda.com

Your ideas and suggestions will be welcome and can make a huge difference. Every board member casts a vote on important issues and challenges.

*

Ralph Jennings has vacated his position as Newsletter editor. You are

Ralph Jennings has vacated his position as Newsletter Editor. You are urged to consider becoming the new Communications chair on our board, particularly if you have been a club member a longer time. You will have the opportunity to interact with other members, our sponsors, public officials and the Alameda public at large. Your opinion will count in our deliberations and you will have an influential vote on any decisions made in running our non profit. The Newsletter is issued on a quarterly basis and you will benefit from detailed instructions and an extended handover period. Those with a journalism background or interest in writing should not hesitate to apply and thereby give something valuable back to the club!



RSR Bridge OAB - 13 August 2022

Surge in Membership Continues

Team Alameda attracted ten new members over the past quarter. They are:

Phil Chin	04 Aug 2023
Leina Finnegan	13 Aug 2023

Julian Moll	13 Aug 2023
Colin Blake	15 Aug 2023
Cristina Aamot	16 Aug 2023
Brandon Chuang Li	18 Aug 2023
Joel Gudger	25 Aug 2023
Kimber Rudo	26 Aug 2023
David Esposito	27 Aug 2023
Joseph Zhang	15 Sep 2023

Welcome aboard!

New Member Profile - Joel Gudger

I was born and raised in Oakland, California.

I moved to Alameda in 1997.

I am married with two daughters.

I even have a female dog, so I am definitely outnumbered.

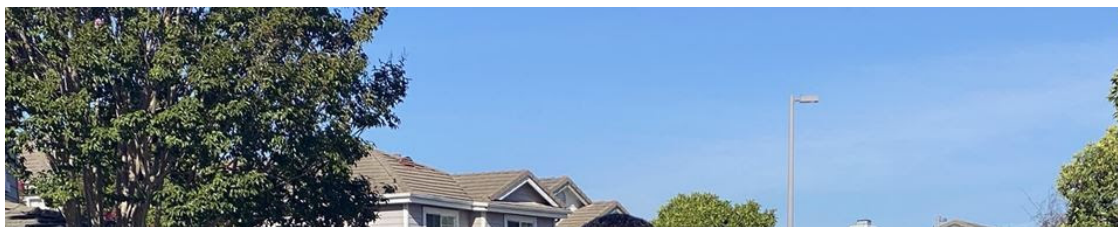
I am an airline pilot for United Airlines.

I currently fly international flights out of SFO Airport.

I have been cycling solo for the past five years.

While I still enjoy my solo rides I have found that riding with team Alameda has greatly expanded my appreciation for cycling.

It has been a blast!





Captain Joel Gudger with his Riese & Müller e-Bike

All Abilities

This summer a group of us began doing “All Pace” rides that were not limited by the speed you ride. We have attracted riders to these “away” rides. Most have them been in Marin but we recently did one out of Half Moon Bay, and a couple in the East Bay (before it got too hot). These are longer rides and typically have occurred on Saturdays.

We get there by car, ferry, or Bart, depending on location. Rides are swept, and we try to leave no one behind, and so far have been successful. We try to have a coffee sit down near or at the end to wind down, rehydrate, and

socialize – not always successful.

As I said, our rides took us out of Alameda:

- Morgan Territory, once the right way and once the wrong
- Marin Headlands
- Mt. Tam
- Paradise Loop
- Half Moon Bay, Pescadero, San Gregorio
- Fairfax, Tocaloma, Samuel P. Taylor State Park, Lagunitas
- Etc.

These are a change from all the rides that start and end in Alameda and mostly take the same routes. They are meant to be fun, casually paced and not prove anything.

Being all-pace rides, the faster riders go off the front and hopefully stay on course to the regroup area. Then the rest of the group catches up. Occasionally someone has to go back to find a lagging rider, but that is rare.

Come out and join us once these restart in a few months!

Jack Scullion

Occidental

We are very excited to announce that the Team Alameda “away weekend” of riding is officially happening for 2022! We are going to hit the roads around the Russian River, and will have our “base” be downtown Occidental.

The dates are October 14th (Friday) to 16th (Sunday).

The *Occidental Lodge*, which is in downtown Occidental and close to several restaurants, is our base and had set aside rooms for us in August/September. You can inquire by phone if they still have any blocked rooms available; call them at **(707) 874-3623** and ask for "Team Alameda" rooms. They may have released the blocked rooms by now though.

If you would rather stay somewhere else in the area, or you didn't jump on the reservations in time and the Lodge is all booked up, here are other options in the area:

- *Inn at Occidental* (really close by)
- *Inn at the Tides* in Bodega Bay
- Lots of other hotels and AirBNBs in Guerneville

We will have multiple options for riding, both distance and pace, and will do our best to make sure that everyone has options for refueling along the way. We are organizing a SAG car for us. We hope that you consider joining us for a fun weekend of riding. Please let us know that you are intending to join in on the fun by dropping us an email at away2022@teamalameda.org, and let us know if you booked a room at the Lodge.

Best,

Your "Away Ride" Organizing Committee (Tracy, Emil, Klaus, Janet, Kurt, Mike)

Editorial Note: For those wishing to proceed to Occidental by bicycle, Jack Pigott has posted a one-way ride for October 14th. Start is 0900 at Kaiser. Return arrangements are up to you, but you may be able to arrange car pooling in advance:

Richmond BART to Occidental 3/B/71

This ride is for members that will be participating in the TA overnight in Occidental. You can give your luggage to one of the people driving there, and meet the rest of the group in Occidental. We will meet at Kaiser and take BART to Richmond. From there, we will ride across the Richmond Bridge, and up through Nicasio, Tomales, and Dillon Beach to Occidental. We will make a lunch stop along the way. This is a one way ride; I will be returning home on Sunday by car.

If you plan to go on this ride, please send me a text at (510) 207-9872

Link for route: [Ride with GPS | Bike Route Planner and Cycling Navigation App](#)



TA - Cycle Oregon (Street) - 17 September 2022

Interview of a Triathlete

Our Vice President and stand-in Newsletter editor conducted an interview of a new member and triathlete, **Kate Eby**. The reason many of you may not know her personally, is due to the circumstance, that she has been in training for a recently completed race. Hopefully, we will see more of her on our rides soon.

She would like to relate her experiences during the *Ironman 70.3 Santa Cruz* triathlon, conducted on 11 September 2022, and consisting of a swim of 1.2 miles, intermediate bike leg of 56 miles and a run of 13.1 miles:

Team Alameda: How early did you start training for this event and, briefly, how was this training structured?

I officially started training in April. I'm part of the East Bay Triathlon Club and their coach put together a 20 week plan for me to follow. Every week had me swimming, biking, and running. The weekends were focused on long rides and often brick workouts, where you do two sports back to back, like biking and then immediately going running right after. In total, I covered more than 1000 miles in training!

Team Alameda: Which was the most challenging leg of the race?

The bike is the longest but the run was the hardest! I really pushed myself on the bike and didn't save enough energy for the run.

Team Alameda: Do you believe cycling with *Team Alameda* has helped you in your weakest discipline?

Definitely! The team made a huge difference! The race had rolling hills on the

bike and the only hill training I did was with Team Alameda. The team rides were challenging but the other cyclists were encouraging and I'm so grateful for all the support.

Team Alameda: What time and expenses did you have to commit, including gear, personal trainer and event registration?

Triathlon is an expensive sport! I spent more money than I wanted to and there are still more expenses ahead. Training took up most of my free time. My longest weekend workouts lasted about 6 hours. Sometimes I worked out 2 or 3 times a day. I also made several trips to Santa Cruz to practice on the race course.

Team Alameda: Do you believe you may transition to road cycling and escape the time and expense of pursuing the sport of triathlon?

No way! My next goal is to become an Ironman by completing a 140.6 distance triathlon.



Kate Eby - Triumph and Relief

Cycling Classes for All Levels

Know anyone new to cycling? A slow ride for *Team Alameda* members takes place on the second Saturday of each month as an introduction to group riding

for the novice. **Jane Moeller** and **Anthony DiSalvo**, both veterans of our club, co-lead the rides.



Anthony DiSalvo (left) is also certified to teach cycling education classes including rules of the road and, for total newcomers, how to balance oneself on a bike. The **totally free** classes require just an online sign-up. These classes are recommended for new riders and as a refresher for experienced people including ride leaders. DiSalvo has taught cyclists for 13 years.

Link for Bike East Bay classes, [Bicycle Education Classes | Bike East Bay](#)

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.

We have many more members, but not a sufficient number of Ride Leaders (RL). If you have taken part in a number of group rides, but would like to dictate the pace, miles and route, please consider becoming a RL yourself. It is a simple 2-step program:

1. Volunteer as **Co-Ride Leader**. Enter your name and cell phone number at the top right of the Sign-In Sheet and assist the RL with his duties. You may end up leading certain segments yourself or sweeping stragglers from behind. Whatever is needed, you will be certain to quickly become familiar with navigating groups along the route in a safe and orderly manner.
2. Be recorded as Co-Ride Leader three (3) times. The Board member for Ride Sheets [ridesheets@teamalameda.com] will confirm your participation and you will then be inducted as RL after going through a roughly **half-hour RL seminar** with the Ride Leader Coordinator [ridecoordinator@teamalameda.com], who is member of the Board.

Attend the RL meetings with the RL Coordinator, so that our RL calendar can be filled. You will be given the credentials to enter your chosen route into this calendar and will learn how to create routes on *RideWithGPS*. In this fashion, we assure trained Ride Leaders can take the helm and learn more about our sport in the process.

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
<p>1: 0-2 % Essentially flat/ All Alameda, Marina rides</p> <p>2: 2-6 % A Few Low Hills/ Montclair Peets, Domingo Peets rides</p> <p>3: 6-8 % Moderately Hilly/ Tunnel, Skyline, Redwood, Butters Canyon</p> <p>4: 6-12 % Very Hilly / Three Bears,</p>	<p>A: 14-16 Fast pace, for strong experienced riders, maybe one stop.</p> <p>B: 12-14 Steady faster pace, most century riders are this pace.</p> <p>C: 10-12 Steady pace,</p>	<p>58</p> <p>Post the number of miles next</p> <p>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</p>

<p>Pinehurst, Snake Rd., Claremont</p> <p>5: 12+ % Extremely Hilly / Marin, Vollmer, Hiller, Thorndale, Ascot, Donald Dr.</p>	<p>fewer stops, for experienced and new riders.</p>	<p>Keep an eye out for the weather forecast to determine the likelihood of high temperatures and winds</p>
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See you on the road ...



Lake Chabot Trail - 09 August 2022

Tech Tip to Preserve Your Carbon Frame

Both products have served well on my **gloss** carbon frame, but you may derive different results on a **matte** or **metallic** color.

Pledge (\$6)

The furniture polish *Pledge* has created a nice coat of wax on my bicycle frame, which repels dust and water, retains a nice sheen and make successive cleaning easy to accomplish. A lint-free cotton cloth is recommended, which should only be utilized with this spray-on bottle. Wipes are also available, but were not tested by me, your VP.



ACDelco Lacquer Touch-Up Paint (\$19)

What to do about those gouges and scrapes on your nice carbon bike?

The days of using fingernail polish are gone. The automotive industry has readily available solutions, which will allow you to apply a coat of gloss paint to your frame, which is not merely cosmetic, but will apply a seal, even a final, protective clear coat, to your prized machine.

- Brand new from GM's ACDelco division
- 2-in-1 design includes both the paint color & clear top coat
- Abrasive tip on bottle cap to remove any peeling paint still attached
- Includes a pen-tip applicator & a brush applicator for the paint color
- Base of bottle has clear coat with a foam-tipped applicator inside
- Different colors and finishes are available





Link: https://www.amazon.com/dp/B000TYI9KG?psc=1&ref=ppx_yo2ov_dt_b_product_details





Scrapes and gouges are hardly noticeable
[Sorry, the "before" appearance was not taken]

Upcoming Events and Rides

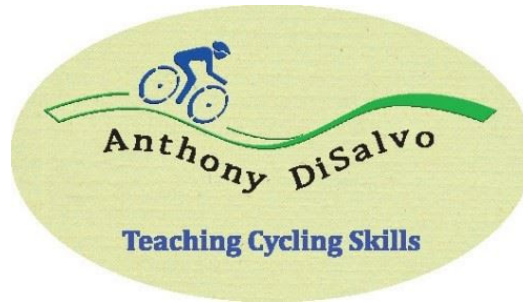
Cycling groups and charities are planning multi-day group rides outside the Bay Area through 2023. Please check the [Big Brother Cycling Network](#) and [California Cycling Escapes](#) websites for details.

Ride Date (2022)	Ride Name	Location	Link
01 October 2022	Bike the Bridges	Martinez, CA	https://www.sonc.org/thebridgeride
07-10 April 2023	Sea Otter Classic	Monterey, CA	https://www.seaotterclassic.com/
15 April 2023	Cinderella Classic [women only]	Pleasanton, CA	https://www.valleyspokesmen.org/cin
22 April 2023	Tierra Bella	Gilroy, CA	https://tierrabella.org/

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 the Team Alameda homepage and team 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.



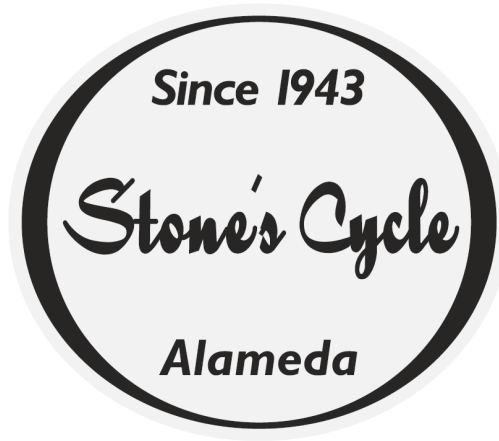
Anthony DiSalvo
Teaching Cycling Skills



Alameda Bicycle



Bike East Bay



Stone's Cyclery



TWA Properties



Lars Hansson C.P.A.



Next Level Softball/Baseball Academy



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