



TEAM ALAMEDA NEWSLETTER

Late Spring 2019

Team Alameda 2018-2019 Board of Directors

Board Position	Contact
President	Jankowski, Rob
Vice President Membership Newsletter	Bruni, Ralph
Treasurer	Pigott, Jack treasurer@teamalameda.com
Secretary	Landers, Brian
Ride Leader Coordinator/Calendar	Elias, Steve
Sponsors and Publicity	Shaver, Janet
Webmaster Process Ride Sheets	Woo, Norman
Member at Large Annual Picnic	deMatos, isabella

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

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

Message from the President



President "Mad Kow" Rob Jankowski

Hello Team Alameda,

The rain will end sooner than later ... I hope. The club is thriving which is the good news and we are getting more rides posted on the Calendar. Also, have you seen the new Website? Things are moving along, so I feel it should not impact the club greatly that I am stepping down as President. I have new frontiers I want to pursue, mostly getting serious about some of off road racing

the next couple of years. It's been an honor serving on the board for three and a half years and a ride leader for almost nine. I leave you in the most capable hands with the current board, but we will need members to step up for next year... Hint, Hint. Hopefully, I will still see you on the road connecting me from trail to trail.

Moo-ve it peeps.

Robert Jankowski aka Mad Kow.

Thank You,

Rob

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>

Our Website

Redesign and Update

You may have noticed a new look for our website and some reconstituted tabs and drop-down menus. The work we have performed, in conjunction with Klaus

Schmiedergers, who joined us last summer and is a computer programmer, is designed to achieve two objectives:

1. Make navigation easier by grouping subjects under fewer tabs and by removing extraneous information
2. Update very old information, which makes it appear our club either does not care or is in dissolution, which is far from the truth

Our work to improve the website is continuing, but we hope you will find the revamped appearance refreshingly intuitive and helpful. By extension, this should assist in showing us in a favorable light to prospective members, who would otherwise discover dated postings and old photos. We welcome ideas and thoughts on how to better improve the content of the website. Please reach out to our Webmaster, Norman Woo, to share your suggestions.

How to use the site

Did you know that our website has two viewing versions?

The **Guest version** has limited information available for viewing by anyone visiting our website. You see this “Guest View” when you first access www.teamalameda.com.

The **Members Only version** is where you can see much more. To get to this version, just log-in in the upper right corner of the Home Page screen using your email address and password.

There is lots of information available for you. I encourage everyone to review the information in the **About Us** tab at least annually, as the information does change. Here you will find topics like our Ride Descriptions, Rules of the Road, Ride Leader and Rider Responsibilities, Equipment Recommendations and Definitions, including our ride rating system. The best time for this review is right now and any time prior to a ride.

Note: You will find three types of tabs at the top of our Home Page:

1. “click” tabs, just hover over the tab and click
2. “drop down” tabs, which display a sub menu of options that may be clicked on
3. A combination of the “click and drop down” tab; the menus differ for each

Don't forget to check our **Calendar tab** regularly to learn what ride routes are scheduled, and what the pace and terrain might be.

Ride Categories

We have changed our pace categories to be in line with those used by other cycling clubs. In the process, we deleted the former fourth category “D”, which used to be associated with the most challenging rides and reversed the difficulty levels.

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	58 Post the number of miles next www.ridewithgps.com gives you a very good planning tool and can deliver a printable cue sheet and GPS file that may be
2: 2-6 % A Few Low Hills/ Montclair Peets, Domingo Peets rides		
3: 6-8 % Moderately Hilly/ Tunnel, Skyline, Redwood, Butters Canyon		
4: 6-12 % Very Hilly / Three Bears, Pinehurst, Snake Rd., Claremont		

5: 12+ % Extremely Hilly / Marin, Vollmer, Hiller, Thorndale, Ascot, Donald Dr.	experienced and new riders.	exported to your bicycle computer Keep an eye out for the weather forecast to determine the likelihood of high temperatures and winds
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See you on the road ...

Call for Photos

Nothing spruces up a website than photographs displaying our sport in all its beauty and glory! Please send us your pics of a more recent vintage through our website. An “upload” button is provided under the tab “Photos”, then under “Photos 2019”. Please include a caption with a location and the names of anybody depicted. As with any submissions, the Board reserves the right to post or not post.



Gear

Tether

Most of us mount computers on our bikes. The more expensive GPS cycling computers can represent an appreciable investment. On rare occasions, the computer will be jarred loose from its mounting bracket, especially on rough roads, then become irretrievably damaged or lost entirely.

It is at this point, that one regrets the simple expedient of attaching a tether to the computer. Not all computers have a handy slot or provision for tethers and for those there are workarounds available on a do-it-yourself basis.

However, newer models are fitted with a slot or tab for attaching such tethers. The most versatile appears to be the Garmin model, which can be bought for about \$5:



Source:

https://www.google.com/search?q=garmin+tether&rlz=1C1CHBD_enUS764US764&source=lnms&tbn=isch&sa=X&ved=0ahUKEwjP2qKg_5HiAhUNHTQIHapdC7YQ_AUIDyqC&biw=1344&bih=682&dpr=1.25#imgrc=NfbkWKKLBFR2cM:

The thicker portion expands like a bungee cord; the thinner, shorter segment can be introduced into the computer slot with a needle or safety pin. You will not regret making such a purchase. Just make certain the tether is so long that it allows the computer to drop into the spokes of your front wheel.

Decathlon

A new Walmart-style store for bikes has opened in Emeryville. It is called “Decathlon” and represents a multisport outlet for inexpensive gear and clothing. Granted, it caters to the entry level market and the occasional sports enthusiast, but a few deals can be had.

For instance, Look Keo clipless pedals can be purchased for \$12.99 and some decent jerseys and bib shorts at reasonable prices. They sell tires, but no Continentals. Their top-end road bike is a full carbon, mechanical Dura Ace with a nice wheelset, selling at \$4,500. The store is worth checking out, especially if your budget is tight.

Team Kit

A Message from Janet Shaver, Team Alameda Board Member and Sponsorship Chair

Hey everyone! New Team Alameda Jerseys and kits are coming soon!

We are excited to offer you a redesigned Team Alameda jersey/kit for the 2019-2020 season! The jerseys/kits will be ready for shipping on or before 19 July 2019 and will be hand delivered to you at either the annual Team Alameda Picnic on 28 July 2019 or to your home.

We are working on the kit design now and, though I do not have anything to show you quite yet, I can say that they are looking really nice so far. I will share the design with everyone once we have it finalized.

We are using Voler again as our kit vendor as they have good quality products, great design services, and very flexible ordering options for our members. The design will be clean and bold, and will make sure that we are well seen on the roads while riding. We will send out an email to everyone again once the design is close to complete so you can see what it looks like.

I have TONS of great kit materials for you to try on - different sizes, materials, jersey cuts, and bike short pads. My house is at 1101 Morton Street, on the corner with San Antonio (kitty-corner from Franklin Park). If you would like to stop by and give them a look or try them on for size, feel free to come at these times:

Monday, May 20th, from 2:00 – 7:00pm

Sunday, May 26th, from 1:00 – 7:00pm

Tuesday, May 28th, from 2:00 – 7:00pm

If the above times do not work for you, please text me at (415) 225-9219 and arrange a time for a fitting. I will only have these sizing materials available for your review until Wednesday afternoon, May 29th.

Looking forward to seeing everyone in their new, killer kits! Be ready to take some good group photos in those kits in the near future!

Here is how to order the new kits online – I know it is hard to commit without seeing the design yet, but they have a short ordering window for us (the **ordering deadline is June 3rd at midnight**) so, if you are ready to decide without seeing the new design, here you go:

Welcome to the Voler Online Ordering System

Your team has decided to use the Voler Custom Online Order System for collecting and processing your cycling apparel order. Please follow the steps below to place your individual order for inclusion in the overall team order.

1. Click on this link to access your team order site:
<http://www.voler.com/custom/ordering/li/29050>
2. Click on “LOGIN” to enter your Login/Billing Info. Click on “Create Account” to save the information and to create your new User ID and Password. You will automatically be directed to the home page for your team order. If you are a returning customer, please use your original Login and Password.
3. Click on “Begin Shopping” to gain access to the orderable products page. To place items in your shopping cart, click on the item you want to order, then the options you want to select, then the “Add to cart” button. You can

choose to “View Your Bag” or “Continue Shopping” after adding each item. Repeat these steps for each item you want to order.

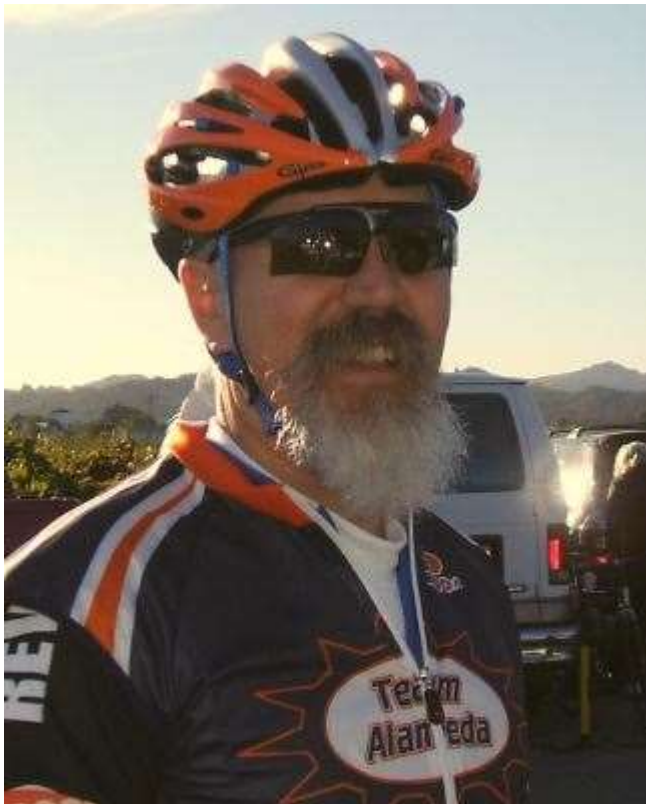
4. After placing the last item you want to order in your shopping cart, click on “View Your Bag” to display the items. Carefully review the items and make any necessary modifications or deletions. Because each item is custom built, refunds and exchanges will not be accepted. After you have confirmed your order is correct, click on “Proceed to Checkout” to complete the secure checkout process by entering your credit card payment information.
5. After you have completed the secure checkout process, an Order Confirmation will automatically be displayed and e-mailed to you for your records.
6. After the order deadline date has passed, you will no longer be able to access the order site. If you have not completed the checkout process for your order by this date, any items in your cart will be removed. The Order Deadline and the Order Ship Date are displayed on the order homepage. The Ship Date is the date that your order will be shipped from Voler.

Thank you for your order. If you have any questions, please call 800-488-6537 and ask for assistance from a Voler Customer Service Representative, or send us an email at help@voler.com.

Welcome New Members!

First Name	Last Name	Joining Date (2019)
Tony	Ng	17 March

Holly	Johnson	20 March
Graham	Ellicott	28 March [residing in the UK]
Jennifer	Loving	30 April
James	Golden	02 May
Tracy	Roberts	07 May
Jane	Watson	11 May 2019



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. Learn basic rules of the road, how to equip your bicycle, fit your helmet, take a bike on transit, and avoid crashes by riding predictably, visibly, and communicating with other road users by your actions and signals. No bike required. This class is **highly** recommended, for new riders and as a refresher for experienced riders alike!

No class is currently scheduled for Alameda. To create a notification, go to:

<https://bikeeastbay.org/UC101#Day2>

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 cannot become complacent, as without these posted rides, the reason for our club's existence is in question.

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 (an announcement will be made soon!)
 - 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

In support of recorded rides or those yet to be designed, we will be updating our list of rides found under the tab "Rides". In the past only a collection of Excel spreadsheets and pdf pages would show the turn-by-turn directions, also called Route Sheets or Cue Sheets.

With the advent and popularity of GPS computers, it is high time we added downloadable routes, such as those available under RideWithGPS. We would ask any submissions to our Ride Leader 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.

Annual Team Alameda Picnic

Save the date for the annual Team Alameda Picnic – Sunday, 28 July 2019, 1300-1600 (1:00 to 4:00 PM) at the Harrison Recreation Center in Lincoln Park, 1450 High Street, Alameda. Guests of club members are welcome! Details and the theme will follow soon!

Annual Away/Overnight Summer Ride

We would like to send out a general call for suggestions for what has been the annual Santa Cruz Ride. In the past this ride would start at Half Moon Bay, for ambitious souls in San Francisco, and proceed along Highway 1 to Santa Cruz for an overnight at a motel. The return along the same roads would take place the following day, usually with escort driver(s) and vehicle(s) in case of the unforeseen.

This year, we would like to mix it up a bit. It has been suggested to start from a single overnight motel on consecutive days in a sort of cloverleaf pattern, with various shorter and longer rides on offer, depending on the available and willing Ride Leaders that might participate. Another thought is for all participants to forego long road trips by parking at an AMTRAK station and taking the designated train to the overnight location, similar to what club cyclists do in Europe.

Think outside the box and send us your suggestions! Some detail would be desirable, such as lodging, potential costs and suggested routes, those, of course, with a maximum length 100 miles!

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 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!

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!

Upcoming Events and Rides for 2019

Ride Date (2019)	Ride Name	Location	Link
1 June	Gold Country Cycling Challenge	Grass Valley, CA	http://www.rotarygoldcountrychallenge.com/
8 June	Devil's Slide Ride	Pacifica, CA	https://devilsslideride.org/
9 June	Bike the Bridges	Martinez, CA	https://www.sonc.org/thebridgeride
3 August	Marin Century	Terra Linda High School	https://www.marincyclists.com/

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.



Ride of Silence



RoS participants on 18 May 2019

How to Use RideWithGPS

RideWithGPS.com is the preferred on-line bike routing tool for creating route sheets with turn-by-turn directions. It represents an important resource for our Ride Leaders. This tutorial offers a quick guide on how to get started. It is not a complete guide as there are many additional features. These tools can be found [here](#), together with helpful videos. Before getting started, you will need to create an account on RideWithGPS.com, so your routes can be saved for others to read and download.

Creating a bike route:

- From the RideWithGPS.com home page, click the **Route Planner** button along the top of the page.
- Plot your route by left clicking your mouse on the start location of the ride. A green icon should be displayed on the map.
- Continue clicking on the roads along your route. Your last click, a red icon, should be the destination or near the start location where the green icon is shown.
- VERY IMPORTANT - avoid clicking at street intersections. This sometimes causes the software to report an incorrect turn. Instead, click *before* or *after* a turn.

- If you click in a wrong spot, click the **Undo** button located in the right section of the elevation profile. You can do multiple undo's if needed.
- A helpful feature is the "Bike Paths" overlay under "Settings", which show as green lines. Solid green lines are tarmac; broken lines are gravel or dirt.
- Make certain you choose the "Follow Roads" option so your track conforms to the streets and bike paths.
- If you REALLY mess up, click the **Clear Map** button in the upper left area and start over.
- After you plot the route, verify the "Cuesheet" directions for accuracy.
- When finished, click the big orange **Save** button on the left side.
- Enter a name of the route and any additional info. Be sure the "Anyone, its public" is displayed to ensure its saved for others to see.
- Download the route to your GPS cycling computer as well.

Converting the route sheets and printing:

You can use [Qvert](http://sfcyclists.com/qvert.php) [<http://sfcyclists.com/qvert.php>] to convert the RideWithGPS "cuesheet" to a better format for riding. You will need to enter the route number in the box next to "Convert Route". This number is visible when you are in the RideWithGPS file for the route you have picked.

➡ In the URL <http://ridewithgps.com/routes/26721289>, the route number is **26721289**.

1. You can edit the text of the cue sheet, add instructions, change colors, change font size, etc.
2. Pick the layout of your printed form and follow the prompts. If the cue sheet does not look acceptable, go back and edit it some more, or pick another print layout, then try again. There is a spot for the Ride Leader's cell phone number.
3. Cut the individual routes on the printed page/s for your ride sheet handouts.

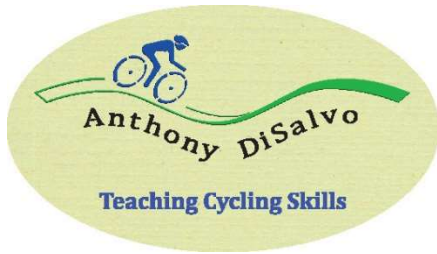


Please Support Team Alameda Sponsors

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



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TWA Properties



Lars Hansson C.P.A.

**LARS
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Linguini's



Next Level Softball/Baseball Academy

