



# TEAM ALAMEDA NEWSLETTER

Spring 2019

## Team Alameda 2018-2019 Board of Directors

President: Rob Jankowski  
Vice President: Ralph Bruni  
Treasurer: Jack Pigott  
Secretary: Brian Landers  
Ride Leader: Steve Elias  
Coordinator/Calendar:  
Membership: Ralph Bruni  
Newsletter: Ralph Bruni  
Santa Cruz Ride: Brian Landers  
Sponsors and Publicity: Janet Shaver  
Webmaster: Norman Woo

[**person with coding skills  
sought!**]

Member at Large: Isabella deMatos

Picnic: *Open*

Santa Cruz Ride: *Open*

**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 Cow" Rob Jankowski**

Thank You,

Rob

**Team Alameda President**





### Assembly point in front of the Kaiser clinic

Link:<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

### How to use the site

Did you know that our website has two viewing versions?

The **Guest version**, that has limited information available for viewing by simply visiting our website. You see this when

you first access [www.teamalameda.com](http://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	<b>A: 14-16 Fast pace, for strong experienced riders, maybe one stop.</b>  <b>B: 12-14 Steady faster pace, most century riders are this pace.</b>  <b>C: 10-12 Steady pace, fewer stops, for experienced and new riders.</b>	<b>58</b> Post the number of miles next
2: 2-6 % A Few Low Hills/ Montclair Peets, Domingo Peets rides		<a href="http://www.ridewithgps.com">www.ridewithgps.com</a> 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
<b>3: 6-8 % Moderately Hilly/ Tunnel, Skyline, Redwood, Butters Canyon</b>		
4: 6-12 % Very Hilly / Three Bears, Pinehurst, Snake Rd., Claremont		

5: 12+ % Extremely Hilly / Marin, Vollmer, Hiller, Thorndale, Ascot, Donald Dr.		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 ...



## Gear

### First Aid Kit

The Team Alameda Board is also considering obtaining sufficient numbers of first aid kits to be distributed among our Ride Leaders. These would be specifically designed for cyclists, small enough to fit in a jersey pocket and contain some essential items, including an irrigation syringe and wound stop bandage for road rash. We are debating the merits of also including some aspirin and anticoagulant. Of course, any injuries beyond isolated road rash and minor cuts and scrapes would mandate the Ride Leader summon the emergency services and submit to our president a scanned "Incident Report Form for Bodily Injury". Any such service would be freely offered under the Good Samaritan Law, which states under California Health and Safety Code Section 1799.102:

“No person who in good faith, and not for compensation, renders emergency medical or nonmedical care at the scene of an emergency shall be liable for any **civil** damages resulting from any act or omission.”



Link: <https://images-na.ssl-images-amazon.com/images/I/41bMHzhChAL.jpg>

## Useful Kit

Magnetic Cadence Sensor (mounted on the crankarm in way of the pedal spindle):



### "Blinker" light

For those who do not yet own one, you are urged to mount one over your handlebars. Such a light immediately makes you more visible to motorists, especially if

you ride solo and you are approaching an intersection. They work like a charm and give you that added sense of being recognized as part of the traffic. Certainly, these do not replace your own safety awareness and predictability to others. Be aware, that many are made in China, though good deals can be had. Remove your forward reflector and try to buy one that fulfills the following criteria:

- Not too bright; they are for daytime conditions and should not dazzle other motorists (a pulsing light of no more than 200 lumens is best)
- White LED works best, since it is compact, light in weight and long-lasting
- Rechargeable lights are offered, sparing you from buying extra batteries
- Watertight housing
- Side-mounted lenses or lenses with a 180-degree field assure detection from the both sides
- Similar lights or front/rear light combos are available for the rear, which should be red in color
- Read the reviews (there are many such lights on offer)





## Welcome New Member!

First Name	Last Name	Joining Date (2019)
Kirsten	Neilsen	7 February





## 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!

The next class is scheduled on Wednesday, April 17th

5:30-7:30pm

Community Room - Alameda Main Library

1550 Oak Street

[Register for this Alameda class](#)

See all class times & dates on the Bike East Bay website: <http://www.ebbc.org/safety>

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## Webmaster Sought

Now that we have injected some life into our Ride Calendar, we are seeking to improve the look of our Home Page at [www.teamalameda.com](http://www.teamalameda.com). For far too long, it has presented a static image and dated photographs. The Board is seeking a Webmaster who is proficient with coding and would also be willing to keep the posted information updated at regular intervals. In order to enable such a Webmaster to do this, he would be elevated to a position of member of our Team Alameda Board. The pay is nil; the recognition and admiration vast. Your responsibilities in this regard would be negligible, since the Board only meets about once a month, plus you would gain an invaluable insight, even some input, on how our cycling club is being operated. Contact our president, Rob Jankowski, for a potential appointment at [rovnkow@gmail.com](mailto:rovnkow@gmail.com).

## Ride Calendar

During the doldrums of the winter months, we on the Board, and no doubt many in our membership, may have noticed a dearth of rides being posted. This trend appeared to take on more of the guise of wishful thinking, than actual plans. Many ride announcements did not even bother with the necessary details of the trifecta of Hilliness/Pace/Mileage or simply add a brief description of the route.

To counteract this, we embarked on a proactive effort to call existing Ride Leaders to support the club by actually planning rides and we encouraged other members to become Ride Leaders. Though we convened a Ride Leader class, a nominal requirement for becoming a Ride Leader, such a strategy must be

ongoing. There exists a certain amount of attrition among our members, which is only encouraged if no scheduled rides appear.

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 voucher

## **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 explored new roads

## **Arm Band**

The Board is considering issuing arm bands to denote who is the Ride Leader. It not only gives official recognition to your achievement and thereby the trust we place in you, but also can show our group in a favorable light when we interact with the public and, occasionally, with the constabulary. These can be reflective and custom printed of course, such as "Ride Leader". What do you make of this idea?



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## 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!

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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!

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## Upcoming Events and Rides for 2019

Ride Date (2019)	Ride Name	Location	Link
30 March	Cinderella Classic [women only]	Pleasanton, CA	<a href="https://www.valleyspokesmen.org/cinderellaclassic">https://www.valleyspokesmen.org/cinderellaclassic</a>
11-14 April	Sea Otter Classic	Monterey, CA	<a href="http://www.seaotterclassic.com/">http://www.seaotterclassic.com/</a>
13 April	Tierra Bella	Gilroy, CA	<a href="https://tierrabella.org/">https://tierrabella.org/</a>
28 April	Chico Velo Wildflower Century	Chico, CA	<a href="https://www.wildflowercentury.org/">https://www.wildflowercentury.org/</a>

4 May	Wine Country Century	Santa Rosa, CA	<a href="https://www.srcc.com/page-1857967">https://www.srcc.com/page-1857967</a>
4 May	Rosarita to Ensenada	Rosarita, Mexico	<a href="http://www.rosaritoensenada.com/ingles/">http://www.rosaritoensenada.com/ingles/</a>
5 May	Grizzly Peak Century	Moraga, CA	<a href="https://www.grizz.org/century/home/index.php">https://www.grizz.org/century/home/index.php</a> Flyer: <a href="https://www.grizz.org/century/flyer.pdf">https://www.grizz.org/century/flyer.pdf</a>
18 May	Sonoma County Backroad Challenge	Petaluma, CA	<a href="https://backroadchallenge.com/">https://backroadchallenge.com/</a>
19 May	Strawberry Fields Forever	Watsonville, CA	<a href="https://www.cyclistsforculturalexchange.org/sff">https://www.cyclistsforculturalexchange.org/sff</a>
1 June	Gold Country Cycling Challenge	Grass Valley, CA	<a href="http://www.rotarygoldcountrychallenge.com/">http://www.rotarygoldcountrychallenge.com/</a>
9 June	Bike the Bridges	Martinez, CA	<a href="https://www.sonc.org/thebridgeride">https://www.sonc.org/thebridgeride</a>

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.




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## A Call for Volunteers

Coming in May ... Alameda Bike Rodeo [date has not been finalized]



Hosted by

Ruby Bridges Elementary School PTA

351 Jack London Ave, Alameda, CA 94501

**Advertised as:** Bring your friends and family (and Bikes) to this city-wide bike festival hosted at our school! There will be bike

help stations, a taco truck(!), a raffle, and so much more ...

Facebook link:

[https://www.facebook.com/RubyBridgesElementary/?eid=ARBI8dH2ME3nhtXuP\\_9Vb29TXqIVgv8wn00hf5dqlHwuZjnkaSTB2hY0XkM4Pw1Q\\_nGXjJIGjVQ8sVmy](https://www.facebook.com/RubyBridgesElementary/?eid=ARBI8dH2ME3nhtXuP_9Vb29TXqIVgv8wn00hf5dqlHwuZjnkaSTB2hY0XkM4Pw1Q_nGXjJIGjVQ8sVmy)

## **Ride of Silence**

**Isabella deMatos is kicking off Team Alameda Wednesday Night rides with the "Ride of Silence", an annual**

**world-wide event, to honor cyclists injured or killed while cycling on public roadways.**

**This ride will be scheduled for Wednesday, May 15th.**

[www.rideofsilence.com](http://www.rideofsilence.com)



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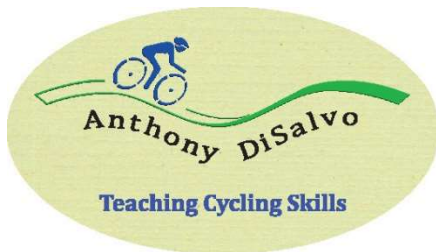
## **Please Support Team Alameda Sponsors**

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



## Spin! Neapolitan Pizza



## Stone's Cyclery



**Cycle City**



**TWA Properties**



**Lars Hansson C.P.A.**

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

**Linguini's**

