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TEAM ALAMEDA NEWSLETTER - Spring 2022

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TEAM ALAMEDA NEWSLETTER

Spring 2022

Message from Team President Janet Shaver



Janet Shaver

President, Team Alameda

president@teamalameda.org

Hello Team Alamedans,

Welcome to spring – the ideal months for riding through the Bay Area. Flowers are blooming everywhere, newly washed down by a lovely, late March rain. The weather is still cool – perfect for comfortable hill climbs and gravel-bike explorations – but warm enough to ditch the heavy jackets and long tights!

This past Winter, we had a good number of rides scheduled on our Team Alameda calendar, thanks to the many weeks of clear blue skies. These included a number of great, away rides, lots of challenging, local, climbing rides, and both fast and slow-paced rides for every type of club member. One of our ride leaders even led a workshop on simple bike repairs prior to leading his ride (thank you, **Jack Scullion**)!

As we ride into spring, we hope to keep that trend going. If you have any great, new routes that you want to share, or if you are interested in leading a ride, please contact ride lead coordinator, **Kurt Borowski**, at ridecoordinator@teamalameda.org. We can always use new ride leaders in helping get our members outside, on their bikes and having fun.

This year, Team Alameda is focused on increasing our communication with our members, among other things. Everyone on the board is a volunteer, most of us are ride leaders, and all of us are proud members of Team Alameda. This club belongs to all of us and, as such, the board is trying to find the right balance of keeping everyone informed and engaged without overwhelming folks with too many e-mails or other outbound means of communication. To that end, please feel free to reach out to any of us on the board – either during bike rides or via our email addresses listed below in this newsletter. You can find our email addresses by going to the Team Alameda website (www.teamalameda.org) and navigating to the menu item *About Us* → *Board of Directors*. We make a point to discuss members' ideas, concerns and biking stories at every board meeting. We want to hear from you.

Stay safe and happy riding, everyone!

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	Kurt Borowski ridecoordinator@teamalameda.com
Treasurer	Pigott, Jack treasurer@teamalameda.com
Membership	Ng, Tony membership@teamalameda.com

	membership@teamalameda.com
Secretary	McNulty, Zoraida secretary@teamalameda.com
Sponsors, Publicity	Castro, Mike sponsorship@teamalameda.com
Webmaster	Schniederger, Klaus webmaster@teamalameda.com
Communications, Newsletter	Jennings, Ralph 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.



Jack Pigott leads a mid-week ride on Redwood Road

Spring forward, speed up

Team Alameda brought on two new members over the past quarter. They are **Jim Wilson** (joined on February 8) and **Doreen Yen** (joined on April 16). Welcome aboard!

We've got a new sponsor too! It's the Flying Embers, purveyors of hard seltzer and kombucha (<https://www.flyingembers.com/>).

Our team even went after Alameda Police Chief **Nishant Joshi** this past quarter. Three people from the board did a candid Q&A with the chief about cycling. For the details, keep reading.



Break at San Leandro Marina during a late March Team Alameda ride

On the riding front, among the headier B-paced rides of this past quarter was **Janet Shaver's** four-hour trek from Orinda to Danville on February 19. Our team that day was **Steve Elias, Ruben Ramirez, Ralph Bruni, Warren Elliott, Klaus Schniederger, Jack Pigott, Laura Merchant, Mark Theiding, Brian Landers, Richard Giessner, Sri Subramaniam and Kurt Borowski**. These bombers met up in front of the Orinda Theatre, then headed down to Bear Creek Road followed by the Papa Bear climb near Briones Reservoir. From there, the group turned right onto Happy Valley Road and passed through Lafayette en route to Peet's Coffee in Danville.

Board VP **Ralph Bruni** pedaled clear to Davis, pushed by favorable winds, and caught the 3:10 p.m. train home shortly before rain fell across Northern California.

On more routine rides, if you can all any 3-hour-blast of exercise and hillside scenery a routine, packs of 25 to 30 of us swept across the tidal flats of San Leandro. We stormed the forested Burdeck-Butters corridor that parallels Joaquin Miller Road onward to the high points on Skyline and Grizzly Peak boulevards. And *hello* Cal campus. We buzzed you, too.

Team member **Isabella deMatos** has organized the Alameda [Ride of Silence](#) on May 18, part of an international network of day trips to honor those killed or hurt while cycling. Her riders will travel about 10 miles over the 60-minute course, all in Alameda. The ride starts at 7 p.m. from our usual Kaiser-Central Avenue site. Just show up. <https://www.rideofsilence.org/main.php>

Off road, the Team Board worked on getting you newly designed jerseys. and perfected its rules for ride leaders. Please see detailed notes about both projects in this newsletter. And to help you find new rides, our webmaster and fellow team member **Klaus Schniederger** has created a super useful list of local rides for smartphone download. Click on the “Rides” menu option on our homepage for a list of categories: *Our favorite club rides; Easier/flatter rides; Rides with BART/ferry*, and *Longer rides*. Then you’ll see a map of the East Bay with the rides displayed and descriptions below. Pick a ride to download.



Grizzly Peak Boulevard south of Tilden Park



New member profile

Khaled Ghanem

My name is Kal, I would like to share with you my experience in life and with Team Alameda.

Two years ago, I came to the USA from a different culture and language. I followed my heart to be with the woman I loved and wanted to spend the rest of my life with. I also fell in love with California. The weather and the community here are the best!

I want to thank everyone at Team Alameda for supporting and or challenging me. In both ways, I won. I won new friends, who I love to have for my entire life, and won new experience by discovering a new life of challenging and hard cycling. I've found new routes with amazing views too.

I've worked hard in my past years and I still do. Once I couldn't find the space for any kind of sports. Now, after I joining Team Alameda, I've committed to finding time at least twice a week for my favorite sport (biking).

I'm looking forward to beating you guys on a ride as soon as possible, or whenever I'm stronger, whichever comes first. I'm proud to be a member of Team Alameda and to have you as friends!

Ride report: When things don't go as planned



Veteran rider Jayne Moeller explains why one C-paced ride went on longer than anticipated -- despite a record-setting hill climb:

Every ride is an adventure!

On Saturday, March 26, seven riders started out on a 45-mile ride with serious hills at a "C" pace. However, rides don't always go as planned. We visited not one, but TWO, bike shops on this ride. Someone had a flat just the other side of the Park Street Bridge. We stopped briefly at Cycle Sports on Grand Avenue in Oakland to use their floor pump (Thanks, Cycle Sports) to confirm that the replacement tire was properly inflated. Then riding toward College Ave, our ride leader discovered that she couldn't shift onto the small ring in front, so the group stopped at Hank & Frank Bicycles. Although they weren't technically open for another 30 minutes, their crew diagnosed and fixed the problem on her electronic shifter, kindly updating the shifting software in the process (Thank you, Hank & Frank).

These unplanned stops added over an hour to our ride. And three riders were time-constrained, so didn't complete the intended route, finding bail-out routes after climbing Spruce, the route's hardest hill. Riders continuing on welcomed

rest stops at the Steam Trains, Sibley regional park and the Ranger Station on Skyline. They reached Nob Hill in Alameda after 4+ hours of ride time (2 hours of stop time made it a looong riding adventure).

We were all reminded that getting stronger as riders doesn't make hills easier, only shorter in perceived effort. It took the ride leader 18 minutes to climb Spruce, a personal best effort! And riding down 35th Avenue at 33 mph almost made the climbs worth it.

Riders used stop times as opportunities to chat about bikes and to learn more about non-Team Alameda happenings in Alameda.

Ride report: This party's back after Covid-19





After two years of Covid-19 cancellations, the Sierra Foothills ride Party Pardee resurfaced in April 2022. Team Alameda member Diane Runyan (*photo, left*) reports from start to finish:

You could see the excitement and anticipation as riders and volunteers were so happy to be back for our most favorite route.

The route started in the foothills of the small gold rush town of Lone. This route took us through green fields, rolling hills, flowers blooming, cows, sheep and rams. To top it off, standing at attention was a buck showing off his large antlers. He seemed to be waiting for us to pull over and take his picture, but we were starting up a hill so no one was stopping, but we all oohed and aahed and pointed him out so others behind us didn't miss him.

*It was a perfect day in the 70s for riding the challenging 65 miles in the foothills with a friend from Roseville. Also riding this year was Team Alameda member **Jack Scullion**. He was always leaving the rest stops as we were pulling in. I don't know why, as when we ride in Alameda he always seems to be riding behind us. By the time Gail and I rode in at the finish, he had his bike put away and had already eaten. He must have had his motor on :-)*

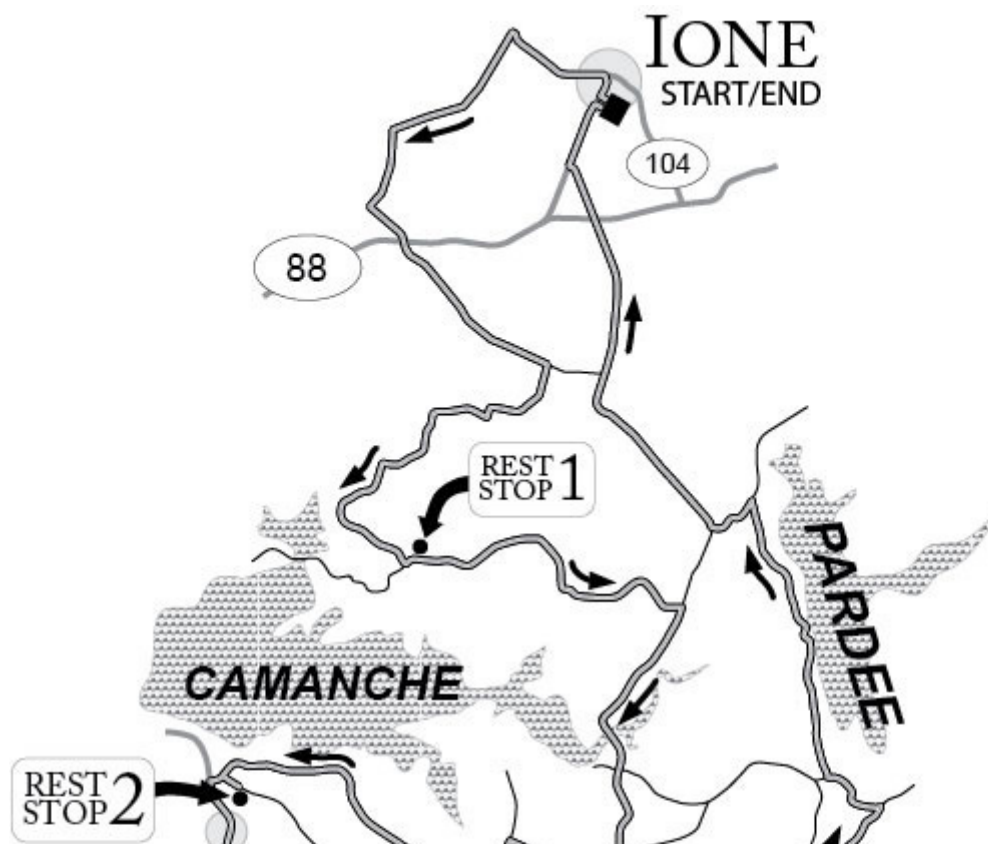


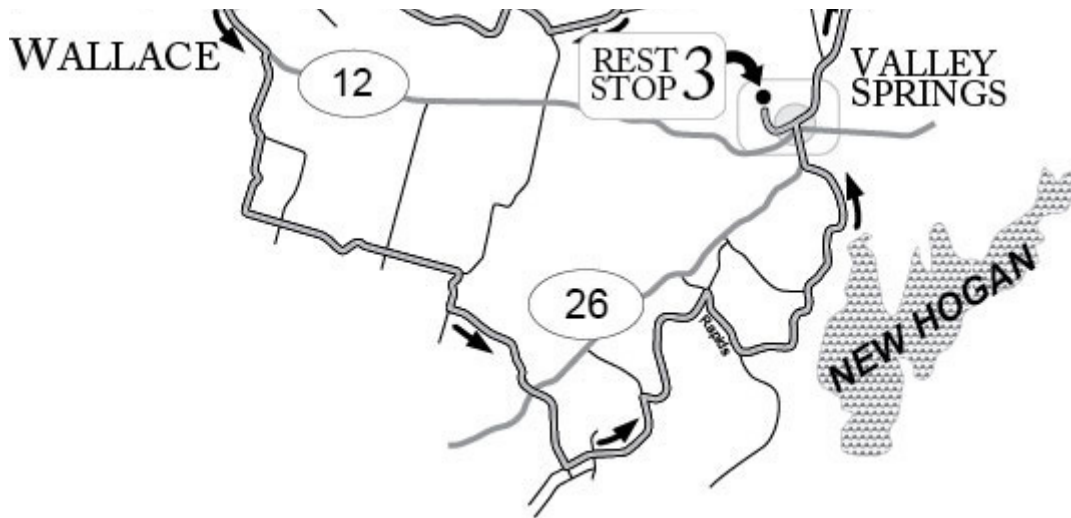


*I hadn't trained for this ride. I had only been riding 20-30 miles once or twice a week with maybe a hill included. And this is what your body becomes used to. So I want to thank Team Alameda's **Jayne Moeller** for scheduling a 44-mile ride with a little less than 3,600 feet of climbing a week before the ride. So of course when I got to the 30-mile mark, my body said ok we're good and we still had 35 miles left to go. But it was all good riding past Lake Camanche and the Pardee Dam and Reservoir and through a couple of the small towns in the foothills. What a great ride!*

The ride is put on by the Sacramento Hike and Bikers and they do an excellent job. It's well organized and supported. Great rest stops and the food at the end of the ride is very good and plentiful. Outside they had a band playing under the trees. You could relax out there or in the building whichever you preferred.

If any other Team Alameda members would like a challenging but beautiful ride, try Party Pardee next year.





'Hanging on for dear life'

Team Alameda member Warren Elliott recounts this mega-ride:

*I recently went on a week long cycling trip with **Grizzly Peak Cycling Club**, and subsequently met a cast of characters. As you might suspect, many of the riders were older retired folks, but don't let that mislead you. These people know how to ride, and ride long. They like to do tours, such as The Ride Across America, the ride from the southwest tip of England to the north east tip of Scotland, and one intrepid soul is planning to ride from Paris to Istanbul this summer. I imagine there are a few countries on his route where he should not admit that he is an American, but that's another story.*

We had a woman on the rides with us who won the "Worlds" in mountain biking. Her pulls at 20-22 mph were something to behold. I was hanging on for dear life. I took two ill advised pulls that day and they soon left me licking my wounds on the side of the road.





Mt. Figueroa was on the schedule for one of the days. A 56-mile round trip and 5,600 feet of elevation do tell half the story. After meandering through picturesque horse country, and two stream crossings, the road began to tip up. The dirt section mentioned on the cue sheet turned out to be a rock garden. The views were spectacular, and one had a sense of being in a very remote and isolated place. From the last stream crossing to the junction, which leads to God knows where, it was a steady 8% to 14% for 1.75 miles. The remainder of the way to the top did, however, offer a few places to catch your breath, as it was only 8% to 10%. The descent across the top and down the other side in very high winds was nerve wracking and I was hoping I had enough rubber on my brake pads to negotiate the 14% to 18% gradients.

Many of the 80+ year old riders in the group did all five of the fifty mile rides. Yes, some of them were on e-bikes, but nonetheless an inspiration to us younger folk.

Be visible, look out for robbers and don't yell at cars, Alameda Police Chief Nishant Joshi tells Team Alameda





Team Alameda's president, vice president and communications chair conducted this interview at Alameda police headquarters on 14 April, 2022. Key excerpts are shown below:

Team Alameda: What advice do you have for cyclists in Alameda?

Chief Joshi: Cyclists should speak out emphatically, but avoid harsh language or hand gestures to an oblivious driver to avoid a nastier confrontation. Take a "bypass route" or stop totally if a driver becomes aggressive. Consider appointing "safety monitors" to tell motorists a group of cyclists is about to pass through a dangerous intersection. I appreciate Team Alameda's efforts to help "the most vulnerable people on the road".

Team Alameda: What do motorists say about bikes in Alameda?

Chief Joshi: They most often complain that bikes aren't visible enough at night and that children on bikes pose a road hazard.

Team Alameda: Do we really have to unclip our pedals to make a full, legal

stop at an intersection in Alameda?

Chief Joshi: Bikes assume risk when they don't make a complete stop. But "I understand" that it's hard to unclip the pedals.

Team Alameda: How can we prevent and handle bicycle robberies targeting solitary riders in the Oakland hills, such as around Skyline at Joaquin Miller?

Chief Joshi: Watch for any car that passes you twice -- it might be "casing" you as a target. If robbed, do as ordered. The criminal may be carrying a loaded gun and lack experience using it. Then be a witness to your own crime: memorize details about the robber's shoes or tattoos, for example, if you're told not to make eye contact. Mentally note at least the last three digits on any license plates involved. If your bike has a serial number, police may be able to help recover it.

Team Alameda: What are the safest and most dangerous places for bikes in our city?

Chief Joshi: Shoreline Drive. The bike lane keeps bikes safe from vehicular traffic but poses outsized danger from crashes with pedestrians.

Team Alameda: So...what do you know about cycling?

Chief Joshi: I was biking home from the police station along Oak Street in a hurry to take my daughter to a dance lesson. I cycle to and from work and for family fun on weekends. I crashed trying to make a yellow light at Encinal when the chain fell off. I have no memory of getting out of the street. and injured one side of my face so badly that it went numb. I called my brother, a doctor, for advice. Apparently, I had crushed a nerve. My face recovered quickly. The problem: I wasn't wearing a helmet. "I should write myself a ticket."

Another takeaway from this interview was the chief's apparent willingness to provide a police escort for the May 18 *Ride of Silence!*

RIDE LEADERS NEEDED

Ride leader coordinator Kurt Borowski explains

Ride Leader Coordinator Kate Bolowick explains why, and how to help

Ride Leaders are critical and important members of Team Alameda. Without ride leaders, there are no rides and, as you can imagine, without rides, we don't have a club. Well, at least not a riding club. A drinking club, maybe. We have about 130 active members in our club but only 13 active ride leaders for A and B-paced rides (see letter categories below), and only five active ride leaders for C-paced rides. So, when you go out on a ride, please remember to thank your ride leader for helping to keep Team Alameda fun and vibrant.



Ride leaders are now carrying these first-aid kits to help anyone who gets injured on a Team Alameda outing. That said, please do your utmost to stay upright.

We are constantly looking for new ride leaders, whether it be A, B or C rides. Leading rides gives you an opportunity to set your own pace, determine the route and distance of the ride, and perhaps introduce other members to a new road or area they've never ridden. It's also a great way to give back to the club, and ensures we have a healthy ecosystem of available and active ride leaders.

Becoming a ride leader is a simple two-step process:

1. Volunteer as a co-leader for a total of three rides with a regular ride leader

2. Get some brief training on how to post a ride on our website, including the use of Ride with GPS.

If anyone is interested in becoming a ride leader, please reach out to me or another board member, and we will make it happen!

Ride leaders are now carrying “Crash Paks”, which are small, waterproof packs that contain basic first aid material in the unlikely event that someone takes a tumble on a ride and requires a bandage, ibuprofen or an antiseptic wipe. The distribution of the kits has already started and should be completed in the next several weeks. If you are a ride leader and have not received your Crash Pak, please reach out to ridecoordinator@teamalameda.org.

The ABC's of our rides -- by challenge level

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, Pinehurst, Snake Rd., Claremont</p> <p>5: 12+ % Extremely Hilly / Marin, Vollmer, Hiller, Thorndale, Ascot, Donald Dr.</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, fewer stops, for experienced and new riders.</p>	<p>58</p> <p>The cycling website www.ridewithgps.com offers a good planning tool. It can deliver a printable cue sheet and GPS file that may be exported to your bicycle computer.</p> <p>Keep an eye out for the weather forecast to determine the likelihood of high temperatures and winds.</p>

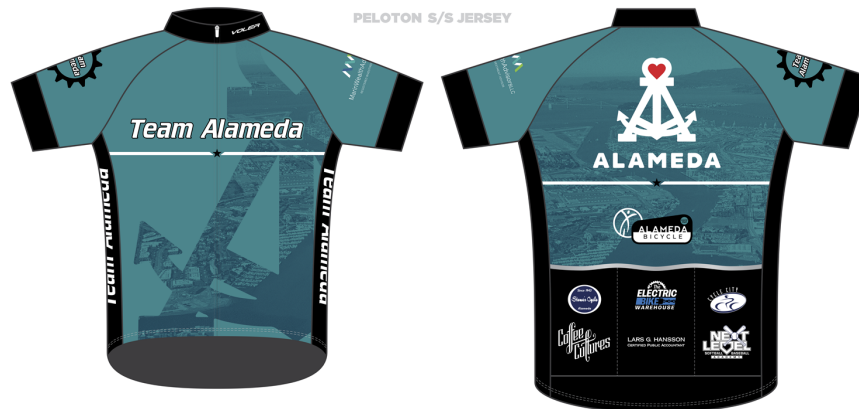
See you on the road ...

Show Team (Alameda) spirit with new jerseys



GENERAL NOTES:
*This is a general design concept,
and is not representative of any

particular size.
 *Colors in this digital proof may appear inaccurate, depending on several factors, including monitor calibration, profile, software, etc. Your fabric sample will display the true colors that will be used for production on your design.
 *Art does not scale per garment size, so we do not match graphics across any seams.
 *Exposed zippers interrupt artwork. Text, diagonals and curves will be separated by the zipper. Items with exposed zippers include: jackets, vests, Velocity Jerseys & Suits, Long Sleeve Pro & Peloton Jerseys, & Superthermal Jerseys.



This spring, we will be offering a new Team Alameda bike kit. We hope to have the kits ready for sale by the end of May, so keep an eye out for e-mails coming from Team Alameda. Our e-mails will explain how, when and where to try on kits and accessories for size as well as how to buy the items you would like and when to expect delivery.

Now, we are still deep in the design phase. The sponsors still need to sign off on the designs, and there may be some changes still to go, but we thought we would give you a sneak peek at these jerseys in the photo above.

Finally, if you are interested in a great bargain, we still have a handful of older Team Alameda items still for sale. We have one men's medium peloton bib short with Elan Pad (\$22.00), one medium-sized arm warmer (\$9.00) and one medium-sized SOL Skin Spectrum arm warmer (\$12.00). Please email President@teamalameda.org if you would like to grab any of these items.

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, through the Summer months, 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](#)

Upcoming away rides, May-November 2022

Cycling groups and charities are planning multi-day group rides outside the Bay Area from May through November. Routes range from the Santa Monica Mountains of California to the Oregon Cascades. Please check the [Big Brother Cycling Network](#) and [California Cycling Escapes](#) websites for details.

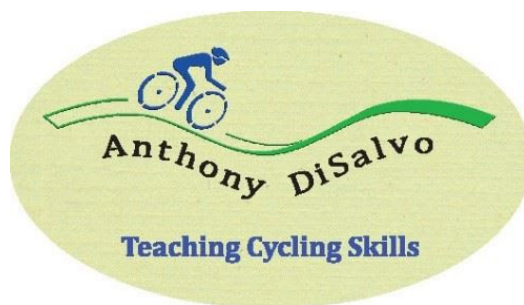
Ride Date (2022)	Ride Name	Location	Link
01 May	Grizzly Peak Century	Moraga, CA	https://www.grizz.org/century/home/index.php
07 May	Wine Country Century	Santa Rosa, CA	https://www.winecountrycentury.com/
15 May	Strawberry Fields Forever	Watsonville, CA	https://www.cyclistsforculturalexchange.org/sff
Two dates: 07 May, 24 September	Rosarito Ensenada	Rosarito, Mexico	http://www.rosaritoensenada.com/ingles/index.php
11 June	Gold Country Cycling Challenge	Grass Valley, CA	https://www.rotarygoldcountrychallenge.com/home.html
10-17 September	Cycle Oregon	Monument, OR	https://cycleoregon.com/
01 October	Bike the Bridges	Martinez, CA	https://www.sonc.org/thebridgeride
1-30 September	The Jensie Gran Fondo*	Stafford Lakes Bike Park, Novato, CA	https://thejensiegranfondo.com/

* Jensie Gran Fondo is **not** an event ride with a mass start taking place on a particular day, as on past occasions.

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 appear on our homepage and on 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



The Electric Bike Warehouse



Bike East Bay



Stone's Cyclery



TWA Properties



Lars Hansson C.P.A.



Next Level Softball/Baseball Academy



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Coffee Cultures



Flying Embers

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