



TEAM ALAMEDA NEWSLETTER

Summer 2019

Team Alameda 2018-2019 Board of Directors

Board Position	Contact
President Membership Newsletter	Bruni, Ralph president@teamalameda.com membership@teamalameda.com
Vice President Ride Leader Coordinator/Calendar	Elias, Steve vicepresident@teamalameda.com ridecoordinator@teamalameda.com
Treasurer	Pigott, Jack treasurer@teamalameda.com
Secretary	SEEKING VOLUNTEER ! secretary@teamalameda.com
Sponsors and Publicity	Shaver, Janet sponsorship@teamalameda.com
Webmaster	Schniederger, Klaus webmaster@teamalameda.com

Process Ride Sheets	Woo, Norman ridesheets@teamalameda.com
Assistant Webmaster	webmaster@teamalameda.com
Member at Large	deMatos, Isabella
Annual Picnic	

BOARD MEMBER NEEDED (SECRETARY) - COME TO THE BOARD MEETING ON 3 SEPTEMBER 2019!

We are seeking a volunteer to serve as Board member in the position of **Secretary**. You would be noting the Minutes for each meeting and type these up in a comprehensive fashion afterwards, so that there is a record of the club business that needs to be recorded.

This is by far not stressful duty; you get to vote on decisions the Board is contemplating and gain an appreciation of which issues our membership is grappling with.

Your input and help would be greatly appreciated!

Come to the Board meeting and we will greet you with open arms:

Date	Tuesday, 3 September 2019
Time (PST)	1830 (6:30 P.M.)
Location	2960 Southwood Drive, Alameda

The just curious can come as well,

Ralph

President - Team Alameda

**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!**

Message from the President



President "Captain Eurotrash" Ralph Bruni

Hello Team Alameda,

Board positions are voluntary. Nobody can be forced to serve their term. With the recent resignations of our former president Rob “Mad Kow” Jankowski, and even more recently, that of our secretary Brian Landers, some reshuffling was necessary and certain Board members had to assume multiple duties. Certain positions have availed themselves. Though a smaller group around the table has led to more efficient meetings, the situation is not ideal.

It is for this reason, that we are sending out an appeal for a member to assume the duties of **secretary** foremost, though other positions are also available for the motivated individual. You will encounter a hard-working group who love their cycling and care for their friends in the cycling community. The recent achievements, started under the stewardship of the former president, are continuing:

- More members, at last count 116, more rides posted to the ride calendar and often larger groups assembling in front of the Kaiser clinic
- A totally re-designed website, which is more user friendly and still under development by our Webmeister, Klaus Schniederger, an IT professional
- Goals of more transparency and responsiveness from the Board, underpinned by newly created email addresses for you to communicate with Board members
- Improved follow-up by the Board into any incidents, such as injuries, crashes, collisions on the road, of which we thankfully encounter only a few
- Closer monitoring of Ride Leaders and the recognition of certain group riding dynamics that may not be in the best interest of the club and safety of the riders

When it comes to the latter, we on the Board can assure you, that we have been successful in recapturing members into our ranks on the normally posted rides. At one time, it was not recognized, that the needs and expectations of a subset of members were not being met. However, keep in mind, if we do not hear about these issues, there is very little we can do in crafting new policy or resolving any perceived problems!

So, yes, your participation should, over time, extend into better communication with those experienced Board members, who can actually effect change, perhaps to the degree you become a Board member yourself. In this fashion, we can collectively create the best, safest, most inclusive and most enjoyable cycling club in the Bay Area!

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>

Where do my dues go?

Team Alameda has two main sources of revenue: membership dues and sponsorship logos placed on the TA kit. We redesign the kit every two or three years. For the years when our club does not have sponsorship revenues, TA unavoidably runs a deficit. For example, 2018 was a year with no sponsorship revenues, and cash flow was as follows:

Revenue

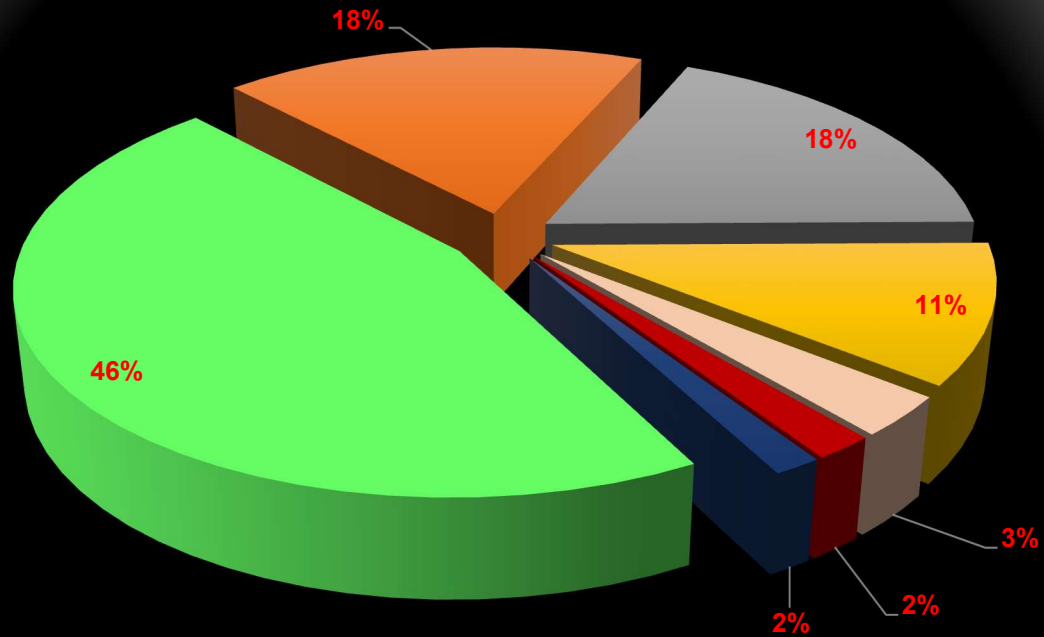
Member dues	\$3,776
Raffle proceeds	150
Sponsorship revenues	<u>0</u>
Total	<u>\$3,926</u>

Expenses

Picnic & Ride Leader meeting expenses	\$2,423
Liability insurance	978
Wild Apricot (website)	972
Officers and Directors insurance	575
PO box rental	166
League of American Cyclists dues	100
RideWithGPS (on-line mapping tool)	<u>80</u>
Total	<u>\$5,294</u>

Net Deficit **(\$1,368)**

Breakdown of Club Expenses



- Picnic & Ride Leader meeting expenses
- Liability insurance
- Wild Apricot (website)
- Officers and Directors insurance
- PO box rental
- League of American Cyclists dues
- RideWithGPS (on-line mapping tool)

Revenues for 2019 will increase from the addition of \$5,300 that TA received from sponsors and who are given recognition by their company logo being displayed on the new 2019 kit. Team Alameda as of August 2019 has about \$16,000 in the bank, which is an allowable amount for a nonprofit organization.

The Treasurer, a Board member, keeps a close eye on revenue and expenses, so that, over time, a fair balance is achieved. His accounting is overseen by the Board and reviewed during the monthly Board meetings.



Our Website

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** on the home page or **Calendar tab** 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. 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
<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>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>Keep an eye out for the weather forecast to determine the likelihood of high temperatures and winds</p>

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

Aero This and That

We know that any loose, fluttering clothing will slow you down on the bike. When cold weather prevails, we may not have much choice in this regard, but there are now more aero items on the market, that are an affordable way to cheat more speed out of your effort.

Here are some examples:

[Aero Gloves \(as low as \\$15\)](#)



Source: https://www.amazon.com/dp/B00FSKN6YO/ref=twister_B07BJ9GS8B?_encoding=UTF8&psc=1

Aero Socks (as low as \$19)



Source: https://www.amazon.com/Baisky-Sportswear-Aero-Cycling-Socks-colors/dp/B07MGB96MN/ref=asc_df_B07MGB96MN/?tag=hyprod-20&linkCode=df0&hvadid=375287116694&hvpos=1o9&hvnetw=g&hvrnd=15474758000968206256&hvpon=&hvptwo=&hvqmt=&hvdev=c&hvdvcmidl=&hvlocint=&hvlocphy=9031977&hvtargid=aud-829758849484;pla-802539055172&pvc=1&tag=&ref=&adgrpid=76287433829&hvpon=&hvptwo=&hvadid=375287116694&hvpos=1o9&hvnetw=g&hvrnd=15474758000968206256&hvqmt=&hvdev=c&hvdvcmidl=&hvlocint=&hvlocphy=9031977&hvtargid=aud-829758849484;pla-802539055172

Aero Booties (as low as \$28)

Some of these are so tight, that they require to be slipped on over your socks first, next insert your feet into your cycling shoes, and only then stretch these booties over heel and toe of your cycling shoes.



Source: https://www.bikeinn.com/bike/castelli-aero-race-shoecover-rm/135967501/p?utm_source=google_products&utm_medium=merchant&id_product=2559579&country=us&gclid=Cj0KCQjwK_qBRD8ARIsAOteukCIJc3surUnrLYQjZ_SPlmCwnmfZSqZGZQJk2GMYPngYR8cesl8utwaAhUxEALw_wcB&qclsrc=aw.ds

And finally, aero helmets, but not the kind that cover your ears, since that would inhibit hearing any vehicles coming up from behind and vital communication with fellow riders in the group. Be careful of Chinese models that may not conform to the standards issued by the U.S. Consumer Product Safety Commission or CPSC (as low as \$105)



Source: https://www.backcountry.com/lazer-bullet-helmet?CMP_SKU=LZR001R&MER=0406&skid=LZR001R-WH-L&mr:trackingCode=33B682A5-40E5-E711-8102-005056944E17&mr:referralID=NA&mr:device=c&mr:adType=plaonline&iv = iv_p_1_q_49783238387_c_224497537371_w_aud-380446514388;pla-483171573059_n_g_d_c_v_l_t_r_1o11_x_pla_y_7811_f_online_o_LZR001R-WH-L_z_US_i_en_j_483171573059_s_e_h_9031977_ii_vi_&CMP_ID=PLA_GOc001&utm_source=Google&utm_medium=PLA&k_clickid=k_Cj0KCCQjwK_qBRD8ARIsAOteukBIWb2cyfoX5fp3EhH4AOX83b2ck1IEqU9slq24HCpSTxyS4umkaE8aAvFJEAw_wcB_k_&rmatt=tsid:1042790|cid:213415477|agid:49783238387|tid:aud-380446514388;pla-483171573059|crd:224497537371|nw:g|rnd:7409237237752928454|dvc:c|adp:1o11|mt;lloc:9031977&qclid=Cj0KCCQjwK_qBRD8ARIsAOteukBIWb2cyfoX5fp3EhH4AOX83b2ck1IEqU9slq24HCpSTxyS4umkaE8aAvFJEAw_wcB

Sun Sleeves

We know about arm warmers, so useful when the weather is changeable and cool. What are “sun sleeves”? Well, for those that may have noticed that our summer sun sometimes burns without mercy, it becomes a cause for concern how our exposed skin might react over time, even for those individuals who tan easily and rarely get a sunburn. If you discover, that your skin on your forearms is getting blotches or too much of a “weathered” look, an easy expedient is to invest in a cheap pair of sun sleeves, sometimes also called “solar sleeves”.

These sleeves help block out the sun to protect your skin and are made of a nylon/spandex blend. They are moisture wicking, preventing the buildup of perspiration, and are designed to keep light and dry. Often, they carry a nominal UV rating. You avoid the messy applications of sun cream lotion, that will invariably run off with sweat. These are also available for your legs, if you are particularly sensitive to the sun. You can buy them in many colors, even in a faux tattoo, if that appeals to you:



Source: https://www.tmart.com/Sun-Protection-Cycling-Arm-and-Leg-Tattoo-Sleeve-Random-Delivery_p340541.html?cc=USD&fixed_price=hk_intl&gclid=Cj0KCQjwkK_qBRD8ARIsAOteukDJKVTx_UN5Csbp79d5X5FYfEkne8gQ6okh9Azohf7v-4-YsKY4mYaAta3EALw_wcB

Welcome New Members!

First Name	Last Name	Joining Date (2019)
Matt	Podkomorski	12 June
Christopher	Ebel	29 June
Sean	Eastwood	06 August



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 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.



12 May 2019 – Ride to Point Richmond

Off-the-Front Riding on Nominal C-Paced Rides

We have identified this as the single highest concern for the cohesiveness of our supposed group rides. C-paced rides are designed as the one most conducive for those who wish to enjoy the benefits of a more leisurely speed with frequent stops, including coffee breaks. The social aspect becomes more dominant, a workout less so. This lowest category ride, at about 10 to 12 mph average speed, is designed for a relaxed atmosphere, for recovery rides to keep the legs spinning, and for new members and guest riders. These outings tend to be shorter, local rides.

Frustration and alienation sets in when the more capable athletes among us join a C-pace ride and forge ahead of the group. These individuals may not have found another available ride for that day and still wish to put in an exercise. That is understandable, however the priorities of the group should be considered. Sometimes the Ride Leader (RL) is part of this foray, sometimes the RL is the one, in effect, “dropped”. The result: the group splits in two.

We used to say, “if you are off the front, you are on your own”. This motto still leaves the RL with the responsibility for the group. If the RL is in the first group, he has basically dropped the trailing members to fend on their own, some of whom may not know the route or may encounter a mechanical, causing an even larger gap. If the RL is in the following group, he is placed in an awkward position to guess at the navigational skills of the breakaways, especially if no assembly point has been announced.

As a consequence, some members and Ride Leaders, have created an unofficial splinter group of their own, complete with a listing of emails, in order to conduct their own rides. This was borne of sheer frustration of trying to herd a group ride, where participants each seemed to have their own speed, and the feeling of always trying to keep up with those far ahead. OTF OYO or Off-The-Front On-Your-Own simply does not work for C-paced rides.

The Board was not made aware of this issue until certain rumors of the existence of such a group surfaced. We performed a friendly follow-up and succeeded in getting this group back into the fold, with their promise to henceforth post rides to our common Team Alameda Ride

Calendar. This is another reason why questions and concerns should be addressed to the Board.

In return, and in order to keep our members and friends riding with the club, the Board would suggest the following to be kept in mind:

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

We as a club do not wish to see these sort of issues leading to some members and Ride Leaders boycotting the Ride Calendar, thereby negating the reason for belonging to the club in the first place. Being considerate of the group's needs and that of the RL will not remove your overall enjoyment of the ride.



Annual Team Alameda Picnic

We had a great turnout and a scattering of sunhats at the park on July 28th, as it was a warm day. Many bottles of wine were distributed during the raffle and one child's bike was donated and brought to the charity Girls, Inc.: <https://www.girlsincislandcity.org/>, 1724 Santa Clara Ave, Alameda, CA 94501, Phone: (510) 521-1743, E-Mail: info@girlsincislandcity.org.

Annual Away/Overnight Summer Ride **Cancelled**

Due to lack of interest and suggestions for an alternative to the annual Santa Cruz Ride, the Board has decided to cancel this overnight event. There is also too little remaining time to plan and make any necessary reservations in advance of Memorial Day weekend, September 2nd.

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!

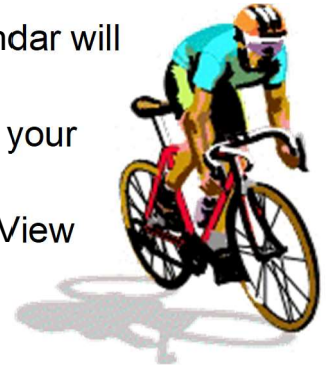
Gentle Reminder

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 or send an email to our Webmaster!

Upcoming Events and Rides for 2019

Ride Date (2019)	Ride Name	Location	Link
21-22 September	Waves to Wine	Rohnert Park, CA	https://secure.nationalmssociety.org/site/TR/Bike/CANBikeEvents?pg=entry&fr_id=30204
21 September	BORP Revolution	Santa Rosa, CA	https://borp.rallybound.com/
05 October	Levi's Gran Fondo	Santa Rosa, CA	https://www.levisgranfondo.com/register/granfondo
05 October	Konocti Challenge	Lakeport, CA	http://www.konoctichallenge.com/registration.html

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.



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**.

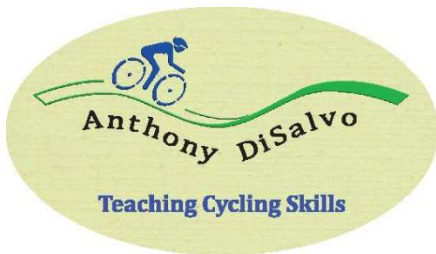
1. You can edit the text of the cue sheet, add instructions, change colors, change font size, etc.
2. Pick the layout of your printed form and follow the prompts. If the cue sheet does not look acceptable, go back and edit it some more, or pick another print layout, then try again. There is a spot for 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



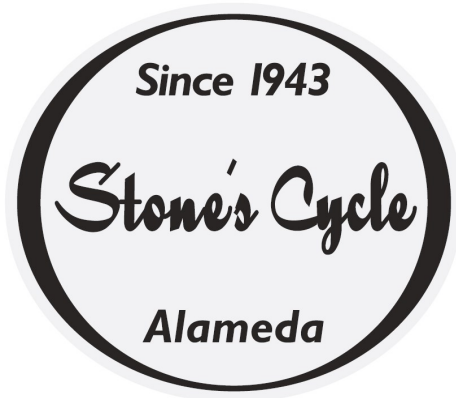
George V. Arth & Son Auto Repair Shop



Bike East Bay



Stone's Cyclery



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TWA Properties



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