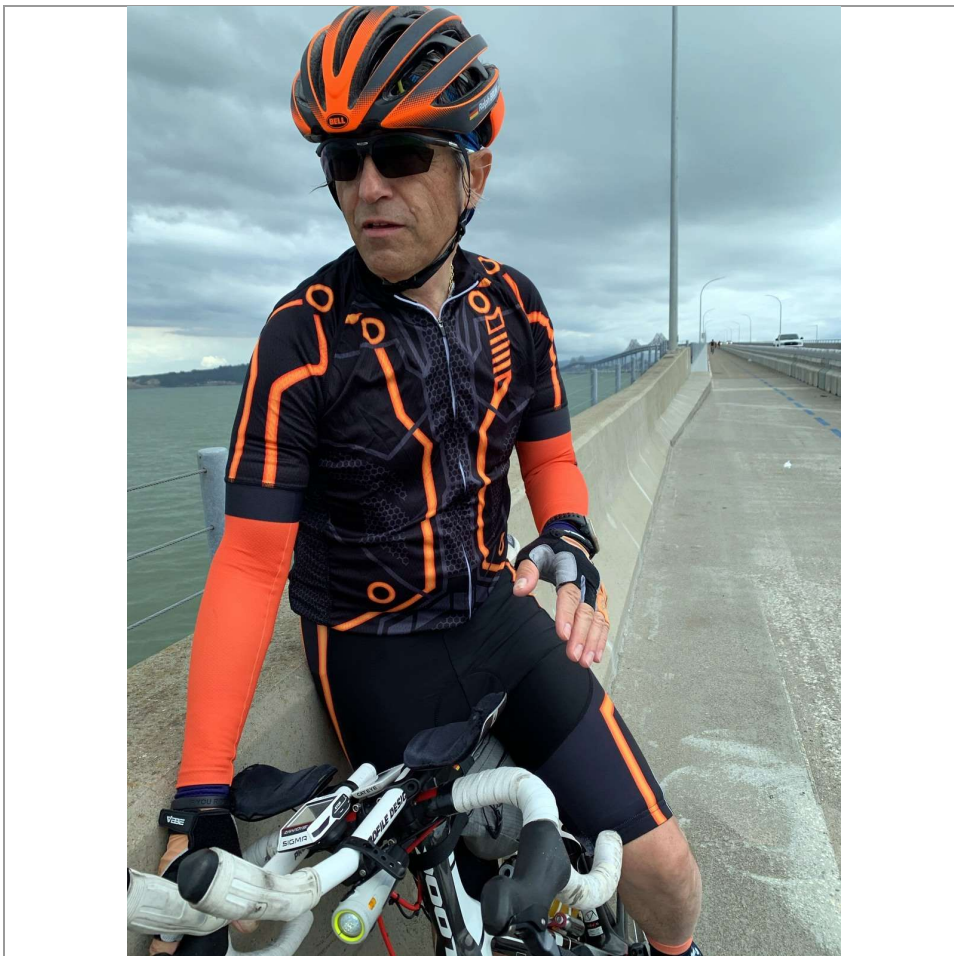




TEAM ALAMEDA NEWSLETTER

Summer 2020 (Coronavirus Issue)

Message from the President



President "Captain Eurotrash" Ralph Bruni (on the RSR Bridge)

Hello Team Members,

In recognition of the ongoing COVID-19 health crisis, we have just extended your membership another nine months for free, now a total of twelve months with a previous extension. Group rides as a sanctioned group activity are not feasible. Not to burst anybody's (social) bubble, but individuals are slowly coming to realize, that this status quo may last much longer than most people may have initially assumed.

In order to retain our members and remove the possibility of losing them through the expiration of the deadline for dues, we may very well extend memberships in installments until this coronavirus is under control and we may resume our customary club activities. However, you may certainly pay your annual membership, presently slated at \$35, if you are not under a tight budget. That would be greatly appreciated. Yes, the only way to opt out, is to let us know in writing ... you may remain a member for a long time by default!

Some of us have found ourselves participating in (very small) group rides. "Very small" means about 2 to 5 individuals. Do not be a **covidiot**: take along your mask and wear it when off the bike or assembling, and be circumspect about maintaining physical distancing, on or off the bike. Certainly, the social compact states that you should wear your mask at all times when outdoors, but glasses fog and breathing is curtailed, so for practical considerations it suffices to have it around your neck or ready in a jersey pocket. As long as you are riding along in a loose formation, you will not be challenged.

Covidiot – Someone who ignores the warnings regarding public health or safety; a person who hoards goods, denying them from their neighbors; a person who denies the existence of the coronavirus altogether.

Other topics in this newsletter:

The Board is planning for the time when organized club rides becomes possible again. We will address some of these ideas and safeguards now, so you may be assured about your safety later.

Riding the BART is not what it used to be. Ridership is down and is being monitored. New stations have opened, extending the potential range for exploring new roads. The do's and don'ts of taking the train are explained. The ferry is also discussed from first-hand experience.

Chinese kit. What is worth purchasing and what to stay clear of.

Tips on how to keep sane at home, among other items of interest.

Live Long and Prosper,

Ralph

Team Alameda President



Winter Program

As announced, the more specific duties and responsibilities of our ten Board members have been committed to writing and were formally approved by the Board on June 9th. This represented **Phase I** of our effort. **Phase II** was to address the Club Bylaws. Rather than making minor edits and having these passed for a review and endorsement by an attorney, we have decided to keep them unchanged. They are the foundation to our club and non-profit status and have not proven to be a hindrance to our activities.

Instead the job descriptions will appear as a separate tab on our website under "About Us" and can easily be amended by future compositions of the Board, if they see fit to do so. These

detailed functions represent the most important aspect of a smoothly functioning club leadership and will help guide new Board members in their functions, as some responsibilities are interdependent. We will make an announcement, once it has been posted. Have a look! Maybe you will be compelled to volunteer as well.

Chinese Coronavirus Gear

Speedsuit (\$40)

A skinsuit may be more aero, but it is hard to get in and out of and can make you sweat excessively. Such tight-fitting cycling attire is ill “suited” for anything but short distances under extreme effort. It is therefore not recommended attire for our longer club rides, or, for that matter, the longer solo rides possible now. How would you like aero kit, that is breathable, plus has pockets? Introducing the **speedsuit**, which opens like a jersey up front, but attaches to the shorts and dispenses with the bib straps, and has pockets that do not flap in the breeze. It is no longer just for triathletes. I bought such a cheap alternative from China and found it to be a most useful method to eke out a little more speed with the same effort:



Source: https://www.aliexpress.com/item/33030953173.html?spm=2114.12010612.0.0.65c54d4euOIFe6&gps-id=pcStoreJustForYou&scm=1007.23125.137358.0&scm_id=1007.23125.137358.0&scm-url=1007.23125.137358.0&pvid=4394d1eb-f26f-45c8-a026-4caf7000df0a

The available color schemes and patterns range from tasteful to crazy. Just be aware, that sizing for Chinese styles usually turns out to be one size smaller than for Westerners. I normally wear Medium, but ordered a Large in our club colors. Normally, these cost hundreds of Dollars more, if you order from the more well-known brands. China is starting to use Italian fabric inks, recognizing that their past efforts resulted in uneven fading. Fitting is getting more accurate, especially since models from the West are being used as a template. You just have to do your research, but even if the size turns out to be not quite right, you can tailor it or simply reorder it at these economical prices. I have even googled how to shrink it in the wash and drier, without ruining it: <https://www.wikihow.com/Shrink-Polyester>

Carbon Bottle Cages (\$5-\$20)

Equally cheap and not associated with a part of the bike which could cause a catastrophic failure, such as a wheelset. Admittedly, the Chinese are learning from their past mistakes, but it is better to steer clear from such potential mishaps. So bottle cages are another option, associated with good craftsmanship and cheap prices, prices so cheap you may have a hard time believing it. Just make sure, that in the jumble of offerings, you order the right stuff. The one to the right is mounted to my bike, has a sufficiently long retaining elbow at the bottom and cost \$15. Order now, before all trade with China is curtailed.



Sources: https://www.aliexpress.com/item/32892638772.html?spm=a2g0o.productlist.0.0.1d2a117fbRv6gt&algo_pvid=5ee9a2da-f5dc-497a-b14d-3d28bd23fe76&algo_expid=5ee9a2da-f5dc-497a-b14d-3d28bd23fe76-5&btsid=0be3746c15970236314073717e6695&ws_ab_test=searchweb0_0,searchweb201602_0,searchweb201603_0

https://www.aliexpress.com/item/32808891019.html?spm=a2g0o.productlist.0.0.65eb3c76Oz62c1&algo_pvid=046be94d-afb8-41ea-893f-d1365248333a&algo_expid=046be94d-afb8-41ea-893f-d1365248333a-0&btsid=0ab50f4415970241385018095e542a&ws_ab_test=searchweb0_0,searchweb201602_0,searchweb201603_0

Eyewear

To give you an additional idea of prices, here are examples for sports glasses. These are not based on my personal experience, but allow you to shop and compare to the customary commercial brands. Photochromic glasses with a neutral tint give you the most flexibility. Non-prescription glasses are assumed here as the most commonly available. Some Chinese retailers are starting to support U.S.-based customer support telephone numbers.

Seen from that perspective, however, nose inserts or clip-ons are no longer *de rigeur*, as lenses these days can be manufactured with a specific prescription and with bifocal capabilities that are graduated and no longer show a cut line. Prescription glasses cost a lot more of course. Remember, being able to see well under all conditions, especially dappled shade and low-light conditions is well worth the investment! Just make certain the glass frame does not hit the brim of your helmet and lenses are wide enough to provide enough lateral protection from insects. Prescription sports glasses are best purchased from U.S., Canadian or European retailers.

Conventional Pricing for Budget Photochromic


United States (\$99)



Source:

https://safetygearpro.com/product/bolle-vortex/?attributepa_color=shiny-black

China (\$36)



Source: <https://www.bluedozz.com/home/45905-468186-photochromic-cycling-sunglasses-tr90-road-bike-glasses-3-in-1-lens-all-weather-eyewear-mountain-skidproof-spectacles-men-women.html>



Welcome New Members!

First Name	Last Name	Joining Date (2020)
Phil	Dutton	24 May
Mark	Dieter	21 June

(Suspended) Learn How to Ride Safely

<http://www.ebbc.org/safety>

Coronavirus Workout



Team-Up Ride Calendar

Until further notice, all group rides are cancelled as per our announcement on 16 March 2020.

Introductory Rides

Once our shelter-in-place and physical distancing restrictions have been lifted, Jayne Moeller will be posting dates for her rides for prospective and newer members to the TA Ride Calendar, provided the health crisis does not exceed her announced time window.

Club Facebook Page

We have started posting lots of ideas, articles, and suggestions for staying fit and engaged during the Shelter in Place on our Facebook page. If you are a Facebook user, please enter Team Alameda Cycling Club into the Search field in the upper left-hand corner and then click on any of the Team Alameda Cycling Club links to get to our page and see the postings. Don't forget to Like and Follow the page as well in order to get notifications of new postings. We hope to keep using this tool as a means to keep our team members notified and engaged on local happenings and club activities. Thanks!

App Alert!

In our last issue, we praised the usefulness of a weather app called **Dark Sky**. On August 1st, this app was no longer functioning, but we have found the closest approximation with **Shadow Weather**. I have used it and, in fact, it is a more colorful and interactive tool with a black background. Download it to your smart phone and you will find it equally helpful!

Dark Sky remains available for iOS subscribers.

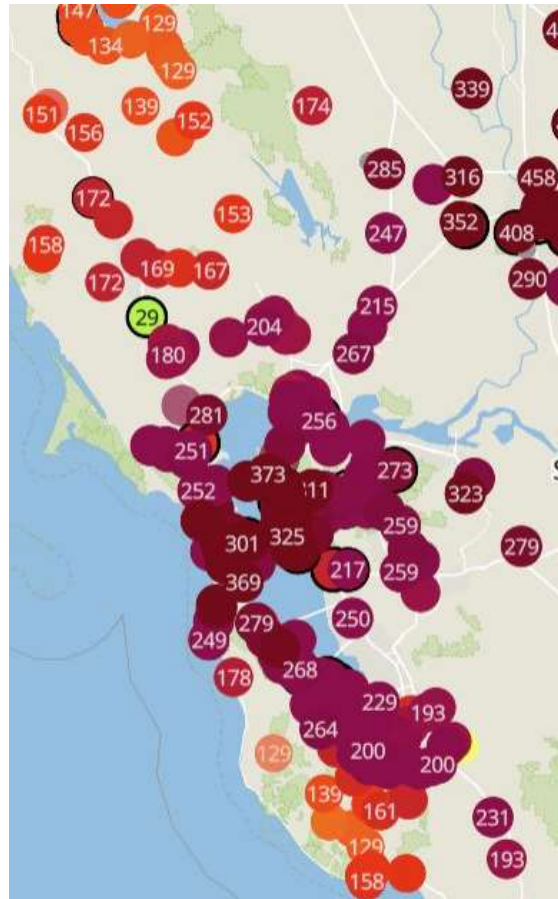


Shadow Weather

[https://play.google.com/store/apps/details?id=com.noaimgames.shadowweather&utm_source=appgrooves&utm_medium=agp_a2f4dd428f3982061f465a430b38788f_com.noaimgames.shadowweather_us_others_15976018148092]

Another useful reference for air quality can be found on www.purpleair.com. This gives many more readouts in a graduated color code for air quality than the previously announced app Air Visual. **PurpleAir** currently does not have an app. Even though you need to go to the website, the density of monitors throughout the Bay area, gives you a much better indication of

the prevalence of particles, i.e. smoke. The site tracks thousands of its sensors on a worldwide map, allowing anyone to enter a zip code, zoom in and see current air quality in your community, along with the trend for recent days.



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 2020

Many organized rides have been postponed or cancelled outright. Some virtual "events" and races have taken their place. Until such time these rides are re-posted, we will skip our customary table of dates and registration links to them. We hope the summer edition of this Newsletter will have an updated and verified list of rides.

Our own Forum section and past rides on the Team Alameda calendar will give you added ideas and routes for solo rides, 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.

The Tour de France will take place, a full 21 stages starting in Nice on 29 August 2020. Unfortunately, our team has not been selected (lol).

You may choose to participate in a virtual charity ride at home or solo from your home. It is found on <https://greatcyclechallenge.com> and is designed to fight children's cancer. You set

yourself a personal target to pedal in September and log your miles throughout the month to achieve your goal, tracking your progress online through your personal challenge page. All ages, all fitness levels and any location across the United States. Your goal could be 25 miles, 250 miles or 1,000 miles, there is no minimum. Log your miles throughout September via the GCC app <https://greatcyclechallenge.com/Pages/how-it-works/get-ready-to-ride/download-app>, Strava, MapMyRide, your own personal GPS device or manually through your challenge page. You may also opt to support our own Jack Scullion at <https://greatcyclechallenge.com/Riders/JackScullion/e>

Getting Around with BART and the Ferry

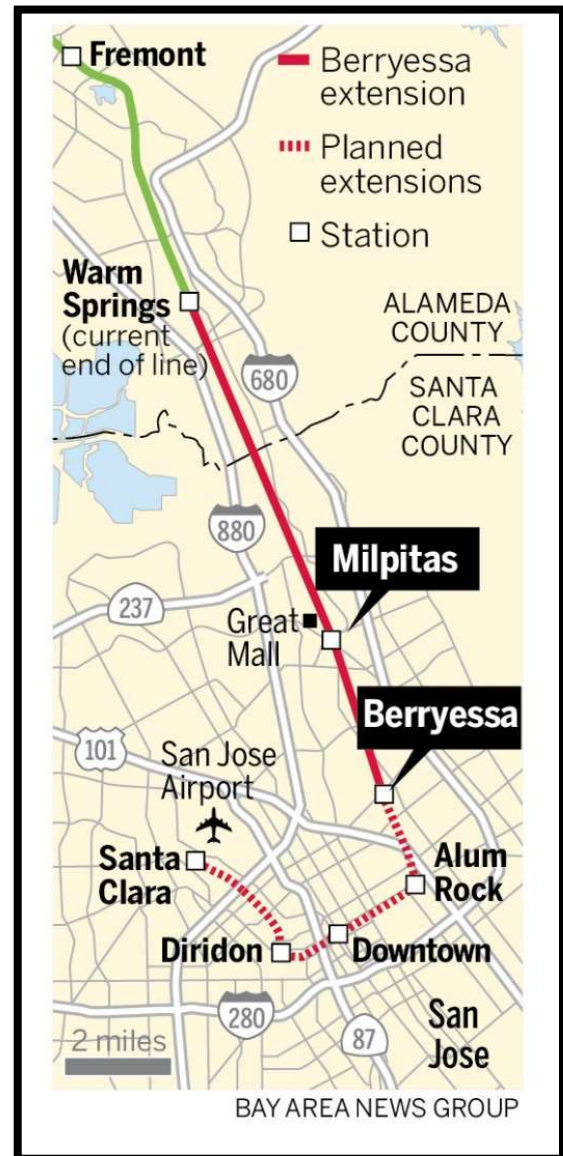
BART

Using public transport during the health crisis is a very individual decision. Arguments can be made for and against, however such a decision hinges upon common perceptions of past experience and how new information sources may change that perception. Foremost is the mental image of crowded trains. This no longer the case, as can be verified with ridership statistics issued every month. Nevertheless, BART cautions cyclists not to board particular carriages, if they should be crowded and instead select one with sufficient room to maintain physical distancing requirements.

I have not found any such trains, where such concerns needed to be raised or I had to shift to another carriage. At most I would share the compartment with no more than seven or eight individuals. If one bike area was occupied, I would simply go to the other bike parking spot. Carriages smell of disinfectant, so cleaning is ongoing. Of course, face masks are a requirement, though not everybody wears them, such as the homeless.

Two new stations have opened during the COVID-19 pandemic, Milpitas and Berryessa/North San Jose. Each extends your range and shortens the approach to certain areas, such as Mount Hamilton, now only 24 miles to the summit from Milpitas BART and 23 miles from the Beryessa station. Also, to Anderson Lake Dam it is only 26 miles from Beryessa, though it takes about 50 minutes to ride there. The stations are airy, highly modern and are fitted with a glass sun roof.

Some trains have the new 3-door carriages, which are fitted with an extra door at mid-length. These trains are much quieter, tilt in the curves, and support electronic signs and real-time maps, ensuring all aboard know precisely where they are and which station is next.





Ferry

The Bay ferry system is now running on weekdays only. Even though many seats are blocked by yellow tape markers, available seats always surpass occupied seats. Nominally, only essential workers are allowed on board, but the website does not suggest this and this is not enforced.



No cash, no hassle.
Transit passes are now
on your phone.

Buy Passes

A cashless system prevails. Unless you already have a ticket, you are directed to utilize an app called **hopthru**, available through your virtual app store. When downloading this tool, verification of your cell phone occurs by email and you can enable location tracking. You make a virtual ticket purchase and store it on your phone within the app, and only activate it when boarding the vessel. Credit cards are also accepted.

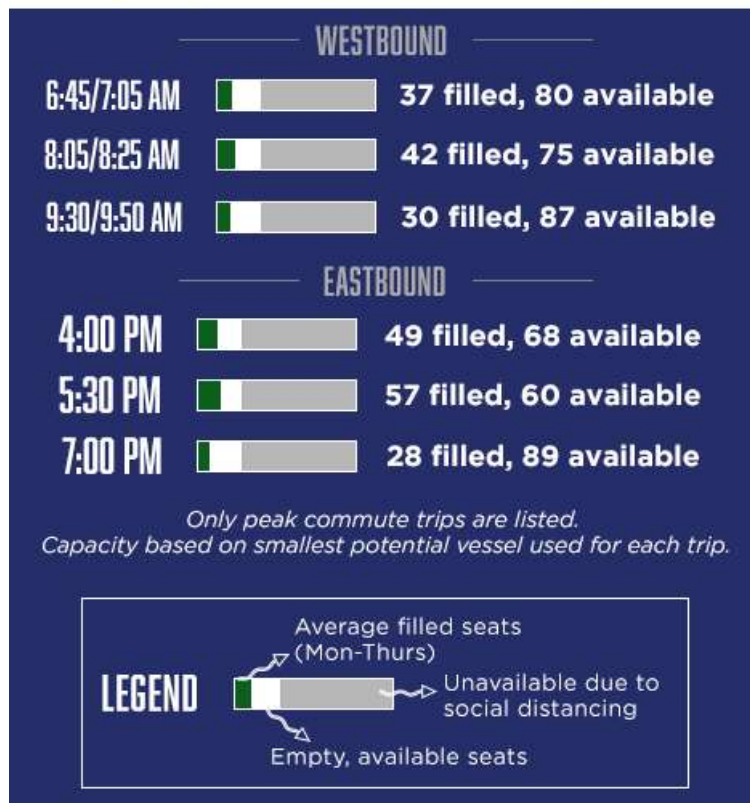


Ridership Stats

Ferry

HOW FULL ARE THE ALAMEDA/OAKLAND FERRIES?

Average daily ridership data for the week of August 3, 2020



Source: <https://sanfranciscobayferry.com/news/ferry-ridership-data-covid19>

BART

The data reflects the average number of riders on each car as the train departs each station, which is why the end of line stations show as zero. The example below is only one of several such charts. An excerpt and the full chart are shown below for the Richmond to Beryessa line:

FRTVL	COLIS	SLEAN	BFAIR	HAY	SHAY	UCITY	FREMT	WMSPR	MILPT	BERRY
5:38 5	5:41 6	5:45 5	5:49 5	5:53 5	5:58 5	6:02 3	6:07 2	6:14 0	6:22 0	6:27 0
5:52 3	5:55 3	5:59 3	6:03 4	6:07 4	6:12 3	6:16 2	6:21 1	6:28 0	6:36 0	6:41 0
6:07 4	6:10 4	6:14 4	6:18 4	6:22 4	6:27 3	6:31 2	6:36 1	6:43 0	6:51 0	6:56 0
6:37 7	6:40 6	6:44 7	6:48 6	6:52 6	6:57 6	7:01 5	7:06 1	7:13 1	7:21 0	7:26 0
7:07 7	7:10 6	7:14 6	7:18 6	7:22 4	7:27 4	7:31 3	7:36 2	7:43 0	7:51 0	7:56 0
7:37 9	7:40 6	7:44 5	7:48 5	7:52 4	7:57 4	8:01 3	8:06 1	8:13 1	8:21 0	8:26 0
8:07 5	8:10 4	8:14 4	8:18 3	8:22 3	8:27 3	8:31 2	8:36 1	8:43 0	8:51 0	8:56 0
8:37 6	8:40 6	8:44 4	8:48 4	8:52 3	8:57 2	9:01 2	9:06 1	9:13 0	9:21 0	9:26 0
9:07 4	9:10 3	9:14 2	9:18 2	9:22 1	9:27 1	9:31 1	9:36 0	9:43 0	9:51 0	9:56 0
9:37 4	9:40 3	9:44 2	9:48 2	9:52 2	9:57 1	10:01 1	10:06 1	10:13 0	10:21 0	10:26 0



Richmond to Berryessa/North San José

Passenger Load for Week of Monday, August 10 to Friday, August 14, 2020

RICH	DEL N	PLAZA	N BRK	BRK	ASHBY	MACAR	19ST	12ST	LAKEM	FRTVL	COLIS	SLEAN	BAIR	HAY	SHAY	UCITY	FREMT	WMSPR	MILPT	BERRY
5:04	5:07	5:10	5:14	5:16	5:19	5:22	5:27	5:29	5:33	5:38	5:41	5:45	5:49	5:53	5:58	6:02	6:07	6:14	6:22	6:27
1	2	2	3	3	3	3	3	3	3	5	6	5	5	5	3	2	2	0	0	0
5:19	5:22	5:25	5:29	5:31	5:34	5:37	5:42	5:44	5:48	5:52	5:55	5:59	6:03	6:07	6:12	6:16	6:21	6:28	6:36	6:41
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1:34	1:37	1:40	1:44	1:46	1:49	1:52	1:57	1:59	2:03	2:07	2:10	2:14	2:18	2:22	2:27	2:31	2:36	2:43	2:51	2:56
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4:34	4:37	4:40	4:44	4:46	4:49	4:52	4:57	4:59	5:03	5:07	5:10	5:14	5:18	5:22	5:27	5:31	5:36	5:43	5:51	5:56
2	4	6	7	9	9	10	13	19	21	19	17	13	11	7	4	3	2	1	0	0
5:04	5:07	5:10	5:14	5:16	5:19	5:22	5:27	5:29	5:33	5:37	5:40	5:44	5:48	5:52	5:57	6:01	6:06	6:13	6:21	6:26
1	2	3	5	5	10	11	14	19	18	15	14	12	11	7	5	3	3	1	1	0
5:34	5:37	5:40	5:44	5:46	5:49	5:52	5:57	5:59	6:03	6:07	6:10	6:14	6:18	6:22	6:27	6:31	6:36	6:43	6:51	6:56
1	3	4	5	7	7	7	8	9	13	11	9	8	8	5	3	2	1	0	0	0
6:04	6:07	6:10	6:14	6:16	6:19	6:22	6:27	6:29	6:33	6:37	6:40	6:44	6:48	6:52	6:57	7:01	7:06	7:13	7:21	7:26
1	3	4	4	4	5	7	8	9	10	9	8	7	6	4	3	1	1	0	0	0
6:34	6:37	6:40	6:44	6:46	6:49	6:52	6:57	6:59	7:03	7:07	7:10	7:14	7:18	7:22	7:27	7:31	7:36	7:43	7:51	7:56
1	3	4	4	6	6	5	5	6	6	5	4	3	3	2	1	1	0	0	0	0
7:04	7:07	7:10	7:14	7:16	7:19	7:22	7:27	7:29	7:33	7:37	7:40	7:44	7:48	7:52	7:57	8:01	8:06	8:13	8:21	8:26
0	2	3	3	3	3	5	5	5	5	4	3	3	2	1	0	0	0	0	0	0
7:34	7:37	7:40	7:44	7:46	7:49	7:52	7:57	7:59	8:03	8:07	8:10	8:14	8:18	8:22	8:27	8:31	8:36	8:43	8:51	8:56
0	2	2	2	4	4	4	3	4	4	3	2	2	2	1	1	0	0	0	0	0
7:49	7:53	7:56	7:59	8:02	8:04	8:07	8:13	8:15	8:18	8:22	8:25	8:29	8:33	8:37	8:41	8:46	8:51	8:57	9:06	9:11
0	1	1	1	2	2	2	2	4	4	3	2	1	1	1	1	1	0	0	0	0
8:10	8:14	8:17	8:20	8:23	8:25	8:28	8:34	8:36	8:39	8:43	8:46	8:50	8:54	8:58	9:02	9:07	9:12	9:18	9:27	9:32
0	1	1	2	2	2	2	3	3	3	3	2	2	2	2	1	1	0	0	0	0
8:30	8:34	8:37	8:40	8:43	8:45	8:48	8:54	8:56	8:59	9:03	9:06	9:10	9:14	9:18	9:22	9:27	9:32	9:38	9:47	9:52
1	1	2	2	2	2	1	1	3	3	3	2	2	2	2	1	1	0	0	0	0
9:01	9:05	9:08	9:11	9:14	9:16	9:19	9:25	9:27	9:30	9:34	9:37	9:41	9:45	9:49	9:53	9:58	10:03	10:09	10:18	10:23
1	3	3	4	4	5	2	2	2	3	3	2	2	2	1	1	1	0	0	0	0
9:19	9:23	9:26	9:29	9:31	9:34	9:37	9:43	9:45	9:49	9:53	9:56	10:00	10:04	10:08	10:12	10:17	10:22	10:29	10:37	10:42
0	0	0	0	0	0	0	0	0	0	1	1	1	1	0	0	0	0	0	0	0
9:34	9:38	9:41	9:44	9:46	9:49	9:52	9:59	10:01	10:04	10:07	10:11	10:15	10:19	10:23	10:27	1				

Home Lockdown Activities

To each their own, but this is how I amuse myself to while away the time:

- ❑ Subscribe for 30-day free trial periods on various streaming services, such as Amazon prime and HBO; unsubscribe on day 29
 - ❑ Burn CDs or transfer songs directly into my iTunes library from YouTube by using a Russian converter at <https://ytmp3.cc/en13/>; no registration required and it's free
 - ❑ Watch YouTube videos on my large TV flat screen by casting from my cell phone's YouTube app, accordingly:
 1. Make sure your mobile device or tablet is on the same Wi-Fi network as Chromecast
 2. Open the YouTube TV app
 3. Tap Cast; this is found at the top of the app Home screen
 4. Choose the device you want to cast to
 5. Choose a TV show or video
 6. Tap Play
 - ❑ Streaming podcasts and music, while working or studying, such as:
 1. <https://www.frogpants.com/filmsack>
 2. YouTube live videos: <https://www.youtube.com/watch?v=vp-uHbqnos0>
 3. YouTube long videos: <https://www.youtube.com/watch?v=YSBDVY0i0xw>
 4. SoundCloud, such as:
<https://soundcloud.com/search?q=iVardensphere%20the%20source%20of%20uncertainty>
 5. BBC Global News podcast:
<https://www.bbc.co.uk/programmes/p02nq0gn/episodes/downloads>
 - ❑ Creating new routes on *Ride with GPS*
-



Team Alameda 2020 Board of Directors

Please send your ideas, suggestions and concerns directly to the appropriate Board member:

Board Position	Contact
President Newsletter	Bruni, Ralph president@teamalameda.com
Vice President Ride Leader Coordinator/Calendar	Elias, Steve vicepresident@teamalameda.com ridecoordinator@teamalameda.com
Treasurer	Pigott, Jack treasurer@teamalameda.com
Membership	Castro, Michael "Mike" membership@teamalameda.com
Secretary	McNulty, Zoraida "Z" secretary@teamalameda.com
Sponsors and Publicity	Shaver, Janet sponsorship@teamalameda.com
Webmaster	Schniederger, Klaus webmaster@teamalameda.com
Process Ride Sheets Assistant Webmaster	Woo, Norman ridesheets@teamalameda.com webmaster@teamalameda.com
Member at Large Annual Picnic	Ng, Tony memberatlarge@teamalameda.com

Please consider your past experience and skills for any of these positions as officer on the Board. Your ideas and suggestions will be welcome and may make a huge difference. Every Board member casts a vote on important issues and challenges.

Our monthly Board meetings take place in a conducive environment, such as members' homes, accompanied by food and drink, and are as much a social occasion and free exchange of ideas, as it is a functional assembly with procedural rules.

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

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

Note the email addresses!

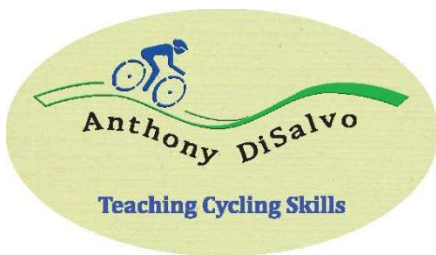


Please Support Team Alameda Sponsors

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



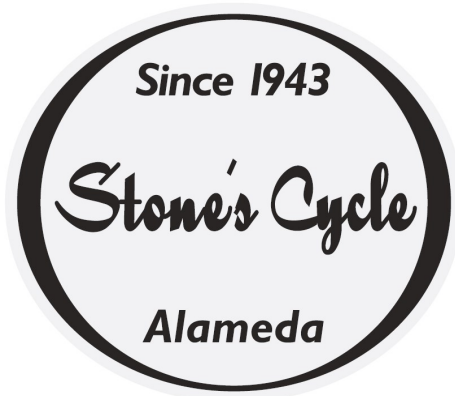
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Bike East Bay



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