



# TEAM ALAMEDA NEWSLETTER

Summer 2021

## Message from the President



President "Captain Eurotrash" Ralph Bruni at the Konocti Challenge

Fellow Club Members:

Many new members have joined our ranks, as quite a few individuals, constrained by the requirement to stay sheltered during the height of the pandemic, found time and space to explore new options for physical exercise. Bicycles were being sold as quickly as they could be restocked and bike shops were booming. With the resurgence of cars on our streets, the available space has been reduced; however, the initial investment in a bike and the affinity for our sport have remained.

So it is with great pleasure I would like to introduce our new members to you:

First Name	Last Name	Joining Date (2021)
Ingrid	Dayton	28 April
Glenn	Kuhn	28 April
Marty	Beene	01 May
Ann	McCormick	04 May
Matthew	Leung	12 May
Justin	Salvant	15 May
Ramzy	Beijjani	07 June
Peter	Kellogg	08 June
Justin	Schultz	08 June
Robert	Ingram	10 June
Mark	Theiding	13 June
Rachel	Gingold	14 June
Jason	Waddle	18 June
Kristin	Vernon	21 June
Laura	Merchant	29 June
Mary	McGrady	06 July
Elaine	Hassler	28 July
Roger	Lefort	30 July

We have a date and a reservation for our opening up party at Lincoln Park! This will be conducted on **Sunday, 19 September 2021**, and we still need a theme. Let us make it something uplifting, nothing that will remind us of the pandemic! Please send us your suggestions. Location: <https://www.alamedaca.gov/Departments/Recreation-Parks/Lincoln-Park>

Ralph  
**Team Alameda President**

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## Member Profile

I am very happy to introduce a new member, who departed his home country January 2020 on very short notice. It did not take him and his bike long to find us and enthusiastically participate in our rides, both short and long. Give him your advice and support. You will find him to be a sterling character!



**Heading towards Paradise Loop – 24 July 2021**

Hello everyone. This is Matthew, one of the new members of Team Alameda. I am honored to be told to write this tiny paragraph to introduce myself. I am just a 19-year-old teenager who came from Hong Kong. I have been waiting for my student's visa to be approved for over a

year now. In the midst of a difficult and boring time, I have decided to join the club. I wanted to do some moderate exercise while having fun. I really enjoy exploring with my bike, meeting new people, staying fit, learning new things, and achieving goals that I have never thought of. Although there is a big generation gap in the club, there are some awkward moments but hey, I am learning every day! All of them are really nice, super friendly, helpful, and encouraging. If you are reading this and doubtful about joining the club, trust me, you will not regret it! I am looking forward to riding with y'all. Wishing you have a wonderful day :)

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**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>

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## **New Sponsor for Team Alameda**



We are very pleased to announce that we have a new Team Alameda sponsor supporting our great bicycle club: Marin Wealth Advisors, LLC ([www.marinweathadvisors.com](http://www.marinweathadvisors.com)).

With offices in San Rafael, San Francisco, and Oakland, Marin Wealth Advisors, LLC, provides the following services all over the San Francisco Bay Area:

- **Investment Advice** – Independent, fee-only guidance (namely, no commissions on transactions) for regular portfolio consultations and performance reports; investment account management; and investment research, advice and recommendations;
- **Financial Planning** – Helping customers plan for their financial future no matter what life stage: if you are in your early earning years or your peak earning years, planning for your child's college education or support of an elderly parent, or planning for your own retirement, Marin Wealth Advisors can create a digital, interactive, and personalized financial plan that covers you and your family's future;
- **Retirement Planning** – Marin Wealth Advisors can help you realize your long-term financial security and navigate the tax implications and various financial retirement account options to ensure your peace of mind when ready to make the jump to retirement.



Our own Team Alameda member and membership Board Chair, Michael Castro, is a Principal and Senior Wealth Advisor for Marin Wealth Advisors, LLC. So, if you are looking for advice on how to best organize your finances in order to spend your retirement years riding bikes full time, please feel free to reach out to him directly at [mcastro@marinwealthadvisors.com](mailto:mcastro@marinwealthadvisors.com). Thank you, Michael, for supporting Team Alameda!

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## COVID and Cycling

Each month the Board reviews the safety protocols associated with COVID-19, guided by our Vice President Emil Palacios, a molecular and cellular immunologist with a PhD in Biomedical Science. He writes:

A couple of months ago, with decreasing summer Covid-19 infection rates and increased vaccination, Bay Area counties aligned their Covid recommendations with CDC guidance to remove Covid restrictions in most

circumstances (1). Outdoor activities, like Team Alameda's cycling rides were always deemed relatively safe compared to other community group activities. Different studies indicate the vast majority of Covid transmission events happen indoors where there's minimal air circulation, or only recycled air circulation. An early publicized study in 2020 suggested outdoor transmission occurs at roughly 18% as often as indoors, while more recent epidemiological studies suggest less than 1 in 2000-7000 transmission events occurs outdoors (2).

Many people are now aware that the Covid virus "Delta" variant has essentially replaced the previous Covid virus in the US (Alpha variant). Estimated rates suggest this variant is roughly 40-60% more infectious than Alpha (3). This has led to a significant increase in infection rate once again across American and in other countries. Various reports indicate that even fully vaccinated people can be infected with Delta, with protection down to 30-85% (compared to 70-95% against Alpha, from J&J to Pfizer/Moderna). Importantly, the rate of hospitalization is still very low among vaccinated people, where 96-99% of Covid infections serious enough to warrant hospitalization are among unvaccinated people (3). So while there will always be reports of "breakthrough" infections, where vaccinated people test positive for Covid, be aware they are only a tiny fraction compared to the number of unvaccinated people undergoing the same fate. In fact, if everyone became vaccinated overnight, the pandemic would be over (a poor efficacy Chinese vaccine was given to 95% of adult residents in a small town of Brazil and infections, hospitalizations and deaths plummeted) (4). Moreover, the current vaccines are among the safest ever produced with minimal side-effects (5-8).

While infection rates may continue to increase, cycling outdoors will always remain a relatively safe activity. Note that while the Alameda Public Health Department now recommends everyone (including vaccinated people) wear masks indoors (8), there are no increased restrictions on outdoor activities.

- 1) <https://covid19.ca.gov/safely-reopening/#continuing-safety-measures>
  - 2) <https://www.medrxiv.org/content/10.1101/2020.04.04.20053058v1.full.pdf>
  - 3) <https://www.nytimes.com/2021/06/22/health/delta-variant-covid.html>
  - 4) <https://www.sciencemag.org/news/2021/06/brazilian-town-experiment-shows-mass-vaccination-can-wipe-out-covid-19>
  - 5) <https://www.uab.edu/news/health/item/12143-three-things-to-know-about-the-long-term-side-effects-of-covid-vaccines>
  - 6) <https://healthcare.utah.edu/healthfeed/postings/2021/07/blood-clotting-covid19.php>
  - 7) <https://www.cdc.gov/coronavirus/2019-ncov/vaccines/safety/myocarditis.html>
  - 8) <https://covid-19.acgov.org/face-masks.page?>
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# Digital COVID-19 Vaccine Record



California is the only state which provides a digital copy of your vaccination record, which you can carry on your phone. This is not equivalent to an app. You will receive a link to a QR code and digital copy of your COVID-19 vaccination record.

Klaus reports, that Europe has a similar system that can be stored on smart phones and facilitates checking in at hotels and other venues much easier, as it is not solely reliant on our CDC card, though, for the lack of a substitute, the CDC card is normally accepted as proof you have received your shot(s).

From: <https://myvaccinerecord.cdph.ca.gov/>:

Welcome to the Digital COVID-19 Vaccine Record portal. Just enter a few details below to get a link to a QR code and digital copy of your COVID-19 vaccination record. If you want to share your proof of vaccination, you can use either the electronic version you'll get from the portal or the card you were given at time of vaccination.

If you are a parent or guardian and have multiple vaccine records associated with a single cell phone number or email address, enter each digital vaccine record request separately.

The portal provides only a digital copy of your vaccine record. If you received your vaccinations from a federal agency (e.g., Department of Defense, Indian Health Services, or Veterans Affairs), you will need to reach out to those agencies for assistance with your vaccination record.

If you have questions about your Digital COVID-19 Vaccine Record, [visit our FAQ](#).

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## 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.

We have many more members, but not a sufficient number of Ride Leaders (RL). If you have taken part in a number of group rides, but would like to dictate the pace, miles and route, please consider becoming a RL yourself. It is a simple 2-step program:

1. Volunteer as **Co-Ride Leader**. Enter your name and cell phone number at the top right of the Sign-In Sheet and assist the RL with his duties. You may end up leading certain segments yourself or sweeping stragglers from behind. Whatever is needed, you will be certain to quickly become familiar with navigating groups along the route in a safe and orderly manner.
2. Be recorded as Co-Ride Leader three (3) times. The Board member for Ride Sheets [ [ridesheets@teamalameda.com](mailto:ridesheets@teamalameda.com) ] will confirm your participation and you will then be inducted as RL after going through a roughly **half-hour RL seminar** with the Ride Leader Coordinator [ [ridecoordinator@teamalameda.com](mailto:ridecoordinator@teamalameda.com) ], who is member of the Board.

Attend the RL meetings with the RL Coordinator, so that our RL calendar can be filled. You will be given the credentials to enter your chosen route into this calendar and will learn how to create routes on *RideWithGPS*. In this fashion, we assure trained Ride Leaders can take the helm and learn more about our sport in the process.

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>58</b>



<p>2: 2-6 % A Few Low Hills/ Montclair Peets, Domingo Peets rides</p> <p><b>3: 6-8 % Moderately Hilly/ Tunnel, Skyline, Redwood, Butters Canyon</b></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>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>Post the number of miles next</p> <p><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</p> <p>Keep an eye out for the weather forecast to determine the likelihood of high temperatures and winds</p>
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See you on the road ...

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## Saving Time and Effort

So, you have decided to participate on a posted ride. You are still getting your mind wrapped around getting up early the next morning, unless you are commuting to work anyhow. Many of us would prefer not to think while stumbling around the house and ruefully regret the lost sleep while trying to prepare everything for this ride.

That is the wrong-o way of approaching these hurdles! Make it easy on yourself. A few of these suggestions are already known to our veteran riders, but we have many new members, including individuals new to the sport:

- Lubricate, clean, pump up and inspect your bike the evening before the ride; that is much preferable, than finding a flat tire in the morning
- Fill you water bottle(s) with anything but water and place in the fridge; anything with flavor, preferably with electrolytes, perhaps caffeine supplement, will induce you to drink more

- ❑ Place a bowl or soup plate on the kitchen counter and fill with 1-minute instant oatmeal, measured for the length of ride you are planning; similarly, have the topping ready in the fridge, so you only need to grab it
- ❑ Check the weather forecast, select the appropriate kit you will wear, and hang this up somewhere handy, like the knobs of your dresser
- ❑ Go to bed early enough to get enough sleep; do not let the blue light on your smart phone or tablet unduly delay falling asleep or at least find a way to block or nullify this irritant

**WebMD:** Blue light exposure close to bedtime can disrupt the sleep/wake cycle (circadian rhythm), and affect hormone secretion, nerve signaling (neurotransmission) and the brain's ability to adapt (plasticity) to changing situations. **Excessive blue light can cause sleep and mood disorders,** leading to depression.

- ❑ Getting up in the morning: **now** check your device and the Team Alameda website for any ride cancellations and any changes to the weather forecast; rain will cancel the ride, with 30% chance of precipitation or greater being the decision-making point
- ❑ Amble about and get ready, but eat your breakfast as soon as possible, to allow your bodily functions to take charge; you do not wish to urgently locate a restroom for No. 2 during the ride; a good rule-of-thumb is to get up 90 minutes before the meet-up time
- ❑ This is a personal decision, but shower after the ride, do not spend time showering prior; just make certain to use sufficient deodorant on yourself and a little on your kit

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## Slow Ride Series

Know anyone new to cycling? This Team Alameda group ride will occur on the second Saturday of each month and is intended as an introduction to group riding for the novice.

These rides will be co-led by Jane Moeller and Anthony DiSalvo, excellent leaders and long-time veterans of our club. Please spread the word to those who may be interested.

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## 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. This class is **highly** recommended, for new riders and as a refresher for experienced riders alike!

Link for Bike East Bay classes, [Bicycle Education Classes | Bike East Bay](https://www.ebbc.org/education/classes)

Anthony DiSalvo

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

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## Gear

Handlebar tape can make your bicycle look better and your ride feel and handle better. The convention is, that the handlebar tape matches the seat color, but with so many choices out there, that may be difficult to do. As long as the bar wrap fulfills your expectations, it will serve its purpose.

There are retro-reflective and holographic versions, respectively designed for night riding and bling. Some are sticky for good grip, others are cushy for more comfort. Materials vary from traditional leather and cork, particularly nice on vintage bikes, to manmade materials and faux

leather. Others look horrible and attract grime after a short time, whereas a few can be cleaned readily. And, as can be guessed, some are more expensive than others.

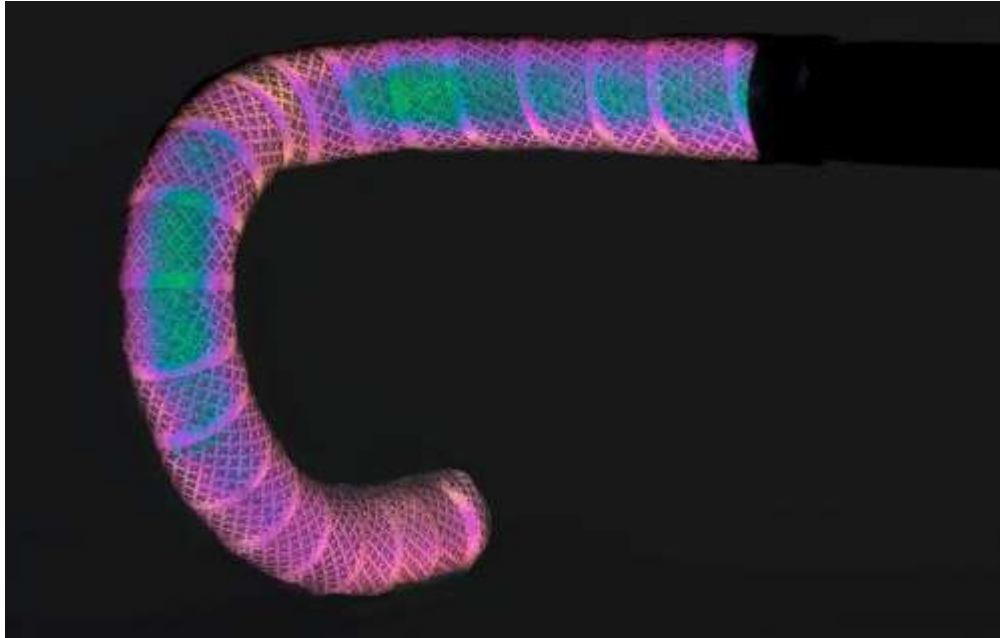
With so many manufacturers, your selection is as individual as choosing the right saddle. Here are some suggested wraps:

The bar tape I use is of French manufacture and is branded as **VELOX** Guidoline in the color “carbon blanc” or “white carbon”. Cheap, easy to clean and with an attractive carbon pattern.

<https://www.bikeinn.com/bike/velox-carbon-1.75-meters-handlebar-tape/137654181/p?tgw=>



Much more expensive, but with an astounding array of products, **BTP** in Berlin, Germany, makes some top-notch tape. Here is an example of a fully reflective version, which looks basically black during the day, and is easy to clean:



<https://btpbartape.com/product-categories/ngud-chame-crs-full-reflective-bartape/>

The **Supacaz Super Sticky Kush** is the No. 1 selling bar tape, has a wide variety of colors and designs and comes with a pair of aluminum expander bar end plugs that are anodized or powder coated to color-match your tape and can be purchased separately.





<https://supacaz.com/product-category/bar-tape/>

The above photo actually shows a single tape, not two combined for a new effect

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## **Bicycle Thefts in the Oakland Hills**

According to information from local sources and bike shops, thefts reported in our last Newsletter have fallen away. Our group rides have never been affected by these criminals. These spikes in opportunistic thefts have always been a part of life in the Bay area.

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## Social Media and Club Facebook Page

We will be making an announcement of new interactive social webpages and apps, that will be geared to our younger club members or those members who have certain preferences for particular platforms. To assure compatibility with our mission as a non-profit, non-political organization, we will be vetting these sites to assess whether these conform to normal courtesies (no trolls!) and are oriented towards athletic- or cycling-specific discussions.

Candidates include:



**NextDoor**

It's where communities come together to greet newcomers, exchange recommendations, and read the latest local news. Where neighbors support local businesses and get updates from public agencies. Where neighbors borrow tools and sell couches. It's how to get the most out of everything nearby. Welcome, neighbor.



**MeetUp**

Join a group to meet people, make friends, find support, grow a business, and explore your interests. Thousands of events are happening every day, both online and in person!



**Instagram**

A simple, fun & creative way to capture, edit & share photos, videos & messages with friends & family.



**Facebook**

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.





## Upcoming Events and Rides for 2021 and 2022

Many organized rides have been postponed or cancelled outright:

Ride Date (2021)	Ride Name	Location	Link
11 September 2021	Gold Country Cycling Challenge	Grass Valley, CA	<a href="http://www.rotarygoldcountrychallenge.com/home.html">http://www.rotarygoldcountrychallenge.com/home.html</a>
12 September 2021	Grizzly Peak Century	Moraga, CA	<a href="https://www.grizz.org/century/home/index.php">https://www.grizz.org/century/home/index.php</a>
25 September 2021	Wine Country Century	Santa Rosa, CA	<a href="https://www.findafondo.com/event/142/wine-country-century">https://www.findafondo.com/event/142/wine-country-century</a>
25 September 2021	Rosarito Ensenada	Rosarito, Mexico	<a href="http://www.rosaritoensenada.com/ingles/evento.php">http://www.rosaritoensenada.com/ingles/evento.php</a>
02 October 2021	30th Konocti Challenge - THE FINAL RIDE!	Lakeport, CA	<a href="http://www.konoctichallenge.com/">http://www.konoctichallenge.com/</a>
07-10 October 2021	Sea Otter Classic	Monterey, CA	<a href="https://www.seaotterclassic.com/">https://www.seaotterclassic.com/</a>
10 October 2021	Bike the Bridges	Martinez, CA	<a href="https://www.sonc.org/thebridgeride">https://www.sonc.org/thebridgeride</a>
Cancelled	Sonoma County Backroad Challenge	Petaluma, CA	<a href="https://backroadchallenge.com/">https://backroadchallenge.com/</a>
09 April 2022	Cinderella Classic [women only; dependent on Covid-19 restrictions ]	Pleasanton, CA	<a href="https://www.valleyspokesmen.org/cinderellaclassic">https://www.valleyspokesmen.org/cinderellaclassic</a>
23 April 2022	Tierra Bella	Gilroy, CA	<a href="https://tierrabella.org/">https://tierrabella.org/</a>
15 May 2022	Strawberry Fields Forever	Watsonville, CA	<a href="https://www.cyclistsforculturalexchange.org/sff">https://www.cyclistsforculturalexchange.org/sff</a>

**02 October 2021 – Konocti Challenge** – So far, 346 individuals have registered and I, Ralph, am willing to lead a TA group on the 100-mile route. The fee for the 100-mile ride is \$90, however shorter courses are available. I have done this ride on several occasions, because it is one of the most scenic and entertaining occasions I have participated in. Each rest stop carries a theme, with the added impetus of competing against each other, based upon rider votes. Furthermore, this event represents the last installment of this ride and supports a number of worthwhile charities!

Additional organized ride resources and links can be found on

[http://bbcnet.com/ridecalendar/Ride\\_Calendar.aspx?ID=2&Area=3&Sort=1](http://bbcnet.com/ridecalendar/Ride_Calendar.aspx?ID=2&Area=3&Sort=1)

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Richard Giessner, a TA member, sent us an announcement regarding recognition of bicycle turnout lanes installed on some of the curves we encounter on Mount Diablo.

It included the comment:

“... show up in club colors at Curry Point on Mount Diablo on Monday, August 23 at 10 AM for an historical photo opportunity. It’s important for cyclists to make a strong showing for this event and in doing so it will encourage the park to get the turnouts built sooner than later. Here is the Curry Point location in Google Maps: <https://goo.gl/maps/5BsJvDkAaBJvNFqy6> “

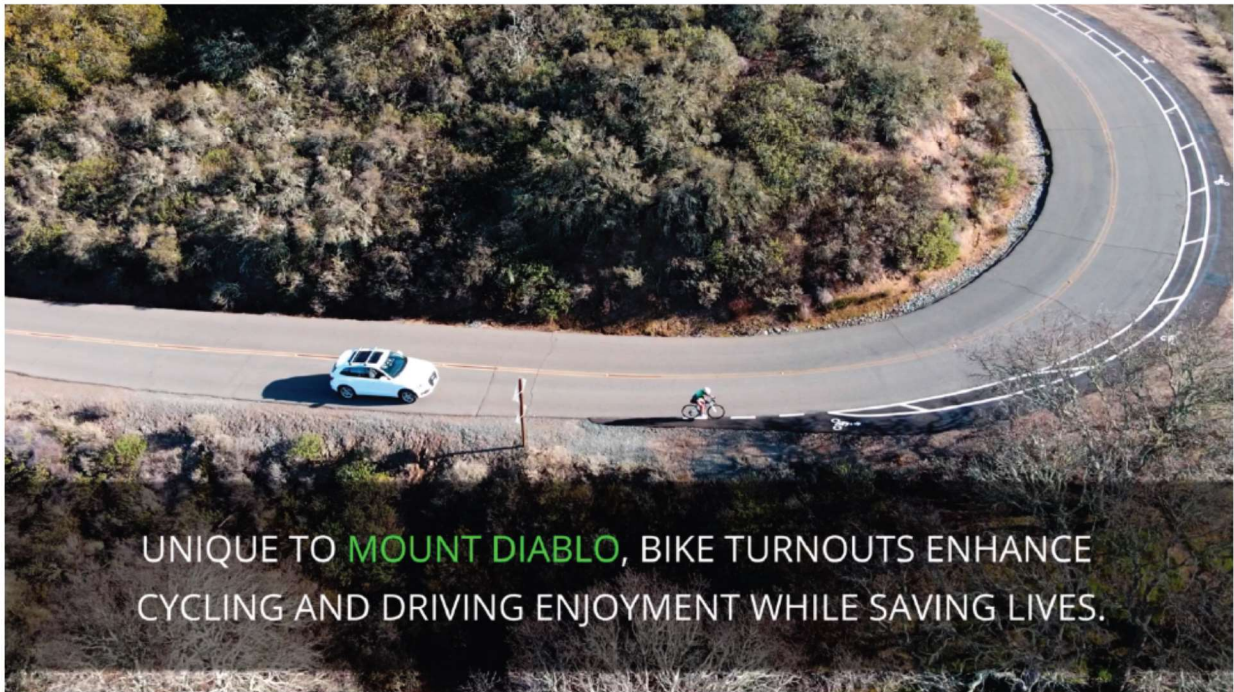
We will be planning a club outing, to start from the Pleasant Hill/Contra Costa BART station and/or for carpooling to be organized, if enough interest can be generated.

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**\*SAVE THE DATE AND PLEASE JOIN US! \***

**Mount Diablo State Park  
Bike Turnout Ceremony  
Monday, August 23, 2021 - 10:00 A.M  
Southgate Road - Curry Point**

We are commemorating the historic accomplishment of \$1.5MM budgeted by the California Legislature to complete the installation of bike turnouts on Mount Diablo State Park.



UNIQUE TO **MOUNT DIABLO**, BIKE TURNOUTS ENHANCE  
CYCLING AND DRIVING ENJOYMENT WHILE SAVING LIVES.

Our years of efforts to save lives on Mount Diablo and to make the roads safer for all users have been acknowledged and recognized. Come celebrate our accomplishments and be a part of this unprecedented event. Senator Glazer, who was instrumental in obtaining the funding, will be present along with additional local elected leaders. Let's tell Senator Glazer how much we appreciate his efforts by showing up in full force to thank him for the upcoming installation of the remaining bike turnouts.

**PLEASE SHARE THIS INVITE WITH ALL OF YOUR FRIENDS AND BIKE CLUBS.**

A group photo and refreshments will be served. Looking forward to seeing you and the cycling community on August 23rd!

**[moundiablocyclists.org](http://moundiablocyclists.org)**

**Mount Diablo Cyclists Facebook**

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## Team Alameda 2021 Board of Directors

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

Board Position	Contact
President Newsletter	Bruni, Ralph <a href="mailto:president@teamalameda.com">president@teamalameda.com</a>
Vice President (COVID-19 Advisor)	Palacios, Emil <a href="mailto:vicepresident@teamalameda.com">vicepresident@teamalameda.com</a>
Ride Leader Coordinator/Calendar	Elias, Steve <a href="mailto:ridecoordinator@teamalameda.com">ridecoordinator@teamalameda.com</a>
Treasurer	Pigott, Jack <a href="mailto:treasurer@teamalameda.com">treasurer@teamalameda.com</a>
Membership	Michael Castro <a href="mailto:membership@teamalameda.com">membership@teamalameda.com</a>
Secretary	McNulty, Zoraida <a href="mailto:secretary@teamalameda.com">secretary@teamalameda.com</a>
Sponsors and Publicity	Shaver, Janet <a href="mailto:sponsorship@teamalameda.com">sponsorship@teamalameda.com</a>
Webmaster	Schniederger, Klaus <a href="mailto:webmaster@teamalameda.com">webmaster@teamalameda.com</a>
Process Ride Sheets Assistant Webmaster	Woo, Norman <a href="mailto:ridesheets@teamalameda.com">ridesheets@teamalameda.com</a> <a href="mailto:webmaster@teamalameda.com">webmaster@teamalameda.com</a>
Member at Large Annual Picnic	Ng, Tony <a href="mailto:memberatlarge@teamalameda.com">memberatlarge@teamalameda.com</a>

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.

**Interested in assisting in any of these areas?**  
We do need a new Newsletter Editor.

**Please contact the appropriate committee chair.**

**Questions or suggestions?**

Please contact any of our Board Members.

**Note the email addresses!**

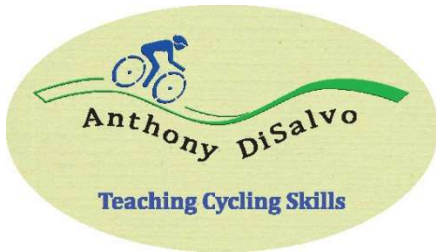
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## Please Support Team Alameda Sponsors

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



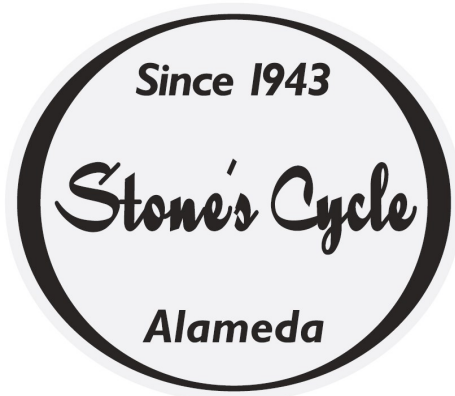
### George V. Arth & Son Auto Repair Shop



**Bike East Bay**



**Stone's Cyclery**



**Cycle City**



**TWA Properties**



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

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

**Next Level Softball/Baseball Academy**



**Marin Wealth Advisors, LLC**

