



# TEAM ALAMEDA NEWSLETTER

Winter 2018

## Team Alameda 2018-2019 Board of Directors

	<b>President:</b>	<b>Rob Jankowski</b>
	<b>Vice President:</b>	<b>Steve Elias</b>
	<b>Treasurer:</b>	<b>Jack Pigott</b>
	<b>Secretary:</b>	<b>John McNulty</b>
	<b>Ride Leader Coordinator/Calendar:</b>	<b>Steve Elias</b>
	<b>Membership:</b>	<b>Ralph Bruni</b>
	<b>Newsletter:</b>	<b>Ralph Bruni</b>
	<b>Santa Cruz Ride:</b>	<b>Brian Landers</b>
	<b>Sponsors and Publicity:</b>	<b>Isabella de Matos</b>
	<b>Webmaster:</b>	<b>Norman Woo</b>
	<b>Member at Large:</b>	<b>Brian Landers</b>
	<b>Picnic:</b>	<i>Open</i>
	<b>Santa Cruz Ride:</b>	<i>Open</i>
<p><b>Interested in assisting with any of these areas?</b> Please contact the appropriate committee chair.</p> <p><b>Questions or suggestions?</b> Please contact any of our Board Members.</p>		



## Message from the President



President "Mad Cow" Rob Jankowski

### President's Corner for Winter 2018

Greetings and Happy Holidays my Team Alameda peeps,

It's been my privilege to have served as the President of the club over this last year and do my best to serve you, the members. Sadly, as you have noticed, the club has had its issues lately. We lost many great riders over the last two years who have left the area and nowhere near as many have stepped up to replace them. This has hampered the ride calendar being filled out, but the rides do continue. I apologize to the members who signed up for the Team's favorite Santa Cruz ride that we had to cancel at the last minute. We did have a good turnout to the yearly picnic a few months back.

Good news is we have plenty of members and we need some of you to step up now and join the new Board of Directors for 2019. Also, how about joining the fine group of our ride leaders? The veterans will always be there to help the newbies.

Thank You,

Rob

## Team Alameda President



**Assembly point in front of the Kaiser clinic**

Link:

<https://www.google.com/maps/place/Kaiser+Permanente+Alameda+Medical+Offices/@37.764173,-122.241916,15z/data=!4m5!3m4!1s0x0:0x22c8d06c2d0072d6!8m2!3d37.764173!4d-122.241916>

## Our Website

### How to use the site

Did you know that our website has two viewing versions?

The **Guest version**, that has limited information available for viewing by simply visiting our website. You see this when you first access [www.teamalameda.com](http://www.teamalameda.com).

The **Members Only version** is where you can see much more. To get to this version, just log-in in the upper right corner of the Home Page screen using your email address and password.

There is lots of information available for you. I encourage everyone to review the information in the **About Us** tab at least annually, as the information does change. Here you will find topics like our Ride Descriptions, Rules of the Road, Ride Leader and Rider Responsibilities, Equipment Recommendations and Definitions, including our ride rating system. The best time for this review is right now and any time prior to a ride.

**Note:** You will find three types of tabs at the top of our Home Page:

1. “click” tabs, just hover over the tab and click
2. “drop down” tabs, which display a sub menu of options that may be clicked on

3. A combination of the “click and drop down” tab; the menus differ for each

Don't forget to check our **Calendar tab** regularly to learn what ride routes are scheduled, and what the pace and terrain might be.

### Ride Categories

We have recently changed our pace categories to be in line with those used by other cycling clubs. In the process, we deleted the former fourth category “D”, which used to be associated with the most challenging rides and reversed the difficulty levels.

It pays to be mindful of these levels, especially for our **Ride Leaders**, who have the sole dispensation to post these rides on our Calendar:

TEAM ALAMEDA rides are rated by hills, pace and distance in this order =

**HILLINESS / PACE / MILEAGE**, posted thusly: **3/A/58**

HILLINESS [1-5]	PACE [A, B, C]	MILEAGE
1: 0-2 % Essentially flat/ All Alameda, Marina rides	<b>A: 14-16 Fast pace, for strong experienced riders, maybe one stop.</b>	<b>58</b>
2: 2-6 % A Few Low Hills/ Montclair Peets, Domingo Peets rides	B: 12-14 Steady faster pace, most century riders are this pace.	Post the number of miles next  <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
<b>3: 6-8 % Moderately Hilly/ Tunnel, Skyline, Redwood, Butters Canyon</b>		
4: 6-12 % Very Hilly / Three Bears, Pinehurst, Snake Rd., Claremont	C: 10-12 Steady pace, fewer stops, for experienced and new riders.	Keep an eye out for the weather forecast to determine the likelihood of high temperatures and winds
5: 12+ % Extremely Hilly / Marin, Vollmer, Hiller, Thorndale, Ascot, Donald Dr.		

See you on the road ...



## Gear

### Particulate Masks for Cyclists

London commuters commonly wear masks to protect them from particulate matter. Smoke from wildfires, as we have experienced, is one form of such particulate matter. A very informative article can be found under the link:

<https://www.expertreviews.co.uk/wearable-technology/1407423/best-bike-pollution-mask>.



Look for a double-valve design for ease of breathing and verify whether filters can be replaced, unless you believe a wildfire smoke event will not recur in our region. Cheaper masks can be purchased, such as those manufactured in China, but these may not benefit from user reviews and field tests that can be verified.

### Lights

Recent developments in lighting technology not only allow bright, long lasting LED lights without the cumbersome NiCad batteries of yore, but also some new features. With the installation of accelerometers, these lights now can display a brighter solid red light when braking (decelerating) in a similar fashion as cars do. Red laser lights also can project lines or images on the pavement to alert motorist at night to pass with more clearance. Furthermore, these have become much more affordable lumens per Dollar.

In some European countries, very bright front-facing (white) **flashing** lights are no longer permitted on public roads, as drivers tend to either be blinded or dazzled by the pattern. Instead, **pulsing** lights can achieve the same purpose of alerting motorists and preserve their spatial recognition and relative speed that is so important when judging time and distance. Flashing lights often have the unintended consequence of appearing much brighter and removing the time/space cognition of drivers. You may wish to check into this relatively unknown safety concern and decide to purchase a front light which permits a pulse mode. For more information, check <https://averagejoecyclist.com/use-flashing-bike-lights/>. Certainly, it is highly recommended to display a white light during the day as well; you will find motorists will be alerted about your presence from much further away!

Rear (red) lights can be retained on flashing mode, however a new arrival on the bike lighting scene allows a pulsing light as well as the accelerometer-enabled brake function. Braking will change the light to a brighter, solid red, just as on a car. This means, that the light senses motion. A tap on the frame will “wake” it up and it will automatically switch off after about a minute if the frame is not moved. This allows you to jump on the bike and start riding, thus engaging the light whenever you are in motion. It remembers your last setting (pulse or flash), though you may wish to keep it on manual mode and press the button on each occasion you wish to switch the light on or off. This light can be seen on Amazon.com from different sellers, is USB rechargeable and mounts in the void between the saddle rails or to the frame or seat post with an extra silicone strap.



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## Welcome New Members!

First Name	Last Name	Joining Date (2018)
Richard	Harkins	19 June
James	Geluz	29 June
Warren	Elliott	16 July
William	Schroeder	12 August
Klaus	Schniedergergers	29 August
William	Grabill	17 October
Michael	Castro	29 October

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## Call for Board Members

If you enjoy cycling in a group, thereby enhancing your own safety on the road and personal prospects for making new friends, please consider contributing to our club some of your time. You may have had leadership or management roles in your professional life or simply have gathered much experience on the road as a cyclist that you might be willing to share. The new members in our club should be able to reap the benefits of your experience and knowledge after you benefited from the club in so many other ways.

All Board positions are open, but first we would like to recognize you as a volunteer. Board meetings are not frequent and individual responsibilities not onerous. We have had many capable and motivated people on the Board over the years, but they cannot continue indefinitely on recurrent two-year terms. Give them a chance to hand the baton to others in our club who may have fresh ideas and energy to devote to keeping Team Alameda strong and relevant to the cycling community at large. Let us know who you are!

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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. 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 experienced riders alike!

The next class is scheduled on Wednesday, December 12th  
5:30-7:30pm  
Community Room - Alameda Main Library  
1550 Oak Street

[Register for this Alameda class](#)

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

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# Access to ICE During a Real Emergency

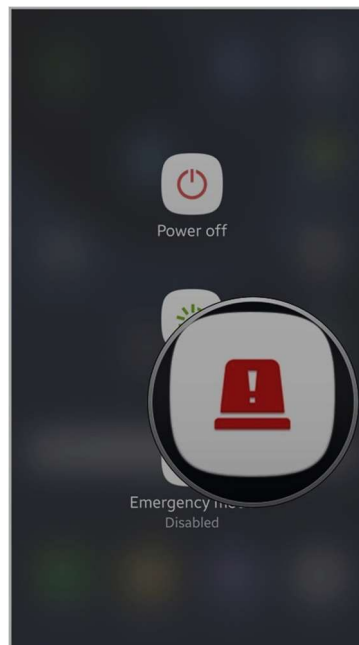
## Cell Phone

No doubt that most of us have an ICE (In Case of Emergency) number in our cell phone contact list. But also, just as likely, we have a password that protects our phone from people who shouldn't use it.

Your phone is locked, you are down on the pavement out cold. Those emergency contacts on your locked phone are not accessible. Here is how to make them accessible to emergency personnel or your ride partners, whether you have an iPhone or Android version.

<http://www.pcmag.com/article2/0,2817,2489237,00.asp>

Look for the Emergency mode symbol on your Android and follow the steps outlines below:



1. Open your Android's lock screen. Turn your Android on and press the lock button to get the lock screen.
2. Tap the EMERGENCY button.
3. Double-tap the EMERGENCY INFORMATION button.
4. Enter your password or security pattern.
5. Tap CONTINUE in the pop-up.
6. Tap the CONTACTS tab.
7. Tap the Add contact button.

## Bracelet

Another option is to purchase a bracelet from ROAD iD at <https://www.roadid.com/>. This is a popular band that can be worn on the wrist with a sliding faceplate which conveys vital information to emergency personnel.



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## Check Out the Forum or Calendar One Last Time Before You Leave!

Before you roll, be sure to double-check the calendar and forums for any ride changes! While Ride Leaders try to avoid last-minute changes to posted rides, such changes are at times inevitable (such as the smoke plumes hovering over the Bay region). It is good practice to check the calendar the night before the ride, or even better, first thing in the morning. You can install a shortcut on your cell phone and check before you even get out of bed!

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## Gentle Reminder

If you're having problems with links from the homepage, or can't seem to get into the forums, make sure you've logged in first!

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## Upcoming Events and Rides for 2019

Ride Date (2019)	Ride Name	Location	Link
30 March	Cinderella Classic [women only]	Pleasanton, CA	<a href="https://www.valleyspokesmen.org/cinderellaclassic">https://www.valleyspokesmen.org/cinderellaclassic</a>
11-14 April	Sea Otter Classic	Monterey, CA	<a href="http://www.seaotterclassic.com/">http://www.seaotterclassic.com/</a>
13 April	Tierra Bella	Gilroy, CA	<a href="https://tierrabella.org/">https://tierrabella.org/</a>
28 April	Chico Velo Wildflower Century	Chico, CA	<a href="https://www.wildflowercentury.org/">https://www.wildflowercentury.org/</a>
4 May	Wine Country Century	Santa Rosa, CA	<a href="https://www.srcc.com/page-1857967">https://www.srcc.com/page-1857967</a>
4 May	Rosarita to Ensenada	Rosarita, Mexico	<a href="http://www.rosaritoensendada.com/ingles/">http://www.rosaritoensendada.com/ingles/</a>
5 May	Grizzly Peak Century	Moraga, CA	<a href="https://www.grizz.org/century/home/index.php">https://www.grizz.org/century/home/index.php</a>
18 May	Sonoma County Backroad Challenge	Petaluma, CA	<a href="https://backroadchallenge.com/">https://backroadchallenge.com/</a>
19 May	Strawberry Fields Forever	Watsonville, CA	<a href="https://www.cyclistsforculturalexchange.org/sff">https://www.cyclistsforculturalexchange.org/sff</a>
1 June	Gold Country Cycling Challenge	Grass Valley, CA	<a href="http://www.rotarygoldcountrychallenge.com/">http://www.rotarygoldcountrychallenge.com/</a>
9 June	Bike the Bridges	Martinez, CA	<a href="https://www.sonc.org/thebridgeride">https://www.sonc.org/thebridgeride</a>

Big Brother Cycling Network <https://www.bbcnet.com/> has a listing of rides with their respective links for the Western, Midwestern and Eastern states. Rides can be searched and sorted by different parameters. Another source are the longer rides of 100 miles or more shown under <https://www.tourofcalifornia.org/>.



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## A Call for Volunteers

Coming in May ... Alameda Bike Rodeo

Hosted by

Ruby Bridges Elementary School PTA

351 Jack London Ave, Alameda, CA 94501

**Advertised as:** Bring your friends and family (and Bikes) to this city-wide bike festival hosted at our school! There will be bike help stations, a taco truck(!), a raffle, and so much more ...

Facebook link:

[https://www.facebook.com/RubyBridgesElementary/?eid=ARBI8dH2ME3nhtXuP\\_9Vb29TXqIVgv8wn00hf5dqlHwuZjnkASTB2hY0XkM4Pw1Q\\_nGXjJIGjVQ8sVmy](https://www.facebook.com/RubyBridgesElementary/?eid=ARBI8dH2ME3nhtXuP_9Vb29TXqIVgv8wn00hf5dqlHwuZjnkASTB2hY0XkM4Pw1Q_nGXjJIGjVQ8sVmy)

### **Ride of Silence**

**Isabella de Matos is kicking off Team Alameda Wednesday Night rides with the "Ride of Silence", an annual world-wide event, to honor cyclists injured or killed while cycling on public roadways.**

**This ride will be scheduled for Wednesday, May 15th. For more details check the ride Team Alameda ride calendar or [www.rideofsilence.com](http://www.rideofsilence.com).**



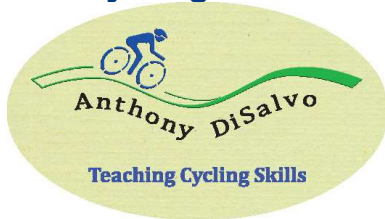
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## Please Support Team Alameda Sponsors

Next time you're out and about, whether in the saddle or not, take the time to thank our sponsors for their generous support. Our sponsors logos are on our website homepage and Team Alameda jerseys. Better yet, give something back when you can and shop locally! Many of our activities would not be possible without the support of our sponsors.

### Anthony Di Salvo Teaching Cycling Skills



### Alameda Bicycle



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



### Bike East Bay



### Spin! Neapolitan Pizza



### Stone's Cyclery





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

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

**Linguini's**

