



TEAM ALAMEDA NEWSLETTER

Winter 2019-2020

Message from the President



President "Captain Eurotrash" Ralph Bruni (Winter 2019)

Hello Team Alameda,

It has been my honor to serve as your prez for as long as I have, without being deposed in a *coup d'état*. The major portion of our collective gratitude however belongs to the remainder of the Board. Without the support of these members, the hidden, but vital, aspects of running the club would be impossible. The position of **Member at Large** has been filled by Tony Ng. Though our youngest Board member, he has been riding on the road for ten years.

Lately, we have been receiving more recognition and inquiries from the cycling community at large:

- From **Alameda Bicycle**, our main sponsor, a request to pool our resources and membership into a collective effort, including social events and workshops at their store and a common ride calendar; more about that later
- From organizers for **R4R** or **Ride for a Reason**, a charity event to help sponsor local schools, will have a 106-mile ride to Davis on Saturday, 25 April 2020; an announcement will be made, once we have all the logistics and fees worked out
- Additional suggestions from our members for a bike registration drive and the inclusion of a cycling-related article about e-bikes in our Newsletter, as you will read later

We now have additional Wednesday rides for those who enjoy a slower pace or wish to conduct a recovery ride, in addition to our regular Tuesday/Thursday rides. In this respect, we are announcing to Ride Leaders, that coffee expenses for sanctioned Saturday and Sunday club rides in the months of February through March 2020 will be compensated by our Treasurer. This is to encourage riding through the winter months and keep everybody toasty warm and caffeinated. Just send in your receipt for the group with the Ride Sheet.

Please feel free to attend the next Board meeting as a guest, so you may observe what we do, become involved and bring forth new ideas.

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>

Winter Program

As announced in the Fall Newsletter, we are forging ahead with detailing the more specific duties and responsibilities of our ten Board members. This will be Phase I of our effort, which was long overdue, so that every Director knows his/her job and whom to interact with on the Board, as some tasks are interdependent. Phase II will address the Club Bylaws, which will require a review and endorsement by an attorney, once completed. After this, we should not have to return to this sort of exercise again for a few years.

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
1: 0-2 % Essentially flat/ All Alameda, Marina rides	A: 14-16 Fast pace, for strong experienced riders, maybe one stop. B: 12-14 Steady faster pace, most century riders are this pace. C: 10-12 Steady pace, fewer stops, for experienced and new riders.	58
2: 2-6 % A Few Low Hills/ Montclair Peets, Domingo Peets rides		Post the number of miles next
3: 6-8 % Moderately Hilly/ Tunnel, Skyline, Redwood, Butters Canyon		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
4: 6-12 % Very Hilly / Three Bears, Pinehurst, Snake Rd., Claremont		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

Crotch Guard (\$22)

I have been using this product many years. It is greaseless and a small amount of the fine spray will do. It absorbs readily into the skin, making it more resilient and malleable, thus effectively eliminating chafing and any potential for saddle sores. There is no greasy residue to contend with and is a wholly natural product, which does not rely on emollients, fragrances or other chemicals. It is hypo-allergenic and highly recommended.



Source: <https://dermatect.com/product/crotch-guard-4oz-bottle/>

Review: <https://www.roadbikerider.com/crotch-guard-skin-care-oil-d1/>

Ass Saver (\$5 - \$10)

With the rain we have been occasionally exposed to, returning home with a clean drivetrain, but a wet butt, is not always pleasant. You will also wish to avoid throwing a rooster tail of spray from your rear tire into the face of the rider behind you. Ass Saver will save your day, is relatively inexpensive and carries no appreciable weight penalty. There are different configurations available, including for the front tire, and custom printing is now possible, complete with your name or brand of bicycle.



Source: <https://ass-savers.com/>



E-Bikes (from \$1,700 – \$6,500 for road models)

Rather than doing my own research into this topic, and since I don't have an e-bike, I will simply copy an article from the magazine *Adventure Cyclist*. Among other things, it makes the cogent argument, that investment in such a bike pays off for the especially "seasoned" cyclists among us, who have already covered thousands upon thousands of miles, wish to keep up with the younger crowd on our group rides, as well as extend the limited range they otherwise would enjoy. You will recognize Diane in the photo.

READY FOR A CHARGE?

Two devoted eBike riders share a few tips from Highway 1

WENDY APPLEBY AND DIANE RUNYAN ARE ACCOMPLISHED CYCLISTS. And touring has been a many-decade joy for both. They are cycling evangelists and now, in their later years, view eBikes as a godsend.

I met the longtime friends from the Bay Area while riding the eight-day California Coast Classic.

In her youth, Appleby was a former world-ranked tennis player. Today she's a retired Oakland, California, police officer having spent 27 years on the force. At age 67, Appleby rides a \$4,200 Trek Cross Rip+, a dropbar bike with panniers she bought more than a year ago.

Runyan, who stands a bit over five feet tall, spent 30 years as a top-level administrator at Pacific Gas and Electric.

Runyan is 75 years old and has completed 14 AIDS rides and has cycled across the U.S. several times with many, many tours and centuries in between. But because of her short stature, she rides a custom frame. Runyan wanted to keep her frame but retrofit an electric motor.

After hours of research and through her connections in the cycling community, Runyan turned to Luna Cycles, a company that offers kits to retrofit standard bikes with either a hub or mid-mount motor.

Runyan chose a mid-mount, weighing seven pounds. By the time the Luna kit was retrofitted to her bike by a professional bicycle mechanic, she had spent \$1,250 — more or less. That was much less, Runyan said, than buying a new eBike capable of delivering the performance she demands.

There were perhaps three dozen eBikes on September's ride, including three lent by Yamaha's bicycle division. It's fair to say there was a long list of would-be riders for the Yamaha bikes, especially after the first day's 85-mile trek from San Francisco to Santa Cruz.

Appleby and Runyan, however, offer a clear voice as to the importance of eBikes as they age. These bikes, they say, have extend their ability to participate in events for years to come. "You're still working; you still have to work at it," Runyan warned.

Any number of touring companies now offer eBikes as part of the tour's cost, especially in Europe. But what advice do Appleby and Runyan have for those who want to buy and tour with their own bikes? Consider the following:

- Transporting eBikes is an issue. Forget putting it on a plane, airlines generally ban these powerful lithium-ion batteries. You could fly with a battery-less bike and ship the battery to a bicycle dealer or a hotel, but you must comply with shipper's guidelines.
 - Range anxiety, a term that popped up as hybrid and electric cars began to flow into the marketplace, applies equally to eBikes. A lot depends on terrain — steep climbs, for example, suck power. Both women packed an extra battery. Appleby tucked hers into a pannier while Runyan carried hers in a backpack. Both have become adept at managing speed, effort, and power usage over long distances. Practice first and gauge how much distance you can get at various levels of output.
 - An extra battery is expensive.
- Appleby spent \$750 with Trek for hers. Another rider shelled out \$1,000 for an extra from Specialized. Luna Cycles sells extra batteries ranging in price from \$249 to \$795. If you're going to tour, consider the extra cost of a spare. Pedaling a heavy eBike uphill without juice is not for the faint-hearted.
 - In general, eBikes are heavy and hard to handle. Most tour organizers use multi-passenger vans with an array of rooftop racks to support riders. First, check to see if the organizer will SAG an eBike. Next ask whether they use roof-top racks or a rear hitch-mount system. On the California Classic, for example, only one van would take eBikes since it took two people to schlep a 45-pound eBike onto the roof. And some rear racks are too weak to handle a load that could include an eBike or two.



KELTON MATTINGLY

Wendy Appleby, right, and Diane Runyan, second from right, are eBike evangelists.

CO2 Cartridge Holder (\$8.00)

This nifty attachment saves you precious room. Rather than stuffing these 16-gram cartridges into your saddle bag or leave them rolling around in your jersey pocket, simply screw them into an aluminum bracket that is inserted between the bike frame and your bottle cage.



Source: (Photo: Ralph) and merchandize:

https://www.amazon.com/gp/product/B07CZC55VX/ref=ppx_yo_dt_b_asin_title_o01_s00?ie=UTF8&th=1

Custom Decals (\$10.00)

These hardy and waterproof vinyl decals can be easily attached to your bike frame or helmet, anything with a flat surface. It is a handy way to personalize your gear and make it easy to keep everybody's name straight. The convention is: First Name (Upper and lower case), then LAST NAME (all in caps), but you can choose the font and color you like. In addition, you can add a flag or flags and other symbology to the right and left. Decals come with a transparent background or in matte or glossy finish, to match the paint on your bike frame and helmet. I placed my last order with Veloink.com, who sell these decals six to a sheet, but similar vendors exist.



Link: <https://veloink.com/products/name-and-flag>

Welcome New Member!

First Name	Last Name	Joining Date (2019)
Richard	Barth	10 December



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!

Day 1: Classroom Workshop Schedule:

Free reflective gear for all Day 1 class participants!

Alameda

Saturday, February 15th, 2020

1300-1500 [1-3pm]

Community Room, Alameda Main Library

1550 Oak St

Urban Cycling 101 Classroom Workshop - Alameda

[CLICK HERE TO REGISTER NOW](#)



This fun workshop is taught by one of our instructors certified by the League of American Bicyclists, with funding provided by the City of Alameda. Learn basic rules of the road, how to equip your bicycle, fit your helmet, avoid bike theft, ride after dark, and prevent common crashes. 2-hour, indoor workshop for adults and teens, no bike required.

Attending this or any of our other classroom workshops qualifies you to also sign up for one of our free “Day 2” on-the-bike road classes and earn a free set of bike lights!

[Click here to see our current schedule of Day 2 classes.](#)

Every attendee will receive free reflective gear for participating!

WHEN

February 15th, 2020 1:00 PM through 3:00 PM

LOCATION

Alameda Main Library, Community Room
1550 Oak Street
Alameda, CA 94501

CONTACT

Office: 510-845-7433 ext. 2
Email: robert@bikeeastbay.org

Consider this as an opportunity to gather the familiarity you may need and thereby increase your sense of safety on the streets. For more experienced riders, this can be a valuable refresher course and learn about the latest insights into safe riding.

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.

Reminder for our Speedier Members

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

Being considerate of the group's needs and that of the Ride Leader will not remove your overall enjoyment of the ride.

Ride for a Reason

Our member, Lisa Zenner, helps market a charity bike ride called “Ride for a Reason” (R4R) (<https://rideforareason.weebly.com/about.html>). She made a presentation at our January Board meeting and we are researching and planning for this event. It takes place on Saturday, 25 April 2020, with about 300 Bay Area participants anticipated. We will discuss the request and decide on:

- Whether we should step in as a sponsor and in what amount
- Confirm with Lisa about whether we could have the individual registration fee reduced from \$115 to \$95, as is allowed for members of the Oakland Yellow Jackets
- Make it known to members on the website and the Winter Newsletter and think about how to sweeten the rather steep minimum fund raising level of \$250, which is in addition to the registration fee
- Obtain further details about transportation (bus vs. AMTRAK) and the 45-, 65- and 106-mile routes
- We will appoint a committee to look into these aspects, then report to the Board at the March meeting.

BikeIndex.org

Member Jen Loving sent an inquiry about how Team Alameda might support **BikeIndex.org**. She wrote on 28 January 2020:

Hi Janet and Ralph.

Have missed riding with you all but scheduling has been impossible lately. It's nice keeping up with your adventures on Strava until I can rejoin!

I heard through the grapevine that TA used to help at local events with Bike Index registries. Is this still happening? If helping hands are needed, I'd be interested in being trained and happy to contribute in this way on behalf of TA since I have younger kids and volunteer for the schools. I'm just now back from Lincoln Middle School where the BikeMobile had planned to repair 20 bikes and received closer to 100. They closed up due to

rain but will be back, and I was thinking perhaps next time I/we could also offer indexing? Just a thought. If I can help in this way let me know!

Jen Loving

We have not done anything to have a drive for bike registration since 2015, so this will become a point of discussion. In the meantime, here is the relevant information, if you wish to pre-register your bike, so that it may be identified in case of theft. This comes from a card we used to hand out:

How to register your bike:

Here's the Information you will need to register your bike.

- | | |
|----------------------|------------------|
| a. Serial # | d. Frame Model |
| b. Bike Manufacturer | e. Frame Color |
| c. Model Year | f. email Address |

----- cut here ✂ to save -----

At home you can log into **BikeIndex.org** to register your bike.

Click green tab Register A Bike

Click on Add your own bike

Click green tab Register Bike

Add information a-f above.

Click blue tab Register

New screen lets you add additional information.

- | | |
|--------------------|---------------------------|
| a. Photos | d. Drivetrain |
| b. Frame (details) | e. Additional information |
| c. Wheels | |

Click blue tab Save Changes --- You are done.

in coordination with: **TEAM ALAMEDA Cycling Club**

Bicycle Community

We have received an inquiry from Alameda Bicycle to pick up on the joint effort AB/AV/TA (the shop *Alameda Bicycle*, and the two clubs *Alameda Velo* and *Team Alameda*). It is designed to pool resources, raise our profile and thus strengthen awareness among the larger cycling community, with the following tools:

- the extensive AB mailing list
- merging social media, such as Facebook, and ride calendars
- feeding AB cyclists into TA as new members
- LAB certified classes
- AB clinics for proper gear and handy repairs
- a monthly group riding clinic, as also planned by Jayne Moeller of TA (see separate announcement in this Newsletter)

Many of these efforts would involve volunteers from our club. We decided to forge ahead, but will first have a conversation about how to proceed. We will form another Board committee or “delegation”, which we would send to Alameda Bicycle on a mutually convenient date. We will use the action items on a prepared Working Document, which was first formulated on 25 June 2019, as the foundation to a written agreement, to be signed by all parties.

Introductory Rides

Jayne Moeller will be posting rides for prospective and newer members to the TA Ride Calendar. Here is her announcement:

[TA Members,](#)

[Do you have friends who have expressed interest in group riding but are hesitant to come on a TA ride? Perhaps they are concerned that they might not be able to keep up or are intimidated by 30+ mile rides?](#)

I am planning 4 Saturday rides in May and June for bicyclists interested in learning to ride in a group. These rides would be short (less than 20 miles) at an easy pace with no one left behind. The routes would be:

- 1) to the Hornet
- 2) to the San Leandro Marina
- 3) around Lake Merritt
- 4) to the top of the Bay Bridge.

Watch the TA Calendar for specific dates.

And if you are a ride leader who is interested in helping to introduce new people to our club, please get in touch with me.

Jayne Moeller

jmoeller@grey-owl.net

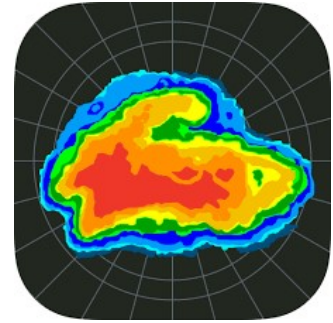
Check Out the Forum or Calendar One Last Time Before You Leave!

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 or smoke 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!

A very handy app to also have on your phone is called **MyRadar**

It allows you to verify any rain heading your way before you climb out of bed. Features include hi-definition radar, as well as NOAA weather alerts, temperatures, forecasts, and a detailed hurricane tracker. The maps, graphs and color codes will give you a sense of what is going on outdoors when a precipitation event occurs and

allows you as Ride Leader to determine whether a particular ride should be cancelled or not.



MyRadar [<https://myradar.com/>]

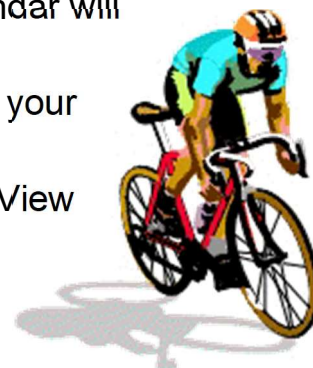
Gentle Reminder

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

Ride Date (2020)	Ride Name	Location	Link
28 March	Cinderella Classic [women only]	Pleasanton, CA	https://www.valleyspokesmen.org/cinderellaclassic
13 April	Tierra Bella	Gilroy, CA	https://tierrabella.org/
16-19 April	Sea Otter Classic	Monterey, CA	https://www.seaotterclassic.com/
26 April	Chico Velo Wildflower Century	Chico, CA	https://www.wildflowercentury.org/
02 May	Wine Country Century	Santa Rosa, CA	https://www.findafondo.com/event/142/wine-country-century
?? May TBD	Rosarito Ensenada	Rosarito, Mexico	http://www.rosaritoensenada.com/ingles/evento.php
03 May	Grizzly Peak Century	Moraga, CA	https://www.grizz.org/century/home/index.php
16 May	Sonoma County Backroad Challenge	Petaluma, CA	https://backroadchallenge.com/
17 May	Strawberry Fields Forever	Watsonville, CA	https://www.cyclistsforculturalexchange.org/sff
13 June	Gold Country Cycling Challenge	Grass Valley, CA	http://www.rotarygoldcountrychallenge.com/home.html
09 June	Bike the Bridges	Martinez, CA	https://www.sonc.org/thebridgeride

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.



Team Alameda 2019-2020 Board of Directors

Since my last appeal in the fall Newsletter and elsewhere on our revamped website, we have been able to fill the **Member at Large** position on the Board. The current makeup is as follows:

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	Michael Castro membership@teamalameda.com
Secretary	McNulty, Zoraida 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

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. If you have not made up your mind as to which position might suit you, simply come by to the next meeting at:

Date	Tuesday, 11 February 2020
Time (PST)	1830 (6:30 P.M.)
Location	1101 Morton Street, Alameda

You will be welcome as a guest, as is the right of every club member. If you receive the majority vote, you will be inducted into your new responsibilities, which are not onerous and will not take much of your time. With dedicated email addresses, your privacy is assured and you will benefit from the ideas expressed by an equally motivated set of experienced riders, each with a unique and relevant skill set. We are an inclusive and social group, the whole spirit of Team Alameda!

Thank you for your consideration,
 Ralph

Team Alameda President

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

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

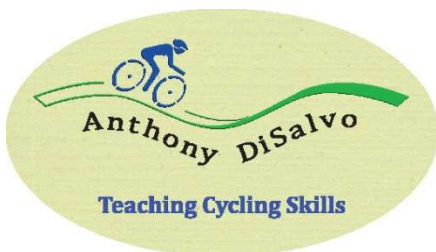
Note the new email addresses!

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

