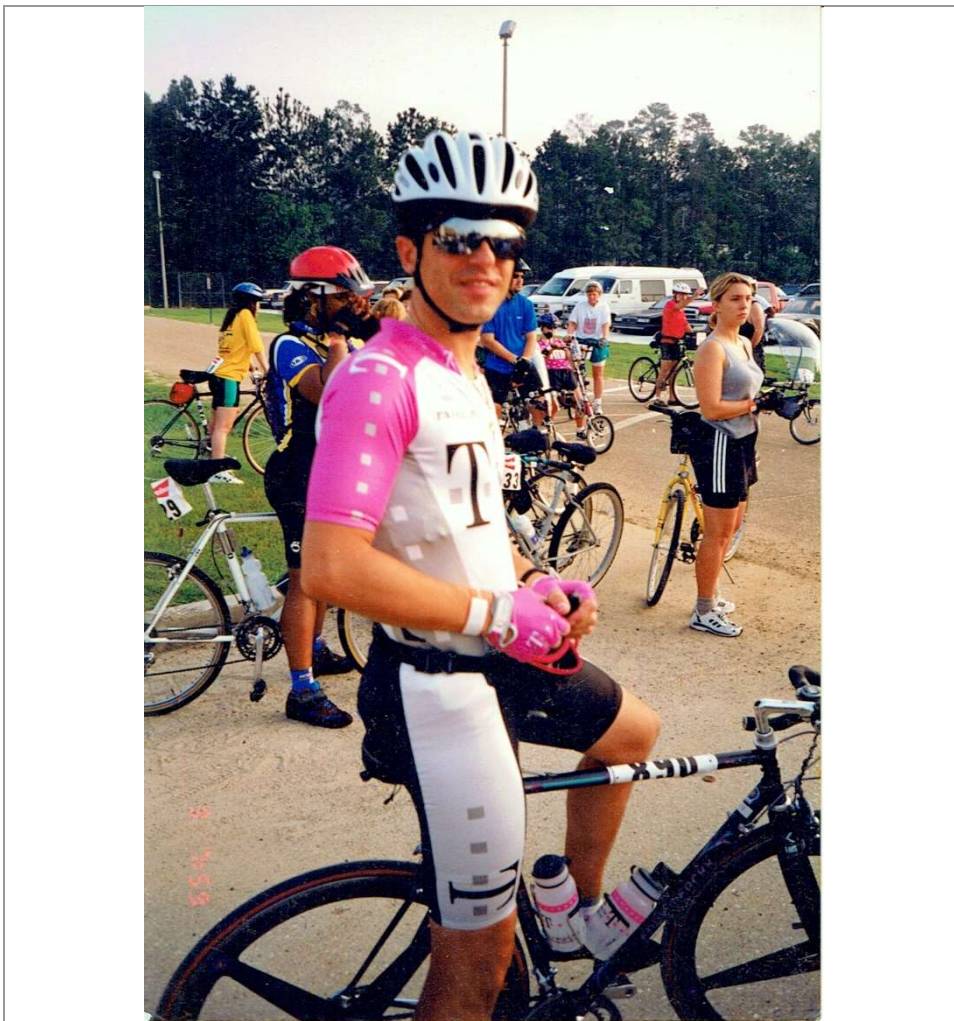




# TEAM ALAMEDA NEWSLETTER

Winter 2020-2021 (Coronavirus Issue)

## Message from the President

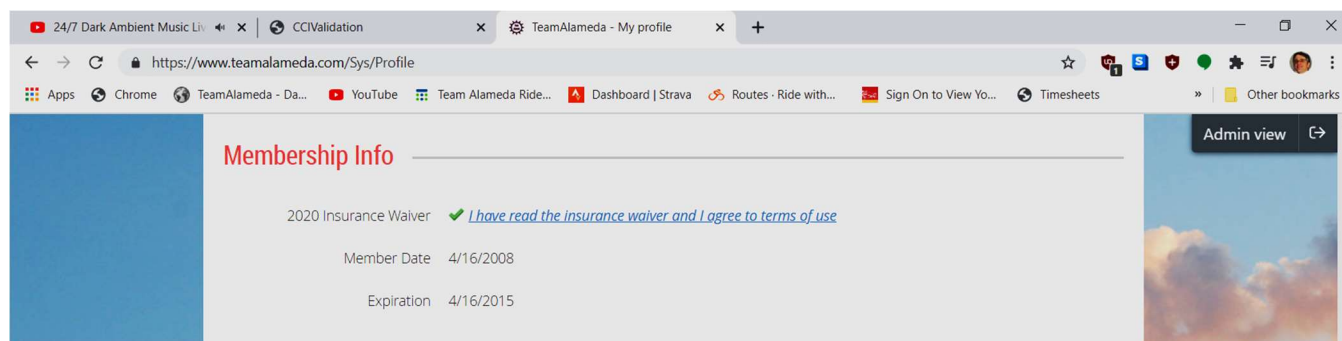


President "Captain Eurotrash" Ralph Bruni (04 October 1997 - MS Tour in Louisiana)

Hello Team Members:

There is a light at the end of this solo-ride tunnel, so that we can begin planning for the eventual opening up of group rides and repopulate the ride calendar. Phase One involves making certain all current members have electronically signed the Waiver, which includes additional wording by the League of American Bicyclists regarding communicable diseases. All that is required is a green tick in your profile and the box next to “2020 Insurance Waiver”:

### Screen shot



Phase Two will take the form of a virtual Ride Leader meeting on Zoom, so that all aspects of the revised sign-in sheet and proper planning for group rides can be performed. We may be able to open up this or another Zoom meeting to all members, so that everybody will know the rules of the club and is fully prepared, since COVID-19 is expected to hang around in one form or another for a very long time. This aspect is so important, that I am thinking of recording this meeting for those members who may otherwise miss it. Our new Vice President, Emil Palacios, is an infectious disease immunologist, and will advise us in this effort with his deep, scientific knowledge from the perspective of a fellow cyclist.

As mentioned previously, my goal is to have our club ready in all respects, so there is no delay in getting us back to normal and re-connecting with our friends again. That is the main reason we joined Team Alameda in the first place. Once we have the green light from the health authorities, perhaps months from now, we may simply remove names from the membership, if we see certain unsigned Waivers. We can do this in good conscience, as we have already extended free membership up to twelve months during this pandemic.

Happy Solo Riding,

Ralph

**Team Alameda President**

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## **An Informative Message from our Virus Expert and VP**

Cycling provides great opportunities for getting fresh air, sun exposure and feeling connected with other like-minded people. The Covid-19 pandemic has upended most of our daily lives and this includes the group cycling activities of Team Alameda. As such, many are wondering and hoping (or even pushing) to get back to 'normal' life as soon as possible. Confounding all of this is an avalanche of information available to all of us courtesy of the internet. Some of it is good, but much of it isn't. On top of that, recommendations and guidelines are sometimes inconsistent, making them seem arbitrary or, worse yet, intentionally draconian. The following is a collection of references from reputable sources and some are summaries with references to scientific sources. They are not presented with any intended political agenda, merely for the purpose of understanding what scientific data says about Covid-19 and outdoor activities, like cycling.

As the calendar has turned to deep winter, it brings the worst of cold and flu season with it. No one knows exactly why these viruses literally 'go viral' through human populations worldwide at

this time. Various guesses are winter's decreased humidity that encourages virus survival, decreased exercise by folks, decreased Vitamin D from less sun exposure, less sun derived UV-sterilization of viruses, and, as pointed out in the media recently, more indoor activities due to shorter days and increased socializing with friends and family because of the holidays. Most of these factors are thought to have some effect, although other as-of-yet determined factors might also contribute. One benefit of widespread social distancing and mask wearing has been a striking drop in many "cold and flu" viruses, particularly influenza. This happened in the Southern hemisphere and looks to be happening here (1).

Of course, if you're reading this, you're already sold on cycling being an important part of your life. The exercise, the fresh air, and the friendships made are obviously strong arguments and maintaining your riding habits during the worst of Covid-19 seems intuitive. But what exactly does the science say about Covid-19 risk during rides, and what about riding in groups?

We know that SARS-COV-2, the coronavirus that causes Covid-19, like other coronaviruses is primarily spread through respiratory droplets. Surface transmission is not thought to be a major form of transmission, as infectivity drops on plastic and paper/cardboard within hours (2). This is also evident in that supermarkets haven't proved to be major transmission sources. These droplets have been studied and shown to be large enough to drop to the ground within about a couple of feet. However, anecdotal stories such as transmission in restaurants, schools and choirs (all indoors) suggest some, though decreased level of aerosol transmission also occurs and scientific data backs this up (3,4). Further, adding any level of ventilation to an enclosed room significantly decreases the amount of virus droplet transmission risk (5). Taken together, the data indicate that virus transmission strongly depends on how hard people are breathing, the distance between them and whether there is fresh air circulating (ignoring specific factors to each individual).

Where do Team Alameda's group rides fit in all of this? Many people will have heard of a Belgian study in 2020 calling for very large distances between people while exercising outdoors (6). This study was widely spread and it discouraged many from exercising outdoors. More recent data put these findings into better perspective (reviewed non-scientifically in an excellent write-up in REF #7 which includes more links to primary research papers).

Additionally, we know that sustained exposure of several minutes is necessary for successful transmission (reviewed in the blog post at REF #8). The real risk of outdoor transmission has been established by looking back at thousands of reported infection clusters and contact tracing. We now know that where there is “normal” outdoor fresh air circulation (not enclosed restaurant patios, for example) the risk of coronavirus transmission is reduced about 20-50 times (9,10). And while cycling does result in increased breathing rates, this does not result in proportionately increased virus release, as does talking or singing (9). Furthermore, what is expelled, results in much larger atmospheric dilution because of high velocity movement which results in very little “shared” air being breathed by riders.

Current guidance from the California Department of Public Health does not require face covers when “outdoors and maintaining at least 6 feet of social distancing from others not in their household” (11). While this is probably a reasonable precaution, riders will ultimately have to decide for themselves what makes them comfortable. There is no guarantee and there will always be some risk. Truth be told, riding through the streets of the metropolitan Bay Area likely carries much higher risks to your personal safety due to the higher incidence of vehicles. My suggestion is to arm yourself with data and make an informed decision about group rides.

For scientifically driven risk assessments, try visiting these constantly updated websites. They give you a (everything else being equal) qualitative measure of what your risks are of catching coronavirus or developing a severe disease if you do get it. They are reviewed in detail at the first link that follows with direct links to the online tools after that. I find the **MyCOVIDRisk** website most useful for day-to-day activities outside the house, like when considering going to a restaurant or walking along the beach or going for a jog.

Here’s a review of the online tools and then direct links.

<https://www.nature.com/articles/d41586-020-03637-y>

<https://mycovidrisk.app>

<https://19andme.covid19.mathematica.org>

<https://covid19risk.biosci.gatech.edu>

<https://covid19risktools.com:8443/riskcalculator>



1. <https://www.nature.com/articles/d41586-020-03519-3>
  2. [https://www.nejm.org/doi/10.1056/NEJMc2004973?url\\_ver=Z39.88-2003&rfr\\_id=ori:rid:crossref.org&rfr\\_dat=cr\\_pub%20%20pubmed](https://www.nejm.org/doi/10.1056/NEJMc2004973?url_ver=Z39.88-2003&rfr_id=ori:rid:crossref.org&rfr_dat=cr_pub%20%20pubmed)
  3. <https://academic.oup.com/cid/article/71/9/2311/5867798>
  4. <https://jamanetwork.com/journals/jama/fullarticle/2763852>
  5. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC7255254/>
  6. <http://www.urbanphysics.net/Social%20Distancing%20v20%20White%20Paper.pdf>
  7. <https://www.vox.com/future-perfect/2020/4/24/21233226/coronavirus-runners-cyclists-airborne-infectious-dose>
  8. <https://www.erinbromage.com/post/the-risks-know-them-avoid-them>
  9. <https://www.medrxiv.org/content/10.1101/2020.02.28.20029272v2.full.pdf>
  10. <https://www.medrxiv.org/content/medrxiv/early/2020/09/10/2020.09.04.20188417.1.full.pdf>
  11. <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/guidance-for-face-coverings.aspx>
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## Products and Hacks

### Best Bib Shorts Ever! (\$77 including shipping)

<https://www.merlincycles.com/six2-slp-luxury-bib-shorts-194176.html>

Comfortable, non-binding, exceptional seat pad, fluo orange team colors in two variations: all orange with black leg band, or all black with orange leg band. Other colors are available. Made in Italy. Buy a size larger than you normally would, as these are made in European tradition, really quite tight-fitting. I purchased Size Large and can attest, that the pad does not shift, the leg grippers do not ride up and there is no binding, even on longer century rides. The only objection I could raise is the prominent SIX2 logo on the legs and back.

The vendor is a reputable firm in the United Kingdom, called *Merlin Cycles*, and they ship in less than a week, in my case only three (3) days. When I exchanged a Size Medium, return shipping cost was \$ 24.50, and there was no hassle. Truly outstanding bib shorts!

### SIX2 SLP Luxury Bib Shorts



**SIX2 SLP Stripes Bib Shorts**



### Leg Warmers (\$ 41)

<https://www.motardinn.com/motorcycle-equipment/sixs-gami/136337650/p>

Some cyclists ride with bib tights in the winter. Here in California, the weather is relatively mild, so many riders will only wear bib shorts, combined with knee or leg warmers.

Yes, SIX2, also manufactures fluo orange leg warmers, so I bought a pair in Medium, this time from another vendor, the motorcycle shop by *tradeinn*. Don't let the name fool you, as all products are new. Other vendors abound. These leg warmers match the bib shorts described above and display some very nice touches, such as different weave sections for high-flex areas, zip closure at the heel, "LEFT" and "RIGHT" braiding inside the leg cuffs and alignment lines for a straight pull. They also certainly make you very visible!





## **Hack No. 1 – Tire Boot**

Ever had a major blowout? This is not uncommon when riding through Oakland or on Doolittle Road. The kind of deep gash, that allows a new inner tube to bulge out of the tire casing and pop again? The common solution is a boot made of rubber, but how do you keep it in position over the tear? Attach some electrical tape that is longer than the boot, then you can use the extra length of tape to retain it in place on the inner surface of the tire.



## **Hack No. 2 – Pilot in Ear**

If you have a Bluetooth-enabled ear bud, connect it to your cell phone and select your destination on the navigation app, such as Google Maps. Insert the single ear bud in your right ear, so you can still hear the traffic on your left. Magically, a voice in your right ear will direct you to your final arrival point, without getting tangled with wires, repeatedly consulting the cell phone or being deaf to your environment. The cell phone can also be configured for maximum battery life, if you wish to leave it running throughout your ride. Bone-conducting headphones fulfill the same purpose.

### **Hack No. 3 – Toeing Brake Pads with Credit Card**

Place credit card on the rear half of the brake pad adjacent to the rim. Squeeze brake calipers together and tighten. Carbon rims will often squeal, when the pads are laid out in parallel. Toeing them in with this method is easy.

Video (identical to video below): <https://www.youtube.com/watch?v=EznZGueCEFs>

### **Hack No. 4 – Tight Skewers**

Tighten skewer by hand, close handle, then rotate another 180 degrees for a truly tight fit. You need to predetermine the closing position, so the handle ends up in the desired orientation. Remember to turn it a half turn counterclockwise before opening this skewer again, because it will be super tight, which is the whole idea behind this method!

Video: <https://www.youtube.com/watch?v=EznZGueCEFs>

### **Hack No. 5 – Protect Spare Inner Tubes**

Double bag your inner tube in a pair of Ziploc bags. Add talcum powder, shake the bags and you are set. Tubes do not chafe and will be easier to insert. Outer bag prevents any seepage of baby powder. For those with unequal wheel rim depths, write the valve length, and any other relevant information, such as a date, on the outer bag.



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## Riding Solo

Take special care when riding solo and sharing roads with a lot of socially averse and frustrated drivers. I have experienced aggressive driving, ranging from a truck nearly running me off the road, so I had to bail the tarmac entirely (Nicasio Valley Road), a youth hanging out the rear door and smacking the back of my helmet at speed (Richmond) and a garbage truck (Mandela Parkway), also a pickup truck - - aren't they always? - - with a heavily-loaded saddle trailer veering into me and forcing me to stop (Williams Street, San Leandro).

If you are equipped and mentally alert, you can get your cell phone out and start the video right away, note time and location, try to get the face of the driver and license plate number. That is too much hassle for me, and so I try to extend my time in proximity to the offender to get the necessary details, show I am not intimidated, and try to alert other drivers with hand signals, if they are in the vicinity. In this fashion, if I am extremely lucky, somebody will offer to assist or a police officer may catch sight of proceedings. Escalating tensions is never a good idea, since such incidents already show the motorist's predilection to use their vehicle as a weapon.

My normal default attitude is to follow Lance Armstrong's advice. Even though he has other faults to account for, he is quite correct in his assessment to treat such vehicles simply as **obstacles**, designed to test your bike handling skills. He had a lot of redneck pickup trucks to contend with at his home in Austin, Texas. Don't be goaded into responding and thereby be dragged down to their level of a fruitless shouting match, where nobody can hear what the other person is saying anyway. Treating such drivers as a physical obstacle, allows you to maintain a calm mind and control of your bike.

With the pickup truck on Williams, I simply stopped on the overpass. With other traffic behind, he was embarrassed into moving again, and I was rid of that jerk. In the past, I would stop in front of the offending vehicle, given the opportunity, and call the police. I no longer want the interruption to my riding and delay other drivers in the process. My theory is, that many such motorists are disaffected with the pandemic and vent their frustration on the weakest target they can find. They may also believe spandex-clad cyclists are a privileged lot, who need a lesson in humility. Keeping my composure allows me to regain my sense of enjoyment.

Once the Coronavirus is under control, group rides will become feasible again, which is an inherently safer way of proceeding down public roads. Even pro cyclists respond to angry honks with a friendly wave, making the driver believe it was a misunderstanding!

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## **(Suspended) Learn How to Ride Safely**

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

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### **Coronavirus Workouts**





# ARE YOU A QUARATHLETE?

NIFTY EXERCISES YOU CAN DO IN LOCKDOWN



BEAN CURLS



FAMILY LONG JUMP



SPOUSE-UPS



TIN-CAN RUN

HANDY TIP: USE STOCKPILED TP OR OFF-SEASON CLOTHES AS A GYM MAT!



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## **Team-Up Ride Calendar**

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

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**IF 2020 WAS A SLIDE**



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## 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!

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## Update to Ferry Rides

On a recent ferry crossing, I was informed the app **Hopthru** is no longer accepted as payment. Instead, you are obliged to utilize a Clipper Card, obtainable at <https://www.clippercard.com/ClipperWeb/get.html>. Once the pandemic is under control, your stored **Hopthru** passes can be redeemed again.

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My wife is going to be so stoked for the Peloton I got her for Christmas.





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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 or send an email to our Webmaster!

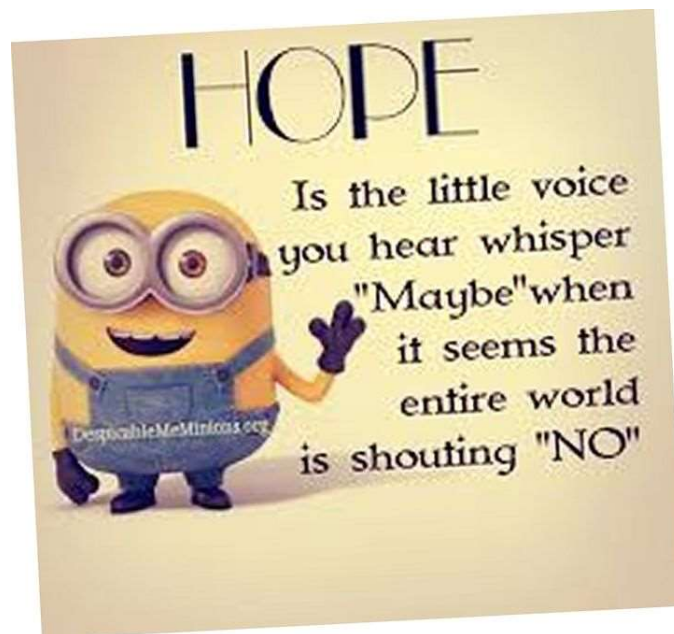
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## Upcoming Events and Rides for 2021

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.

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

**Please contact the appropriate committee chair.**

**Questions or suggestions?**



Please contact any of our Board Members.

**Note the email addresses!**



**Working remotely**



*“I’ll be working remotely today.”*

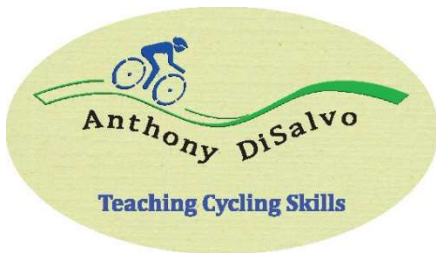
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## Please Support Team Alameda Sponsors

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**

