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## TEAM ALAMEDA NEWSLETTER - Winter 2022-2023

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# TEAM ALAMEDA NEWSLETTER

Winter 2022-2023

## Message from the President



Arm warmers, long fingered gloves, thermal shoe covers, indoor bike trainers – Winter is here. Personally, I have a hard time getting motivated this time of year to get out of my warm bed and onto my bike...but the cold, dark days that I can rally to do so, I am always rewarded with crisp air, great conversations and company, and a hearty workout. We are all so fortunate to be in California where our weather allows us to ride all year round. Here's hoping we get to see every one of you on your bikes soon, and that you can stick around for a nice hot coffee post-ride as well!

Team Alameda had a great 2022! We saw the end of the Covid quarantining, rolled out a new Team Alameda kit to the members, led a year's worth of amazing rides - including on some real adventurous routes - hosted a great summer picnic for our members, reintroduced the "away ride weekend", and gained 32 new members and a brand new sponsor. We are now looking towards 2023 and would love to hear your thoughts and ideas on what you would like to see happen with your club.

We are also saying goodbye to a couple of board members who have dedicated their time to the board for several years. Thank you to both **Zoraida McNulty** and **Tony Ng** who have helped hold our organization

together through the Covid years and ensured that we have a vibrant and healthy club going forward. They will still be riding with us, so, if you see them out on a ride, please give them a 'thank you' for their time and dedication.

In January, we will be welcoming two new board members to the ranks.

**Laura Merchant** and **Dan Norton** graciously joined up during our September election cycle and we are looking forward to leveraging their energy and ideas in the years ahead.

I hope everyone has very Happy Holidays and a Happy New Year as well.

All the best,

***Janet Shaver***

***President, Team Alameda***

[\*\*\*president@teamalameda.org\*\*\*](mailto:president@teamalameda.org)

## Team Alameda 2022 Board of Directors

Board Position	Contact
President	Shaver, Janet <a href="mailto:president@teamalameda.com">president@teamalameda.com</a>
Vice President	Bruni, Ralph <a href="mailto:vicepresident@teamalameda.com">vicepresident@teamalameda.com</a>
Ride Leader Coordinator, Calendar, Ride Sheets	Borowski, Kurt <a href="mailto:ridecoordinator@teamalameda.com">ridecoordinator@teamalameda.com</a>
Treasurer	Pigott, Jack <a href="mailto:treasurer@teamalameda.com">treasurer@teamalameda.com</a>
Membership	Ng, Tony <a href="mailto:membership@teamalameda.com">membership@teamalameda.com</a>
Secretary	McNulty, Zoraida <a href="mailto:secretary@teamalameda.com">secretary@teamalameda.com</a>
Sponsors, Publicity	Castro, Mike <a href="mailto:sponsorship@teamalameda.com">sponsorship@teamalameda.com</a>
Webmaster	Schniederger, Klaus <a href="mailto:webmaster@teamalameda.com">webmaster@teamalameda.com</a>
Communications, Newsletter	Open Position * <a href="mailto:newsletter@teamalameda.com">newsletter@teamalameda.com</a>
Member at Large	Palacios, Emil <a href="mailto:memberatlarge@teamalameda.com">memberatlarge@teamalameda.com</a>

**Your ideas and suggestions will be welcome and can make a huge difference. Every board member casts a vote on important issues and challenges.**



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**You are urged to consider becoming the new Communications chair on our board, particularly if you have been a club member a longer time. You will have the opportunity to interact with other members, our sponsors, public officials and the Alameda public at large. Your opinion will count in our deliberations and you will have an influential vote on any decisions made in running our non profit. The Newsletter is issued on a quarterly basis and you will benefit from detailed instructions and an extended handover period. Those with a journalism background or interest in writing should not hesitate to apply and thereby give something valuable back to the club!**

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## Membership Numbers Keep Climbing

*Team Alameda* attracted seven new members over the past quarter. They are:

<b>Mark McLaren</b>	26 September 2022
<b>Nicolas Shu</b>	01 October 2022
<b>Simon Mathieu</b>	02 October 2022
<b>Aditya Murthy</b>	02 October 2022
<b>Katharine Van Dusen</b>	02 October 2022
<b>Michael Kinomoto</b>	06 October 2022
<b>Vaspan Gutta</b>	17 October 2022

Welcome on board!

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## New Member Profile - Cristina Aamot

When my husband, Bryan, and I moved to Alameda, from Southern California, a few months ago, among the first in order of things was to find a cycling team. During a lazy Sunday afternoon walk, gazing in the window of *Stone's Cyclery* I found my answer: Team Alameda was welcoming new members! A nominal membership fee and a few weekday rides later I was in: member of a team, with a strong sense of commitment to the "no drop" rule, supporting riders who

mentor, encourage and set healthy standards of ridership. Enthusiastically, I started attending most weekend rides. What I thought was a fair performance for a middle-aged woman with experience in riding the gentle hills of Orange County, turned out to be entry level for the quad-busting hills of Oakland and environs. A pertinent suggestion by one of the team members prompted me to change my cassette to a less punishing sprocket combination. Well, it got just a bit easier and I did not get faster. Come spring and longer days, I am going to work on turning around the LeMond mantra and conquer my Pinehurst nemesis.

When I don't huff to keep up with the experienced riders of TA, I enjoy riding my bike to work and around town, also running, gardening and knitting. We feel fortunate to live in this little gem of an island, to be away from everything but in the middle of everything, to take in the city's diverse and well preserved architecture, to chuckle at its quirks and oddities, and to wonder about the ratio of bars to churches. Looking forward to more riding and exploring with a supporting team and to a wheelie good time.



***Gulping down a much needed beer after  
a century ride for a MS fundraiser, Carlsbad***





**Eden Canyon - 29 September 2022  
(when the weather was still warm)**

## Occidental Ride Report

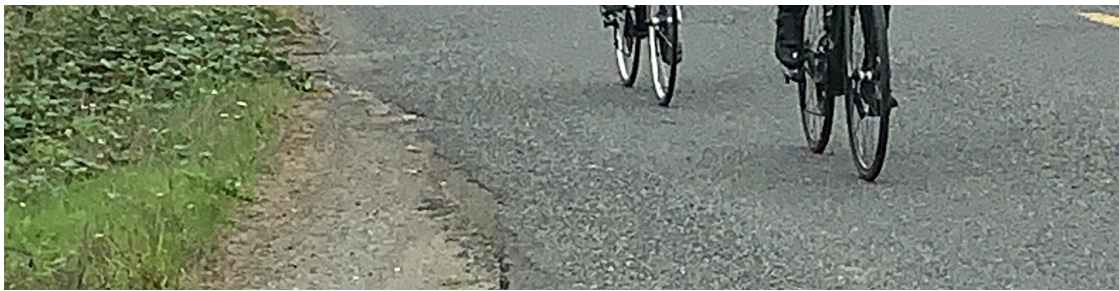






For the first time in many years, Team Alameda organized an “away” weekend of riding. In the past, TA travelled from San Francisco or Half Moon Bay to Santa Cruz for the away rides. This year we chose to change things and, instead, selected the small, Northern town of Occidental as our away-ride location. We are happy to report that this was a great choice, as we were able to explore some wonderful, and challenging, new roads and enjoy amazing Fall colors in both the redwoods and along the ocean.





The first day, Friday, most people drove to Occidental and took part in a lovely ride along the Russian River and past the famed *Bohemian Club*. The total miles were relatively short, but that crew tackled some good climbs before making their way back to our “base camp” at the *Occidental Lodge*. A small group of three riders decided to ride their bikes up to Occidental – two of whom rode from the Richmond BART station (making their trip 72+ miles long); the third rode from Alameda (ending with a full 100 miles). After everyone checked in and cleaned up from their rides, we were greeted by one of our fabulous SAG team members, Martina Schniederger, who had set out a table and benches with beer, water, and snacks for everyone. We then walked through the weekly Occidental Farmers Market and took in some tunes from a local band playing at the market. Afterwards, we enjoyed dinner at a lovely restaurant called *Hazel* before heading back to the Lodge for a good night’s sleep.



*View from the Occidental Lodge*

The next day, the roads were slick and wet, so we collectively decided to put off our planned ride until late morning, affording us all the chance to grab a nice breakfast and fuel up on coffee...and allowing one person who drove up from Alameda that morning to meet up with us with time to spare. Once the roads dried out, we headed out in the same direction. However, four intrepid riders peeled off fairly early in order to tackle some hard hills (Coleman Valley anyone?) on a longer ride (50+ miles ride with over 5000 feet of climbing), while the rest of the TA crew headed towards Highway 1. Unfortunately, most



riders in this latter group missed the mid-ride stop where our SAG crew had set out snacks and drinks in a park overlooking the ocean. They did, however, find a nice coffee stop about 2/3rds of the way through the ride, where they stopped for a leisurely break before heading back inland and through the redwoods uphill to Occidental. Again, Martina set out snacks and drinks for everyone post-ride. Dinner that night was a spectacular and hearty Italian meal at iconic *Negri's Restaurant* where all 20 of us were able to gather around one long table.



Sunday, after checking out, most everyone did one more ride – this one stayed inland and explored some quiet roads and hills through farmlands. It was a great way to end the long weekend of riding. No injuries, no mechanicals – all just fun, beautiful, and challenging riding!



**TA - Cycle Oregon (Street) - 17 September 2022**

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## E-Bike Considerations

As many members know, **Joel Gudger** (pictured on the left in the photo above) rides a *Riese und Müller* electric bike. He has some advice to impart, based on his own experiences:

If someone is considering buying an ebike and looking for advice, there are three considerations I would like to highlight:

**First:** determine if you are buying an ebike for exercise or simply transportation.

If your objective is transportation, I would say look for ebikes that are primarily cadence sensing. These bikes sense that you are pedaling and give the full level of assist. Because it gives you full level of pedal assist, regardless of your effort, you tend not to work as hard or get tired. These bikes usually come with throttles as well.

If you are seeking exercise, I would say look for bikes that are primarily torque sensing. These bikes give you assist according to your effort. The harder you pedal the more assist it gives you. These bikes feel just like you are riding a non ebike you are just going faster. But you can still work up a sweat.

**Second:** I would recommend you do lots and lots of test riding prior to choosing a bike.

**Third:** The biggest thing people find out is that they ride much more than they ever envisioned when they purchase. So be careful not to buy a bike that you



ever envisioned when they purchase. So be careful not to buy a bike that you will quickly outgrow!

**Editorial comment:** Team Alameda suggests the true exercise or torque-sensing e-bike.

## Planned Improvements to Fruitvale Avenue

This stretch of 4-lane road will see much needed improvements for the section from East 12th Street (in the vicinity of the Fruitvale BART station) to the Fruitvale Railroad Bridge leading into Alameda. We all have experienced how traffic congestion and impatient drivers in cars and busses have passed us closer than the mandated three feet on this road.

We perform our club rides as a group, which affords better visibility and therefore safer passage; however, solo riders have to be extra vigilant under the present traffic conditions, particularly at the underpass on East 9th Street.

City governments are now heeding the calls for safer roads for all users. The simplistic, economic, and expedient action of painting a bike lane on existing roads (and sometimes reducing posted speed limits) is not sufficient for congested corridors like Fruitvale Avenue. Instead, safe passing distances and the demands of bike commuters indicate the approaches to public traffic hubs, such as the Fruitvale BART station, can only be assured by sufficient lateral buffers and clear demarcation and widening of bike lanes.



This project is called **Fruitvale Alive!** and if you want further details, please

This project came from the Fruitvale Alive project and if you want further details, please refer to and view the graphic renditions under the link: <https://cao-94612.s3.amazonaws.com/documents/Fruitvale-Alive-presentation-051122.pdf>

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## Safety Tip

Many newer members of our club might be well advised to attach front and rear LED lights to their bicycles. These lights have been proven to enhance the early recognition of cyclists by motorists on the road, even pedestrians, during daylight conditions. You will feel more secure with such signals mounted at a height and sector visible to traffic.

Purchase the rechargeable type, sometimes available as a set of front (white) and rear (red) lights, that may be toggled at different flashing patterns. It is best not to buy the off-road and very bright lights; 180-200 lumens will be sufficient. If available, you can also obtain the pulsing type of illumination, which is less irritating and disorienting to drivers. Added features may include a built-in camera or radar sensor, even accelerometers. The latter makes the rear light flare when braking, similar to a car's brake lights.

The *Bontrager Ion 200 RT/Flare RT Light Set* fulfills all the requirements for daylight use, is very compact and enjoys high ratings, but represents a much more expensive set of lights. More economical models can be found on-line and can be bought singly for front and rear. A cheaper option is the *Ascher USB Rechargeable Bike Light Set*.

Studies have found you are over **200%** more noticeable to drivers than using no lights at all!

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***BART Millbrae-Peninsula Foothills-Dumbarton Bridge-Union City BART  
19 November 2022***

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## **Cycling Classes for All Levels**

Know anyone new to cycling? A slow ride for *Team Alameda* members takes place on the second Saturday of each month as an introduction to group riding



for the novice. **Jane Moeller** and **Anthony DiSalvo**, both veterans of our club, co-lead the rides.



**Anthony DiSalvo** (left) is also certified to teach cycling education classes including rules of the road and, for total newcomers, how to balance oneself on a bike. The **totally free** classes require just an online sign-up. These classes are recommended for new riders and as a refresher for experienced people including ride leaders. DiSalvo has taught cyclists for 13 years.

Link for Bike East Bay classes, [Bicycle Education Classes | Bike East Bay](#)



## Upcoming Events and Rides

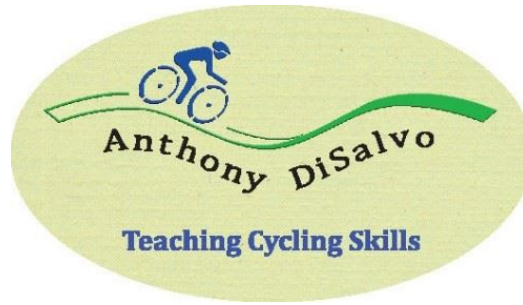
Cycling groups and charities are planning multi-day group rides outside the Bay Area through 2023. Please check the [Big Brother Cycling Network](#) and [California Cycling Escapes](#) websites for details.

Ride Date (2023)	Ride Name	Location	Link
11 February <b>2023</b>	Tour de Palm Springs	Palm Springs, CA	<a href="https://tourdepalmsprings.com/">https://tourdepalmsprings.com/</a>
07-10 April <b>2023</b>	Sea Otter Classic	Monterey, CA	<a href="https://www.seaotterclassic.com/">https://www.seaotterclassic.com/</a>
15 April <b>2023</b>	Cinderella Classic [women only]	Pleasanton, CA	<a href="https://www.valleyspokesmen.org/cin">https://www.valleyspokesmen.org/cin</a>
22 April <b>2023</b>	Tierra Bella	Gilroy, CA	<a href="https://tierrabella.org/">https://tierrabella.org/</a>

## 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 the Team Alameda homepage and team 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 DiSalvo**  
**Teaching Cycling Skills**



Alameda Bicycle



Bike East Bay



Stone's Cyclery



TWA Properties



Lars Hansson C.P.A.



Next Level Softball/Baseball Academy



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