



TEAM ALAMEDA NEWSLETTER

Fall 2020 (Coronavirus Issue)

Message from the President



President "Captain Eurotrash" Ralph Bruni (BARTing to the next ride)

Hello the **101**:

Yes, that is the number of active members registered in our club.

Unfortunately, there is not much new to report. After taking the step to extend membership to a full year for free and making plans for the time the pandemic is under “real” control, we are now facing the decision of whether we should open up and conduct club rides again. This is based on vague, sometimes conflicting guidelines issued by health authorities, *Bike East Bay* and our insurance carrier.

I have collated the various aspects into a simple table, for and against this notion of commencing group rides again:

Arguments	
For Club Rides	Against Opening Up
Rides are already taking place among members on regular days (Tuesdays, Thursdays and Saturdays)	Public perception of groups of cyclists congregating at Kaiser will reflect negatively on our club
Regulations by health authorities and guidelines from <i>Bike East Bay</i> and our insurance are contradictory and not tailored to cyclists	The COVID curve has not even begun to flatten
Other clubs are taking to the roads without repercussion	The confusion of social bubbles, what constitutes an acceptable group size, the 20-foot following distance and the 3-family limit does not excuse the impulse to start group rides again; these rules cannot be realistically adhered to, without making group rides unmanageable
The risk of group rides in the open environment is relatively low and can be mitigated through normal precautions, such as wearing of masks at assembly points and keeping 6-foot distances, plus carrying and using sanitizer	Any incident of COVID stemming from a group ride will result in a 21-day quarantine period and dissolution of club rides for that time period

Arguments	
For Club Rides	Against Opening Up
There is now COVID-specific wording added to the Waiver, promulgated by the League, and our insurance has no prohibition against club rides; taken as a whole this represents tacit approval	We should not open up, until a vaccine has been developed and all members have received their inoculations, which may include a booster shot
Team Alameda has pursued guidance after stopping all club rides on 16 March 2020 and we have received conflicting reports; we now have to support the notion, that group rides will take place, whether with or without club sanction	We should not give in to the impulse to commence group riding again, but await the flattening of the curve and more medical knowledge about this virus and its longevity in general

Here are the sources, if you wish to delve into this subject more deeply:

Alameda Public Health Department

From: "nCoV, Public Health, DCDCP" <nCoV@acgov.org>

Subject: Re: COVID-19 Inquiry

Date: October 22, 2020 at 4:00:17 PM PDT

Following up on an inquiry sent from you.

We have consulted with leadership in cross reference to [Appendix C](#) and it appears since it's a group ride and not a class the only way they can do this is to comply with the State's gathering guidance – stable group of 3 households with a maximum of 20 people <https://www.cdph.ca.gov/Programs/CID/DCDC/Pages/COVID-19/CDPH-Guidance-for-the-Prevention-of-COVID-19-Transmission-for-Gatherings-10-09.aspx>

If you have any additional questions/concerns please email: covidrecovery@acgov.org

Best,

nCov Response Team
 Information and Guidance Branch
 Alameda County Public Health Department
www.acphd.org/2019-ncov

Bike East Bay

Thanks for your patience on this one. As mentioned earlier, Bike East Bay continues to follow the guidance of public health officials, and has implemented our own strict standards for events with in-person attendance.

As you know, the status of Alameda County and Contra Costa County continues to fluctuate, with some activities allowed such as indoor dining and vehicle gatherings, while other activities like group bike rides still lack official guidance.

We understand and also feel the frustration in this lack of clarity. At minimum, we encourage all ride groups to keep with general recommendations (wear masks, regular handwashing, keep distance of six feet or more between attendees). Additionally, we encourage groups hosting rides to develop their own site-specific protection plan for safety, and post those standards so that prospective attendees can use their best judgement when deciding whether or not to attend a ride. [Alameda County Site Specific Plan Template](#).

As the colder season begins and COVID-19 cases continue to fluctuate in the East Bay, we do not expect additional clarity on group bike rides at the county level. We encourage ride groups to use their best judgement in developing safety protocols based on recommendations from public health officials.

Please let me know if you have any additional questions, and thank you again.

Warmly,

Eileen

—



Eileen Rice | Communications Director

Pronouns: she/her

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Office: 466 Water Street Oakland, CA 94607

P: (510) 845-7433 x6 | E: Eileen@BikeEastBay.org

Our insurance at **American Specialty Risk Services**

COVID SAFETY CHECKLIST

Below is a list from our insurance company, which clearly shows the risk factors when riding solo or associating with different groups. It also lists the etiquette for riding in such groups. Please become acquainted with its provisions, as these will likely make a re-appearance, once the restrictions are loosened or dispensed with and official club rides may resume:

COVID-19 RETURN TO RIDE CONSIDERATIONS

The following lists the operational adjustments that cycling events may want to consider as they return to ride during the COVID-19 pandemic. It is important to note that many of these considerations may change as government guidelines, industry standards, and guidance from medical professionals evolve. As you develop your reopening plans, it is critical that you ensure that they are compliant with federal, state, and local laws and government regulations. Additionally, it is always a good idea to review your plans with your legal counsel.

CYCLING EVENTS

RISK FACTOR RATING

1	Solo rides.	VERY SAFE
2	Small group rides with family members or close contacts.	LIKELY SAFE
3	Small group rides with individuals other than family members and close contacts.	CAN BE RISKY <i>Risk can be mitigated with basic risk management guidelines and procedures in place.</i>
4	Large group rides open to the general public and/or with individuals other than family members and close contacts.	RISKY <i>May not be allowed in some states and/or local jurisdictions.</i>

PARTICIPANT SCREENING

1	All riders should be symptom free for at least 14 days prior to any ride.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
2	Consider conducting temperature checks before rides.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
3	Consider having riders complete a brief medical questionnaire. Individuals with flu like symptoms or preexisting medical conditions should be discouraged not to participate.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>

PHYSICAL DISTANCING

1	Ensure riders are aware of the proper physical distancing policies and procedures. ❖ <i>Note: USA Cycling recommends riding by side or more than 20 feet behind.</i>	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
2	Riders should be encouraged not to draft and only pass other riders if necessary.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
3	Riders should maintain physical distancing during breaks.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
4	Ensure Ride Leaders brief all riders of the safety policies and procedures prior to each ride.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>

CLEANING, DISINFECTING & HYGIENE

1	Consider ensuring all riders wear a cloth face mask during the ride.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
2	Riders should be reminded to avoid touching their mouth, nose, face, and eyes.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
3	Riders should be encouraged to wash their hands with warm soapy water for at least 20 seconds prior to the ride and carry hand sanitizers with them during the ride.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
4	Riders should avoid sharing water bottles or food.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
5	Riders should be informed not to spit on rides or around other riders.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>
6	Riders should be reminded of the proper cough and sneeze etiquette.	Yes <input type="checkbox"/> No <input type="checkbox"/> N/A <input type="checkbox"/>

Please feel to write us and let us know your opinion.

NEW WAIVER

In the meantime, I have initiated the necessary step of having all members sign the revised League waiver. You will note it includes the new phrase “INCLUDING VIRAL INFECTIONS, BACTERIAL INFECTIONS AND OTHER COMMUNICABLE DISEASES AND ILLNESSES” and was issued **during** the pandemic on 25 June 2020. A copy is shown below or can be printed from the link <https://americanspecialty.com/lab/waiver.pdf>.

There are three options:

1. Sign it electronically on our club website under your membership profile

[an announcement will be sent, once it is posted]

2. Print out and scan the signed and dated Waiver and email it to Norman Woo at ridesheets@teamalameda.com
3. Print it out and mail it to:

Norman Woo

1781 Kofman Pkwy.

Alameda, CA 94502

Please do so before the end of the year!

By the time we do start club rides again, we must have a signed and dated copy of this form.

**RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, INDEMNITY, AND PARENTAL CONSENT AGREEMENT
("Agreement") for**

LEAGUE OF AMERICAN WHEELMAN D/B/A LEAGUE OF AMERICAN BICYCLISTS ("LAB")

(this form is to only be used for Individual Adults or for Adults on behalf of Minors)

IN CONSIDERATION of being permitted to participate in any way in Team Alameda (enter name of LAB Club) ("Club") sponsored Bicycling Activities ("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if, at any time, I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that (a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING VIRAL INFECTIONS, BACTERIAL INFECTIONS AND OTHER COMMUNICABLE DISEASES AND ILLNESSES, PERMANENT DISABILITY, PARALYSIS AND DEATH ("Risks"); (b) these Risks and dangers may be caused by my own actions or inactions, the actions or inactions of others participating in the Activity, the conditions in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I may incur as a result of my participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Club, the LAB, its respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS. And, I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

I AM 18 YEARS OF AGE OR OLDER, HAVE READ AND UNDERSTAND THE TERMS OF THIS AGREEMENT, UNDERSTAND THAT I AM GIVING UP SUBSTANTIAL RIGHTS BY SIGNING THIS AGREEMENT, HAVE SIGNED IT VOLUNTARILY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW. I AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

PARTICIPANT'S NAME (PRINTED): _____

PARTICIPANT'S SIGNATURE (only if age 18 or over): _____ **I HAVE READ THIS RELEASE**

ADDRESS: _____
(Street) (City) (State) (Zip)

PHONE: () _____ DATE: _____

MINOR RELEASE

(complete for Participants Under the Age of 18)

AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF BICYCLING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MINOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS AND FURTHER AGREE THAT IF, DESPITE THIS RELEASE, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS LIABILITY, DAMAGE, OR COST ANY MAY INCUR AS THE RESULT OF ANY SUCH CLAIM.

MINOR'S NAME (PRINTED): _____ BIRTH DATE OF MINOR: - -

SIGNATURE OF MINOR PARTICIPANT: _____ **I HAVE READ THIS RELEASE**

PARENT/GUARDIAN NAME (PRINTED): _____

PARENT/GUARDIAN SIGNATURE (only if participant is under the age of 18): _____ **I HAVE READ THIS RELEASE**

ADDRESS: _____
(Street) (City) (State) (Zip)

PHONE: () _____ DATE: _____

Happy and Safe Riding,

Ralph

Team Alameda President



Board Members Wanted!

It is that time of the year, when our volunteers on the Board need to be rejuvenated with some fresh blood and ideas. Our Vice President and Coordinator for the Ride Calendar and all Ride Leaders will be retiring end of this year. Other replacements will be sought. The term is two (2) years, and even though we are functioning as a caretaker body within a club in limbo, there are important issues to deal with, as exemplified above.

Please lend us your time and support at this critical juncture between awaiting an opening up and having a normally functioning club. We need to develop plans for this time when we can ride as a group again, but also to assist in the eventual phased loosening of the currently imposed restrictions. If we do not have a Board with a full complement, such opportunities will be missed, receive a tardy response and not enjoy a full vote.

We are now conducting our Board meetings with Zoom. These are rarely longer than 30 minutes and represent a welcome chance to re-connect with friends. Please join us and allow us to benefit from your experience as a rider and skills as manager or specialist. You will be welcomed virtually with open arms.

Wheelset Review

Caden Cycling (\$1,200) <https://carbonbikewheels.com.au/us>

From my review on FB: <https://www.facebook.com/ralph.bruni.3/posts/10220286468985363>

It is a long story:

First, I had a Mavic wheelset fail due to corrosion at the nipple-spoke interface.

Mavic sent me a tubeless-ready warranty replacement, an all carbon model.

Changing inner tubes and taking the tire off was like wrestling a bear.

In my search for a conventional clincher wheel, I came across a clincher from HED.

That was like wrestling a smaller bear, with me the loser.

So, in my frustration, I performed a deep dive into the Internet.

I simply wanted something which would not leave me stranded at the side of the road.

To my relief, I found clinchers with great reviews and at a reasonable price.

Here is my summation of the 49mm front, 59mm rear, deCADENCE.

I am comparing to my previous conventional Mavic Ksyrium SSC SL (1,530 grams).

On the deCADENCE, I was running Conti Attack (22mm front) and Force (24mm rear).

Eventually I will switch to 23mm front and 25mm rear.

My impressions after 172 miles (277 kilometers):

Engineering

- Solid, but light build quality (1,380 grams)
- Easy slip-on rim for tyres, including Continentals, no lever needed
- Removal of tyre only requires an initial lift by lever
- Hand-built spoke tension is not just balanced, but super tight
- External nipples assure serviceability
- Logo on rim is nicely understated

Ride Quality

- Less exertion needed to maintain momentum above 21 mph (34 kph)
- Large contact patch inspires confident cornering
- Incredible speed buildup on descents, so care is required

- Much more comfortable with correct tyre pressures
- Customer Service
- Superb advice from not just a wheelbuilder, but a true craftsman
- Careful packaging, with individual foam sleeves over each wheel
- Transit time from Australia to delivery in California was only four days

I can recommend Caden Cycling without reservation. The price difference between the CADEN and deCADENCE models is marginal, so it is well worth considering the upgrade. I am well pleased with my purchase and the assurance of a 3-year warranty. This protection may not even be needed, since the quality control, craftsmanship and overall customer service make this a wheelset which imparts peace of mind.

Ralph Bruni

President, Team Alameda

After posting this review on 23 June, I can only reinforce the suggestion to give this wheelset your serious consideration. First of all, the best upgrade you can make to your bike is a decent pair of wheels. Compared to equivalent Zipp and Enve models, you pay about half the price. Furthermore, Caden Cycling sells these in a tubeless variety and disc brake compatible. Braking with the Black Prince pads by SwissStop® is nearly as good as on an aluminum brake track, without any of the screeching associated with other all-carbon wheelsets. Lateral wind forces gusting up to 30 mph are hardly noticeable, so steering is assured, even when gripping the aero bars. The bladed spokes have not turned and these wheels produce a muted whooshing sound, nothing extraordinarily loud. Numerous videos on their website and on YouTube attest to the builder's pride and craftsmanship.



Wide 27.7-mm rims mean more comfort and less required tire pressure

Lycra Booties (\$11)

Protect your shoes. Fit well. Cheap. Cosmic Blue comes in team colors:



Source: https://www.amazon.com/gp/product/B07DLT9LGW/ref=ox_sc_saved_title_8?smid=A2NO49EJZ38QZA&psc=1

Adidas Men's Alphabounce Slide Sandals (\$50)

Best flip flops after the ride to relax at home (après-ride). I have tested them and it is like walking on clouds. Women can order a smaller size. Not to be used in the shower though!



Source: https://www.amazon.com/adidas-Alphabounce-Slide-Athletic-Sandals/dp/B01GZTM2ZK/ref=pd_lpo_309_t_0/147-1201084-2549413?encoding=UTF8&pd_rd_i=B01N64EM3S&pd_rd_r=ffc81972-e061-4ca0-abbce2ecac3bf165&pd_rd_w=freMv&pd_rd_wg=diTcW&pf_rd_p=7b36d496-f366-4631-94d3-61b87b52511b&pf_rd_r=NXTHMGGF6CQZF06K599D&psc=1&refRID=NXTHMGGF6CQZF06K599D

BART Update

BART no longer accepts the regular paper ticket with the magnetic strip. If you try to use it at the vending machines, this type of ticket and all attempts at cash payment will be rejected.

Instead, obtain the Clipper Card in person or on-line at

<https://www.clippercard.com/ClipperWeb/get.html>

You can even set it up to reload automatically from a designated credit card in differing amounts. I have chosen \$20. Not just valid for the train, but also for the ferries and other

public transport. You swipe the card at a tag reader and you are on your way! This card arrives fully functional, no additional verification is required.



Clipper card and tag reader

Note: The announcement of **Hopthru** app for the ferry in the summer Newsletter is still valid.

Welcome New Members!

First Name	Last Name	Joining Date (2020)
Rick	Orloff	01 September
Chris	Carling	14 September
Nico	Gallegos	17 September

(Suspended) Learn How to Ride Safely

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

Coronavirus Workout



Team-Up Ride Calendar

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

Introductory Rides

Once our shelter-in-place and physical distancing restrictions have been lifted, Jayne Moeller will be posting dates for her rides for prospective and newer members to the TA Ride Calendar, provided the health crisis does not exceed her announced time window.

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!



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

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.

Team Alameda 2020 Board of Directors

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

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	Castro, Michael "Mike" membership@teamalameda.com

Secretary	McNulty, Zoraida "Z" 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 memberatlarge@teamalameda.com

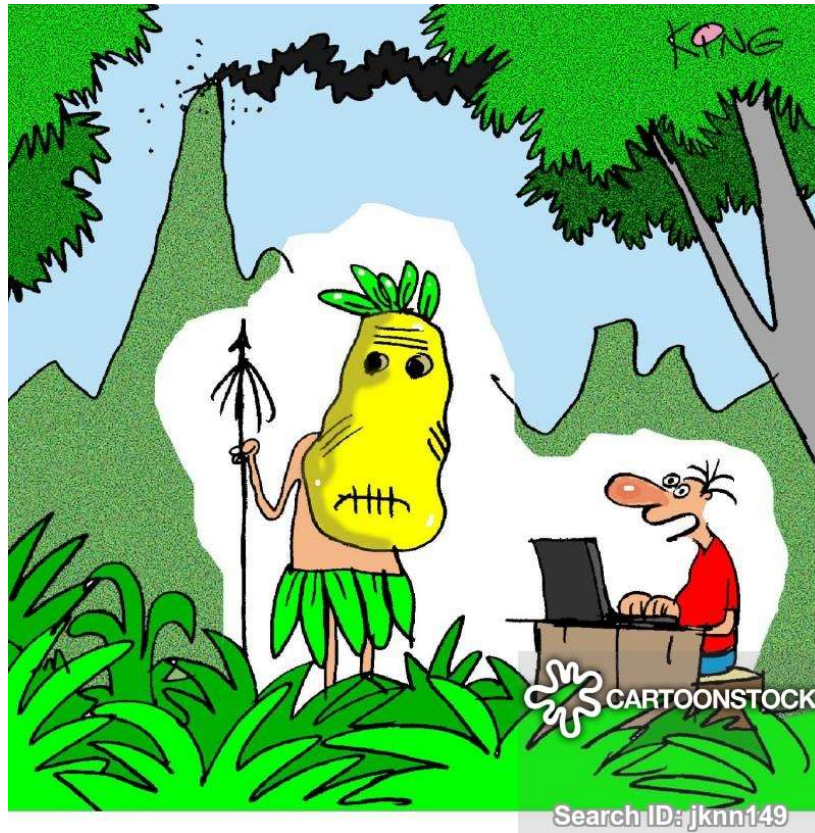
Please consider your past experience and skills for any of these positions as officer on the Board. Your ideas and suggestions will be welcome and may make a huge difference. Every Board member casts a vote on important issues and challenges.

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



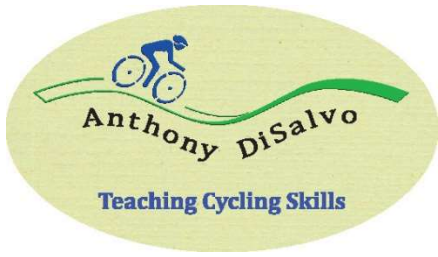
"One day I just woke up and said to myself-- hey, thanks to the computer, I can work anywhere."

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

