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## Fall 2023 - TEAM ALAMEDA NEWSLETTER

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Mon, Nov 20, 2023 at 5:12 PM



# TEAM ALAMEDA NEWSLETTER

**Fall 2023**



## Message from the President

Hey there, my two-wheeled Alameda friends!

It's Fall! Leaves are turning colors, the weather is turning cool, and rain is finding its way to our roads. We have been crazy lucky with the weather so far this fall. I think there has only been one cancelled ride due to the rain as I write this. However, all predictions point to a soggy few months ahead, so put on those fatter tires, make sure your rain gear is well reflective, and be ready to have some nice mud splashes up the back of your tights! And, when the rains make the roads too dangerous for bikes, get ready to dust off your bike trainer and spin, spin, spin. Either way, best to keep that body moving through the holidays!

We have had some wonderful accomplishments this past fall. We held our annual TA Board elections and are happy to announce that a new member, Ann McCormick, will be joining our board starting in January. I am also very proud to announce that everyone who was up for re-election has agreed to continue on for the coming year! We also held our annual TA member picnic! And a nice group of us took to the roads up in Occidental during our TA Fall Away Ride. You can read more about that below in this newsletter.

And finally, we have a brand-new sponsor supporting Team Alameda: Buestad Construction, Inc. Thank you so much to members Tracy Roberts and John Buestad for bringing us this great new addition to our sponsorship team! You can also read more about this new sponsor below.

Happy holidays everyone! Here's to lots of two-wheeled fun for everyone

Janet Shaver

**President, Team Alameda**

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## Team Alameda 2023 Board of Directors

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



***11/04/23 View of Alcatraz From Descent to Treasure Island***

## **New Members**

*Team Alameda* attracted 5 new members over the past quarter. They are:

<b>Nise Louie</b>	<b>22 July 2023</b>
<b>Gabriela Villacres</b>	<b>23 July 2023</b>
<b>Charla Davis</b>	<b>26 July 2023</b>
<b>Melissa Hayward</b>	<b>30 July 2023</b>
<b>Robert Enck</b>	<b>10 Sep 2023</b>

Welcome!

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## New Member Profile - Gaby Villacres





Hey Alamedans! I am Gaby Villacres and live in Quito, Ecuador. I came this summer to visit my sister and her family in Alameda and I had the pleasure to meet the team for the first time last year. Got to ride only twice with the group, but was fascinated with the enthusiasm and welcoming attitude of the members. I remember that we went to the Berkeley hills and across the Bay Bridge. I was riding an old Trek mountain bicycle, but the group had no complaint about me not riding on a road bike. That year, Allen Yip, one of the team members who rides MTB, took me to China Camp and Camp Tamarancho for some fun on the trails, and even lent me a better bike.



### Riding in My "Backyard"

This year, since I knew I was returning to Alameda, I found on Craigslist a basic road bike to use; I wanted for sure to ride with Team Alameda. Biking is my passion.

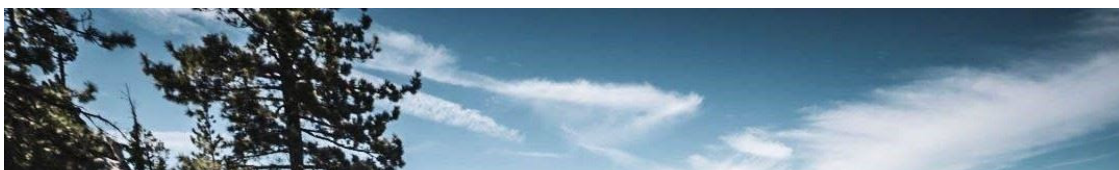


I am a mountain bike instructor, and back home, along with my husband, who is an avid rider, we run our own MTB academy called *RuedaPink*.

<https://www.facebook.com/ruedapink/> He used to race XCO [Olympic cross-country racing] and I started on the bike by cycle touring with friends from Quito to Iguazú, Argentina, back in 2010. So we combine both competitive and recreational perspectives of riding. Ever since that journey in South America I was linked to my bike.



Ecuador has a lot to offer if you are a cyclist, especially for mountain biking. The Andes cross the country from north to south, dividing the Pacific coast on the west, the highlands in the center and the rainforest and jungle to the east. Because of the Andes, the weather in Quito is nice and cool, the average temperature ranges from 50 to 70°F, so we can ride all year round, although in the highlands, altitude can be quite challenging for someone who is not used to living at this elevation. Quito is about 9100 feet high. With this in mind, I am used to climbing and probably had some extra red blood cells when I arrived to Alameda. I was warmly nicknamed by John M as the Attack Rabbit.





### Attack Rabbit

Here is an article on the effects of altitude training, if anyone has further interest. <https://join.cc/cycling-tips/effects-altitude-training/>

I usually go for one-hour-long rides 3-6 miles in the forest on technical terrain, and during the weekend, between 18-35 miles of cross-country marathon style. With Team Alameda, I was able to gain more miles per week and it feels great aerobically and for endurance. This year, I was able to enjoy the beautiful views from Skyline, push myself on climbing up roads such Wildcat Canyon, Grizzly Peak and Panoramic Way, draft behind Ralph's or Kurt's wheel on the flats toward Castro Valley, cross the Richmond-San Rafael-, Bay- and Golden Gate Bridges, enjoy the shade of the Redwoods on Pinehurst Road, and especially share and get to know the team members a little better.

My acknowledgement to Team Alameda, because you guys promote a healthy lifestyle. And not only ride to exercise and stay healthy, but also to socialize. With Team Alameda, I have learned that socializing is also a powerful means to keep mentally healthy and happy. Anyhow, whether it is for health, for a specific goal, to go out and enjoy the outdoors, for the coffee after the ride, for exploring or for whichever reason or reasons that bring you joy ... keep on pedaling! Keep spreading the good bike vibes and attracting new members to this very special Team!



08/08/23 Rudy's Donuts

I want to especially thank Joshua Singer, who this year took me riding outside the group rides and Allen Yip with whom I had some mtb fun last year and is always smiling haha.





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## Bike Art Pic 1



Cubist Bikers

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## Team Alameda Picnic





Team Alameda members at the picnic not wearing their kits and trying to guess who's who.

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## Team Alameda Away Ride in Occidental

The town of Occidental was our Sonoma county home base for this year's fall away ride the weekend of Oct 20-22. Roughly halfway between Sebastopol and the coast, about 5 miles south of Monte Rio and the Russian River, 5 miles north of Freestone and nestled in a lush forest of coastal redwoods it lies largely apart from the busy Russian River corridor. The back roads around Occidental are ideal for road biking with just enough climbing, some long gradual descents and generally well maintained roadways.





### Poised For Saturday Morning Ride

Cristina Aamot, Klaus Schniederger, Jack Pigott, Ralph Bruni (Ride Leader), Dan Norton, Janet Shaver, Ann McCormick, Jane Watson and Kurt Borowski



### TA President Leads Initial Descent





### Mile 42 Rest Stop - Valley Ford

Occidental is tiny, a 10 minute walk end-to-end, but offers very good restaurants, willing to accommodate a large group on short notice and some interesting shopping. The more than adequate Occidental Lodge allowed us to set up our makeshift beer garden in the parking lot, a welcome respite following the day's ride, after which we stumbled off to excellent dinners both nights.



At The Beer Garden



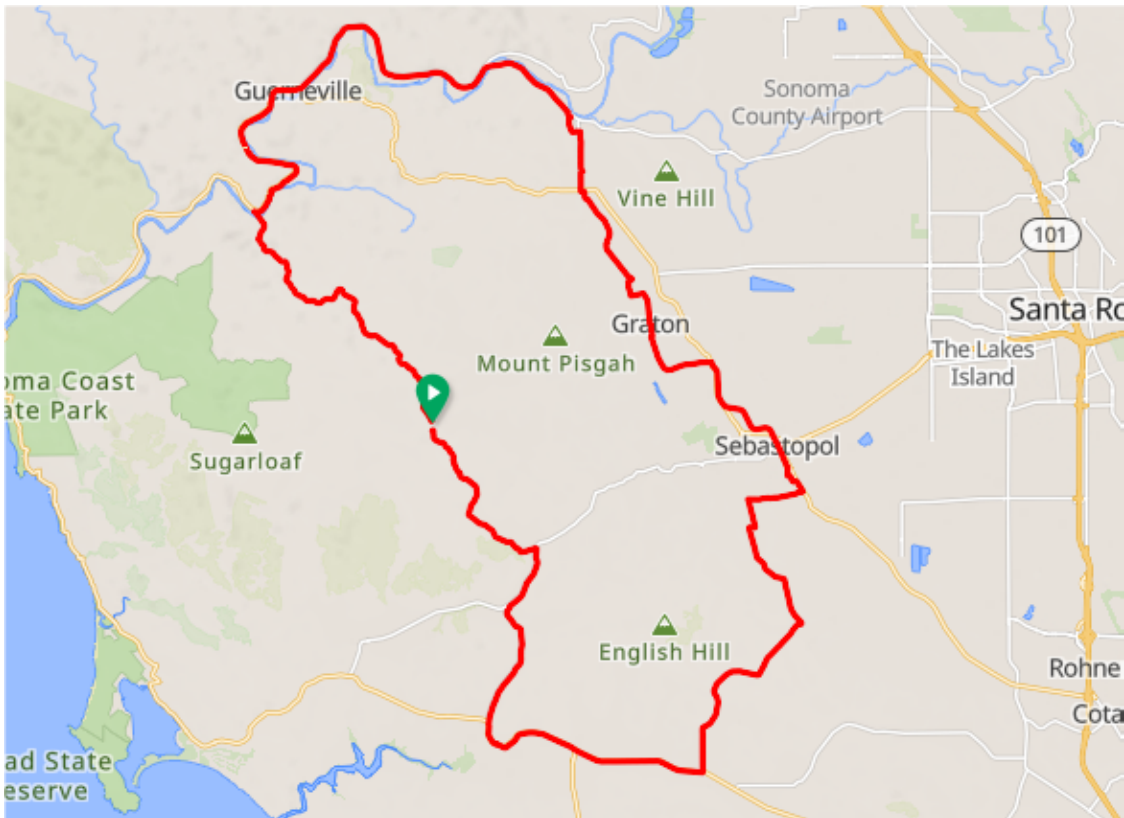


Saturday Night Dinner

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## The Saturday Ride

contributed by Ralph Bruni







The group convened at 10:00 AM Saturday in front of the lodge on a cool and overcast day. Ralph was to conduct a 50-mile loop with 2,000 feet elevation gain.

The day started rather cool, but a steady pace warmed things up in short order. Ralph was relying heavily on his GPS map readout, since he was not familiar with all the roads. The so-called Summer Bridge over the Russian River was blocked by concrete barriers and we had to continue on River Road into Guerneville and beyond. River Road was the only segment that proved to have the most traffic. The extensive and paved path of the West County Regional Trail was nearly overshot on one occasion, but gave us four car-free miles from Forestville to Sebastopol (see map above and green trail). This trail is particularly scenic and gave us views of vineyards and pastures in an agrarian landscape.

All the possible restrooms and eating spots had been scouted out beforehand (thanks Google Street View!), so there never was any question which stopover would come next. One member had not eaten a sufficient breakfast and was not feeling very chipper. Eight miles later we reached our lunch stop at Mile 42, the Estero Café, which proved to be our collective salvation, since it already was 2 PM.

There were no flats or mechanicals and we reached home base in Occidental just before 3 PM. We had an eye on the weather forecast, so realized there

would be no ride on Sunday. As predicted, it was raining all that day, until it only cleared up just before arriving in Alameda.

The Occidental Lodge is a very accommodating place with a hands-on manager, centrally located near the various eateries. Howards Café Bakery & Juice Bar is directly across the street from the lodge and prominent, since it is the best location to eat a fortifying breakfast. The only caveat is to reserve a room on the second floor of the lodge, since the floor is very thin and rickety and guests above may disturb your sleep, if you are on the ground floor. We will return!.

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## Bike Art Pic 2





## Bikers Getting Coffee

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## Fruitvale Alive!

One of the standard ingress routes for Team Alameda rides descending from the Oakland hills via 35<sup>th</sup>/38<sup>th</sup> St is Fruitvale Ave to the Miller-Sweeny Bridge. The deteriorated state of the roadway and the traffic conditions even render this route unusable in the opinion of some TA members.

The **Fruitvale Alive!** Project aims to complete protected bike lanes and certain pedestrian safety features between East 12<sup>th</sup> St and Alameda Ave by the winter of 2024/25. This project in conjunction with planned bike lanes on the M/S bridge and Tilden Way, and the proposed roundabout at the Fernside Ave intersection should make Fruitvale Ave a viable route option both to and from those delightful climbs.

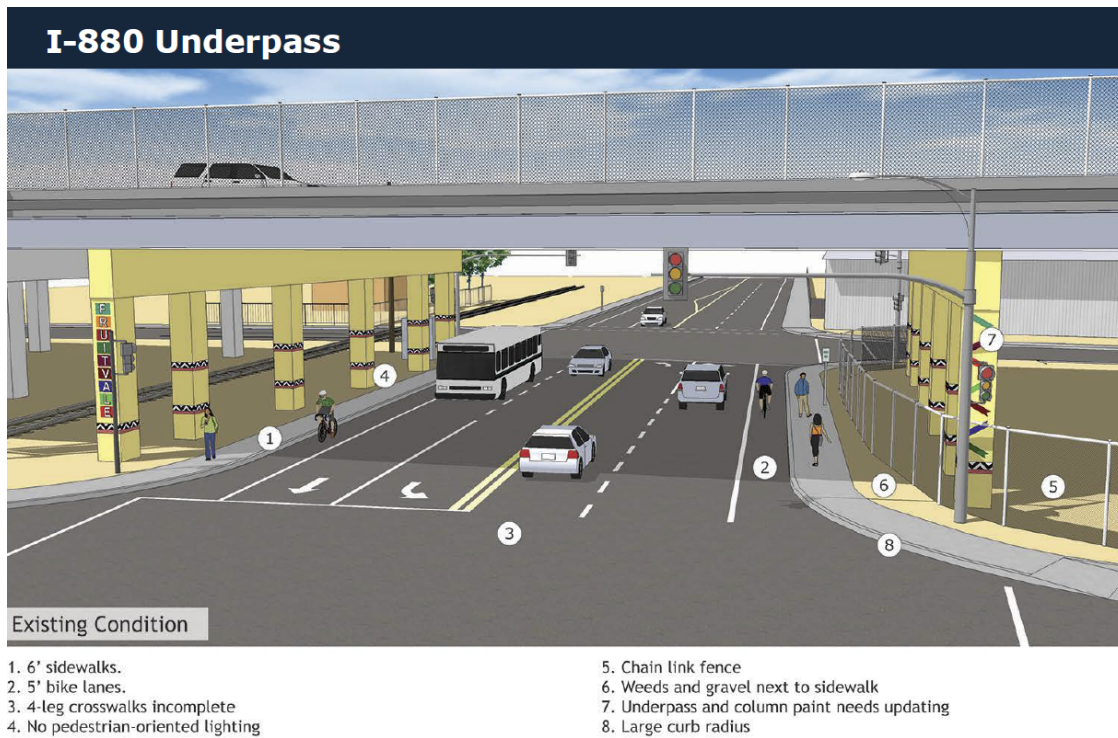
Information on this project from their website is reprinted below.

<https://www.oaklandca.gov/projects/fruitvale-alive>

Fruitvale Avenue between E12th Street and Alameda Ave is critical gap in the City of Oakland's bikeway network. This stretch of roadway connects commuters and residents of Jingtletown and the City of Alameda with the services, amenities, and high-quality public transit available around the Fruitvale BART Station. Home to numerous railroad crossings, the I880 underpass, and wide lanes that encourage high vehicle speeds, this corridor was the focus of a community planning and design effort from 2014 to 2016 where the City held multiple public meetings in the Fruitvale neighborhood. Following this outreach and design process, the City successfully applied for a California Active Transportation Program (ATP) grant for construction funding. This project will install the following elements on Fruitvale Avenue to improve safety and access for people using all modes of travel on Fruitvale - with a

particular emphasis on people biking, walking, and taking the bus:

- Widen the sidewalks by 5 to 7 feet on each side of Fruitvale Avenue
- Install a sidewalk-level protected bike lane on the corridor connecting the Fruitvale Avenue Bridge to E12th Street and the Fruitvale BART Station
- Create a new connection to a new segment of the SF Bay Trail through Jingtown
- Close two "slip lanes" at the south side of intersection of Fruitvale and E12th (locations where cars make fast turns) and convert them into pedestrian and bicycle space
- Install pedestrian bulb-outs where feasible to reduce the crossing distance for people walking
- Install new landscaping and greenery to beautify the corridor and improve air quality
- Install new pedestrian-oriented sidewalk lighting along the corridor





Concept Improvements

1. Sidewalks widened to 10'.
2. Bike lane widened to 7'.
3. Crosswalks provided on all four intersection legs per Fruitvale Alive Community Transportation Plan.
4. Pedestrian-oriented lights improve pedestrian safety and match Fruitvale Alive lights.
5. Chain link fence replaced with decorative fencing and relocated to back of columns.
6. Cobble surfacing provides low maintenance edge band.
7. Underpass improvements cleaned and refurbished.
8. Curb radius reduced to shorten pedestrian crossing distance.
9. Gateway signage added to underpass.

## West Oakland Link

Team Alameda members might be interested in the West Oakland Link project a proposed 1.1-mile-long elevated pedestrian and bicycle pathway that will link West Oakland to Judge John Sutter Regional Shoreline park and the SF Bay Trail.

The Link will connect Mandela Parkway at Grand Ave in West Oakland with key parts of the San Francisco Bay Trail, the Bay Bridge East Span path, Judge John Sutter Regional Shoreline (formerly Gateway Park) and Treasure Island. The Link is part of the planned Bay Skyway project that will create a pedestrian and bicycle path between the East Bay and downtown San Francisco.

The projected \$100 million project is supported by the Bay Area Toll Authority, Alameda County Transportation Commission, the City of Oakland and Caltrans. The proposed project is planned to be implemented in phases, based on the availability of State and other funds with construction anticipated to begin in 2025.

<https://mtc.ca.gov/planning/transportation/bicycle-pedestrian-micromobility/west-oakland-link>

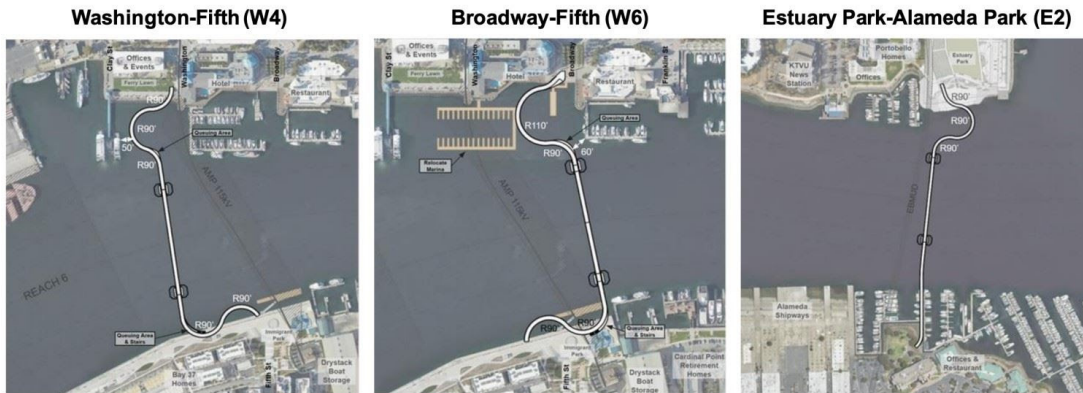


## Estuary Bridge Update

The top three alternatives for the Estuary Bridge have been decided. The best discussion of the need for a Pedestrian/Bike bridge can be found at Bike/Walk Alameda.

<https://bikewalkalameda.org/estuary-crossing/>

## 3 Top-Scoring Alternatives



- Scored Relatively High**
- High Physical and Social Quality Landings - Civic Open Space (JLS and Parks)
  - High Usage
  - Large curves without loops
  - Shorter approaches



## Estuary Water Shuttle

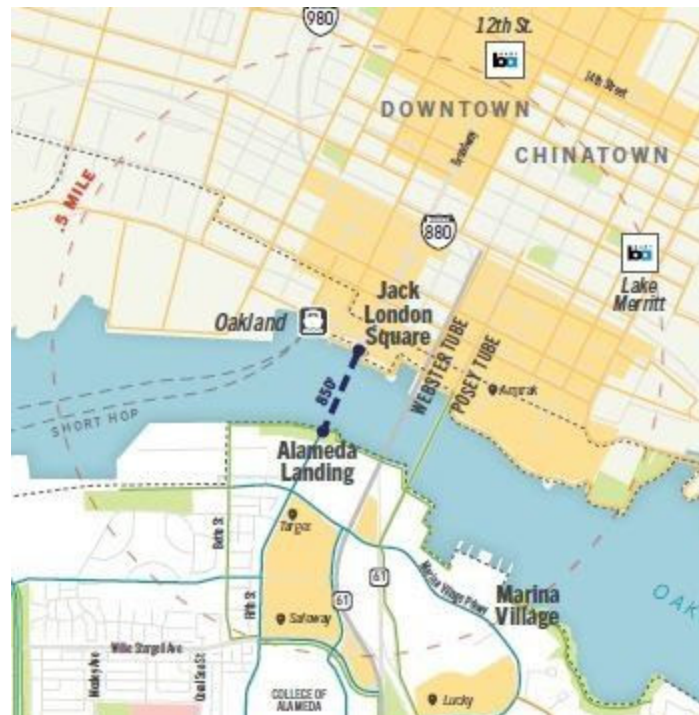
Sometime in the spring of 2024 Team Alameda bikers may have a West End option for exiting the island en route to rides in Oakland, Berkeley and beyond. Below is Info on the proposed water shuttle.

<https://www.alamedaca.gov/Departments/Planning-Building-and-Transportation/Transportation/Estuary-Water-Shuttle>

A new water shuttle service is being planned by a partnership of public and private organizations and agencies, including the City of Alameda. It will start as a limited service, with the opportunity to grow over time. Initially the water shuttle will travel between the foot of Fifth Street in Alameda and the foot of Broadway in Oakland. In May 2023, grant funding, matched with private and public funds, was secured for a two-year pilot, which will begin operations in late Spring 2024.

The service will:

- Be free!
- Be ADA-accessible
- Accommodate bicycles easily
- Operate 4-5 days per week, for 7-12 hours per day, depending on funding and season



### Bike Art Pic 3



Line o'Bikes

## Cycling Eyewear

For those of us who don't see that well and can't wear contact lenses, cycling eyewear can be a big problem. My first time bombing downhill with regular glasses, my eyes began watering to the point that I literally couldn't see the road. Descending rough roads in high-contrast, dappled light it can be very difficult to see the potholes, which seem to hide in the shade and which I inevitably hit.

Here is a link to an extensive article from *BikeRadar*, **A Buyer's Guide to Prescription Cycling Glasses**, written by Paddy Maddison, published May



21, 2023, which provides good information for cyclists who are visually challenged.

<https://www.bikeradar.com/advice/buyers-guides/best-prescription-cycling-glasses/>

## Supplemental Notes

Another purveyor of optical prescription sports glasses is *Sports Optical* in Denver Colorado, [www.sportsoptical.com](http://www.sportsoptical.com)

Some of our members have glasses from *Rudy Project*, which afford *Progressive Transitions*, which in its *Xtra Active* version, makes photochromic transitions from clear to black, also other colors, very quick. This feature is especially valuable in dappled sunlight.

*Anti-reflective* is a coating that eliminates reflection and glare. All such lens treatments come with extra fees. There are no more cut lines for bifocal lenses, referred to as progressive lenses.

Make certain you provide *Sports Optical* or any other internet-based seller your most recent optical prescription. Being able to see contrast and allowing for varying light conditions is beneficial to your safety, especially on high-speed descents through forested areas or in low-light or foggy conditions.

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## Medical ID Bracelet Review

Maybe as a more recent convert to cycling you have wondered about the medical ID bracelets many of us wear. One vender is Road ID and here is a link to an article on how to choose a medical ID bracelet and what to put on it.

<https://www.roadid.com/blogs/road-id/road-id-how-to-choose-the-best-medical-id-bracelet>





**08/01/23 Ken, Jezra, Dan and Bob at Inspiration Point**

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## Discord

Team Alameda recently started using Discord. Discord is a free messaging and chat platform, used by more than 100 million people.

We encourage communicating with other members, sharing photos, coordinating rides and events, selling/buying gear and bikes, and everything else related to cycling and the club.

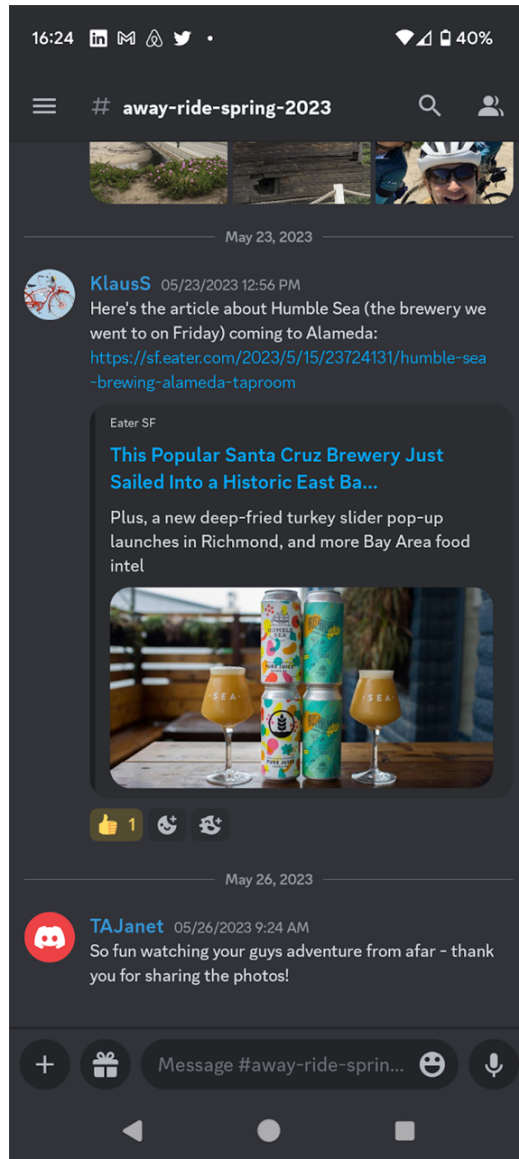
We recently used it very actively during our recent Santa Cruz away weekend.

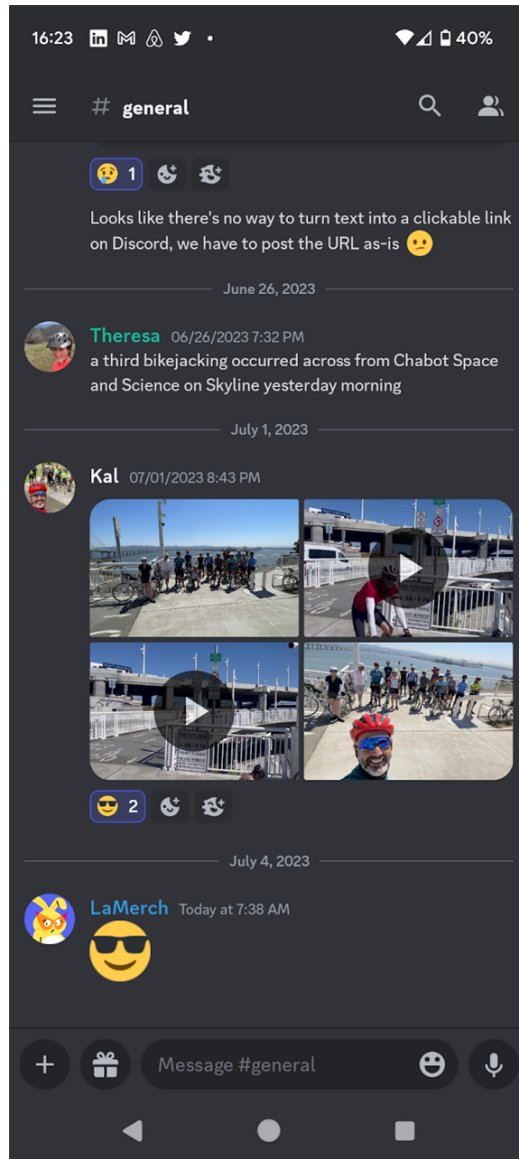
Use <https://discord.gg/4DCeWVRgUG> to sign up. You can use iPhone or Android apps, or use a web browser.

Once you're on the "server", you can join any of the channels or chat with members directly.

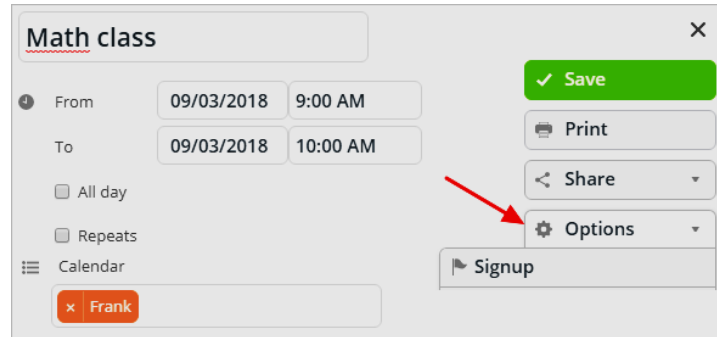
Not interested in joining this? Don't worry, we will continue to send out all important information by email and newsletter. Please contact [webmaster@teamalameda.org](mailto:webmaster@teamalameda.org) if you need assistance with Discord.







## Sign-Ups for Teamup



A useful feature on *Teamup* is the advance sign-up, signified by a black flag symbol. For longer rides or away rides, those potentially requiring car pools or simply for the RL to annotate the Ride Sheet in advance, this is a time-saving device. It will also indicate the level of interest for such a ride.

For those not familiar with how to use Signup, the *Teamup* website displays a series of graphics with relevant explanations. To keep things simple, only the most common functions have been transcribed; others have been adapted to our club rides:

With *Teamup Calendar*, you can enable signups for any event. If signups are enabled, anyone with access to the calendar event can sign up with their name and email address. The Ride Leader can easily see who has signed up.

**Please refer to the Spring 2023 Newsletter for an extensive discussion of the sign-up feature.**

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## SENIOR CLIPPER CARD

What is the senior discount on BART?

Different types of programs are offered to help seniors riding BART. By obtaining a **Senior Clipper Card**, eligible people over 65 years old can get a **62.5% discount** on fares.

### By Mail, Email, Fax

#### DOWNLOAD APPLICATION OPENS IN NEW WINDOW

Download and follow the instructions on the application, and your Youth or Senior Clipper card will be mailed directly to you.

Or go directly to the application form for seniors: [https://docs.clippercard.com/brochures/en/clipper\\_seniorapp\\_mailin\\_01-11-16.pdf](https://docs.clippercard.com/brochures/en/clipper_seniorapp_mailin_01-11-16.pdf)

### In Person

#### FIND LOCATION

Need a Youth or Senior Clipper card right away? Visit a designated location with an accepted form of identification for a Youth or Senior Clipper card.

### On Your Phone

#### LEARN MORE

Transfer an existing plastic card to your phone.

CLIPPER CUSTOMER SUPPORT (877) 878-8883

Links: <https://www.clippercard.com/ClipperWeb/discounts.html>

<https://www.bart.gov/tickets/discounts>

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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. **Jayne 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](https://bikeeastbay.org/instructors/)  
<https://bikeeastbay.org/instructors/>



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## Upcoming Events and Rides

For a complete schedule of cycling events please check [California Cycling Escapes](#) and [Cycle California Magazine](#).

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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 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.

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## New Sponsor - Buestad Construction

We are very happy to announce that local firm, Buestad Construction Inc., has agreed to sponsor Team Alameda for the 2024-2025 season! We are very proud to join the list of other local community organizations that Buestad supports, such as Habitat for Humanity East Bay/Silicon Valley, the Alameda Architectural Preservation Society, the Alameda Council Boy Scouts of America, and the Alameda Point Collaborative among others.

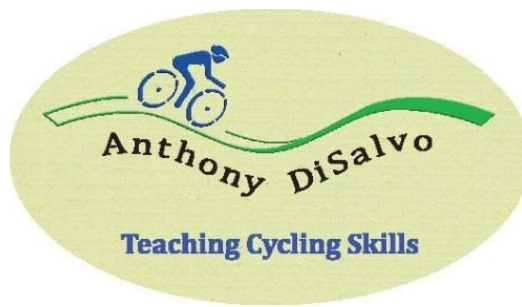
The Buestad family has been active in the construction industry since founding a business in Norway in 1900. In 1948, Buestad Construction was founded, and quickly became an Alameda asset by building the Alameda Municipal Golf Course and other private and civic projects.

This year, Buestad Construction celebrated 75 years in business in the United States. Run by Team Alameda member, John Buestad (the third generation of Buestads to run the US organization), the company focuses on completing commercial builds, modern residences, and historic renovations across the **Rav Area**. As their website states: "Buestad Construction brings the spirit of

day ahead. As their website states: "Buestad Construction brings the spirit of collaboration to each project. The company is known for its accommodating style, its willingness to experiment and research—all in support of ensuring client and design team goals. With over 75 years of building, Buestad knows the importance of delivering both the big vision and the exacting, minute details."

If you are looking at a commercial build or a home renovation, please consider supporting Buestad Construction. You can see examples of their beautiful work by visiting their website at:

<https://buestad.com/>



**Anthony DiSalvo  
Teaching Cycling Skills**



Alameda Bicycle



Bike East Bay



Stone's Cyclery



TWA Properties

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

Lars Hansson C.P.A.



Next Level Softball/Baseball Academy



**MarinWealthAdvisorsLLC**  
REGISTERED INVESTMENT ADVISOR

Marin Wealth Advisors, LLC



Coffee Cultures



Flying Embers



Buestad Construction

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