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Fwd: Summer 2023 - TEAM ALAMEDA NEWSLETTER

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Thu, Jul 27, 2023 at 3:43 PM



TEAM ALAMEDA NEWSLETTER

Summer 2023



Message from the President

Summertime, and the living is easy (outside of that marine layer that seems to have permanently moved in over Alameda during the springtime, that is). Hopefully, with the increased summer heat will come more sunshine ahead.

We accomplished so much this past spring! The stretching class was a great success with a very nice turnout (even though we had to schedule it on Mother's Day). We had a nice turnout as well for our Spring "Away Ride" in Santa Cruz. After hearing stories of that weekend, I was very sad to have missed the first day of their ride, what with the killer tailwind pushing all of our TA team down Highway 1. And, we led some amazing, creative, and challenging rides – if we are taking on these kinds of challenges this early in the season, just imagine how great we will be riding come Fall! Unstoppable!

We also recently set up a series of Discord channels for TA and already have 24 members who have joined up. We are really excited by this new technology and hope that it creates a great forum for our members to interact, plan, scheme, and organize when off the bike. Please see below in this newsletter to learn how you can join in our Discord discussions online. It is *very* easy and intuitive, and does not require a lot of technical expertise to join and use the application!

Looking forward, we are already starting to plan for our annual TA picnic and another Fall "away-ride" in Occidental. Lots to look forward to for the second half of this year. I hope you enjoy this quarter's newsletter, created by our own Dan Norton and Ralph Bruni. Stay safe out there on the roads, and here's to some sunny days free from arm and leg warmers!

Janet Shaver

President, Team Alameda

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Team Alameda 2023 Board of Directors

Board Position	Contact
President	Shaver, Janet president@teamalameda.com
Vice President	Bruni, Ralph vicepresident@teamalameda.com
Ride Leader Coordinator, Calendar, Ride Sheets	Borowski, Kurt ridecoordinator@teamalameda.com
Treasurer	Pigott, Jack treasurer@teamalameda.com
Membership	Merchant, Laura membership@teamalameda.com
Secretary	Palacios, Emil secretary@teamalameda.com
Sponsors, Publicity	Castro, Mike sponsorship@teamalameda.com
Webmaster	Schniedergers, Klaus webmaster@teamalameda.com
Newsletter	Norton, Dan newsletter@teamalameda.com
Member at Large	Norton, Dan memberatlarge@teamalameda.com

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





View of San Francisco from Shoreline

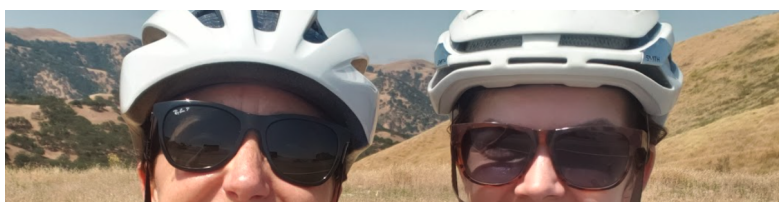
New Members

Team Alameda attracted 12 new members over the past quarter. They are:

Maggie Borth	17 April 2023
William De Souza Lobo	19 April 2023
Anne Mason	06 May 2023
Chris Joyce	16 May 2023
Noel Wise	07 June 2023
Monica Wiley	08 June 2023
Allison Davis	13 June 2023
Natalie Hansen	14 June 2023
Jezra Thompson	19 June 2023
Peter Wolfe	23 June 2023
Daniel Von Nydeggen	15 July 2023
Peter McNeil	16 July 2023

Welcome!

New Member Profiles - Natalie Hansen and Jezra Thompson





Jezra and Natalie

Natalie:

Originally from North Dakota, I have moved around a bit in the last 10+ years, spending a summer working in Alaska, to Maui and now the Bay for 6 years, the last 2.5 years here in Alameda.

I used to be a runner, however that caught up with my left knee so I started looking for other ways to get my cardio in during COVID. After friends pushing me to purchase a bike for a few years, I finally did so in May of 2020, literally as soon as bike shops were deemed "essential" and re-opened. Luckily I was ready to buy a bike so I didn't get caught up in the supply chain issues of 2020. I love the challenge of hills, however have not been too successful in finding routes that I feel comfortable biking by myself.

I work in Biotech and am taking a break between jobs this summer. I joined Team Alameda as a guest rider in June and immediately felt welcome. I have been soaking up all of the tips and mentoring that you all have graciously been giving me. Team Alameda is what has been missing from my biking life. I love the chats over coffee after the rides and getting to know the team better. I am starting a new job mid-July and will miss the Tue & Thu rides.

A few weeks ago my friend Jezra and I went to Stone's and learned how to change a tire and a few other essential tasks that come with caring for bikes. The timing was perfect as the next day I got my first flat tire! It was nice to have my first flat when I had some experienced riders with me.

Jezra:

I'm originally from Los Angeles with family all over California, though I spent most of my 20's and some 30's in NYC, DC, VA, and allll over. I moved back to Cali and set up home in the Bay Area in 2013, with the last 6 years spent calling Alameda home. I love the island and appreciate getting involved in the community. I sit on the board of a local charter school and volunteer supporting local youth when possible.

My career is in education leadership and food systems. I'll happily tell you what these are and could entail over coffee after a ride if interested. After 15 years of overworking, I am taking the summer off before I start my next endeavor. This has brought me to Team Alameda. My friend, Natalie, encouraged me to get a road bike after having similar laps in cross country trail running with decades of wear and tear. She also encouraged me to join Team Alameda in June, which has been super fun. I appreciate how supportive and diverse the people are. I'm looking forward to getting more rides in before the end of summer and getting to know all the cool Team riders.





Natalie In The Bike Shop

Team Alameda Picnic



Please come join us for the annual Team Alameda Picnic. Food, beverages and updates from your Board of Directors.

Date: Saturday, September 30, 2023

Time: 12:00 PM – 4:00 PM

Where: Harrison Recreation Center, Lincoln Park

Vintage Poster by Toulouse Lautrec



The [San Diego Museum of Art](#) has this to say regarding Toulouse Lautrec's famous "Simpson Chain" advertisement:

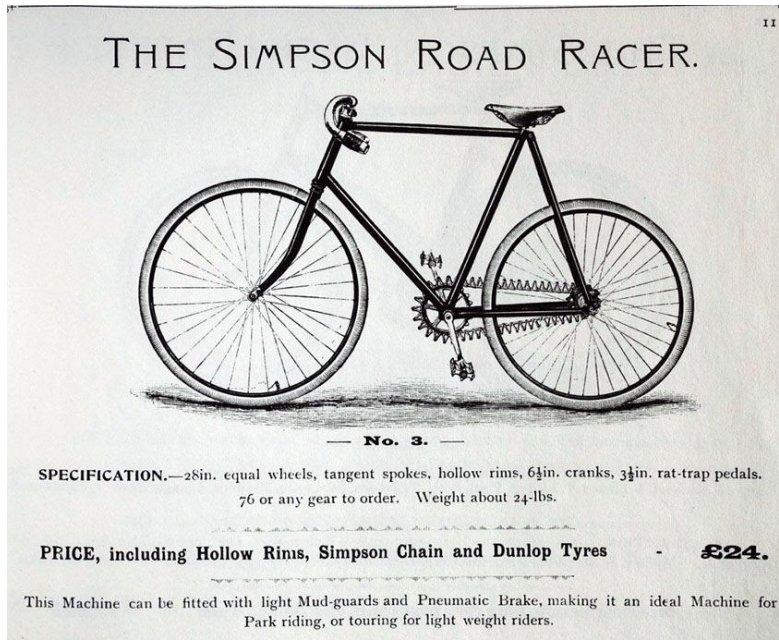
The bicycle was all the rage in Paris in the 1890s, whether for sport or leisure.

Lautrec's poster for the bicycle chains made by the Simpson company shows a race scene involving teams of riders on machines with several saddles, as well as at least one rider cycling alone; the implication is perhaps that the Simpson chain gives one man the power of many. "L.B. Spoke" was the name of the bicycle store run by the Simpson representative in France, Louis Bouglé.

This is Lautrec's second try at the commission for Bouglé, and is more successful in every way than the initial design. He not only revised the chain to an accurate scale (responding to Bouglé's objection to the first proposal) but infused the scene with the excitement of a race, complete with band playing in the infield. The first attempt depicts a training scene, while here dozens of cyclists are buzzing around the track, hunching over in keen competition, with a feeling of energy and speed that by contrast makes Jimmy Michaël in the first design appear stationary. Lautrec added to the illusion of velocity by allowing some of the wheels to disappear into invisible spins. This second poster met with Bouglé's approval.

The Simpson Lever Chain riding cyclist drafting on the similarly equipped tandem is Constant Huret. The tandems are "quints", or five-seaters, which were popular as draft vehicles before the derny (motorized bicycle.) The men in centerfield are William Spears Simpson and Louis "Spoke" Bouglé.

The **Simpson Chain** or **Simpson Lever Chain** was an English-made bicycle chain invented by William Spiers Simpson in 1895. The design departed from the standard roller bicycle chain: it was composed of linked triangles forming two levels. The inner level was driven by the chainring and the outer drove the rear cog. Instead of teeth, the chainring and cog had grooves into which the rollers of the chain engaged.



Potential Estuary Bike/Pedestrian Bridge Concept

Interview - Rochelle Wheeler

City of Alameda Senior Transportation Coordinator

Your newsletter editors met with Rochelle Wheeler in April to discuss issues relevant to Team Alameda members. Rochelle is the project manager for the city of Alameda as plans move forward for the Oakland-Alameda Estuary Bike/Pedestrian Bridge. There are many organizations involved as “stakeholders” in this project so we requested that Team Alameda be represented on the committee and she agreed.

At this point the bridge is still in the concept phase which involves creating a Project Initiation Document (PID) funded by Alameda County Measure BB to be completed in 2024. The bridge is one part of the Oakland/Alameda West End Access project which also includes improving tube access to 880 i.e. direct rather than through downtown Oakland.

Rochelle stated that the bike path through the Posey Tube will be widened to 4 feet by 2026 but that this was not a solution to the access problem for the West End of Alameda. She also confirmed that various mitigation strategies with respect to biking through the tube—one-way turnstiles, turbines to eliminate exhaust, baffling to reduce decibel levels—would be inadequate. Per Cal Trans, nothing more can be done to improve the tube. Hence the need for a bike/pedestrian bridge.

She reported that estimated usage of the tube is about 150 trips per day but that this would be expected to increase substantially if a bridge was available.

The timeline for the West End Access project is:

- · Short term: improve the path through the tube
- · Medium term: water shuttle
- · Long term: bike/pedestrian bridge

This summer will begin a two-year privately funded pilot study for a water shuttle but she pointed to several problems with a water shuttle as a permanent solution such as limited hours of operation, availability not on demand, expense, and funding that could be problematic and vary from year to year.

With respect to the Estuary Bike/Pedestrian Bridge, Rochelle had the following information:

- · No specific design yet
- · No specific location yet
- · Current concept envisions a 5% grade on the approach
- · 600 foot span (approved by Coast Guard) would require a lift bridge (estimated cost \$200 million)
- · 400 foot span would make a bascule bridge feasible (estimated cost somewhat less than \$200 million)

Most of the funding would be derived from federal coffers. There exists no confirmation about that aspect. City funds would be relatively limited.

We pointed out that a lengthy 5% grade approach could be problematic for non-e-bike riders though the opinion on the perceived steepness was split. Rochelle indicated they had not considered this potential issue and would appreciate input from Team Alameda going forward.

Rochelle also provided an update on the Clement/Tilden project on the other end of the island, highlighted in the Spring 23 newsletter. Either two bike lanes or a two-way bike lane will be added to the Miller-Sweeny bridge roadway. The abandoned railroad bridge should be demolished and a roundabout at the Tilden/Fernside intersection should be completed by 2025.

More information can be found here:

<https://estuarybridge.org/>



13 June 2023 - Route: Butters, Pinehurst, Shepherd, St. James

Team Alameda Away Ride in Santa Cruz

Contributed By Jack Pigott

Team Alameda held its spring overnight, away ride to Santa Cruz on May 19 – 21, 2023. Ralph Bruni and Jack Pigott took the Main Street ferry from Alameda to South San Francisco, and biked from there to Half Moon Bay, where they met Laura Merchant, Ann McCormick, Dan Norton, and Klaus Schniederger in time for lunch at the Sacrilege Brewery and Kitchen. From there, the group of six riders headed south towards Santa Cruz.





19 May 2023 - Half Moon Bay at Poplar Beach

The sky was overcast, and a 15 mph tailwind pushed us along past the crashing surf, rocky promontories, and beaches with wet-suit clad surfers. Most of the route followed highway 1, but ride leader Ralph Bruni selected less busy side streets when possible. It was Friday, and traffic was light. We stopped at Pigeon Point lighthouse for a break and to see the sights, and looking south we saw that the marine layer was retreating and the sky was blue into Santa Cruz.



19 May 2023 - Pigeon Point Lighthouse

We arrived at our hotel, the Mission Inn & Suites, which has hosted many TA Santa Cruz rides in the past. After showers and happy hour in the Mission Inn courtyard, we visited a local brewpub and food trucks for dinner. That evening we were joined by two other TA members, Theresa Liu and Jane Watson.

On Saturday, Ralph Bruni led the group of now eight riders on an excellent 48 mile tour of Santa Cruz and its environs. The ride started out along the coast, past the boardwalk, and as far south as La Selva beach. From there we headed inland for a nice lunch in Corralitos at the Taqueria Los Pericos (great food).





19 May 2023 - Avoiding the Railway Tracks at Davenport



20 May 2023 - Taqueria Los Pericos

We then headed back through Aptos and Soquel to the Mission Inn. After showers and another happy hour in the courtyard, we dined at the Avanti Restaurant in Santa Cruz, which was very good. The following day we went our separate ways, and most of us drove home by car.





20 May 2023 - Avanti Restaurant in Santa Cruz

The Santa Cruz away ride was great fun, and it was nice to ride along part of California's beautiful coastline with the group. Team Alameda plans to have at least two overnight away rides each year. The next one is planned for October 20 – 22 in Occidental.

Further Notes on the Ride

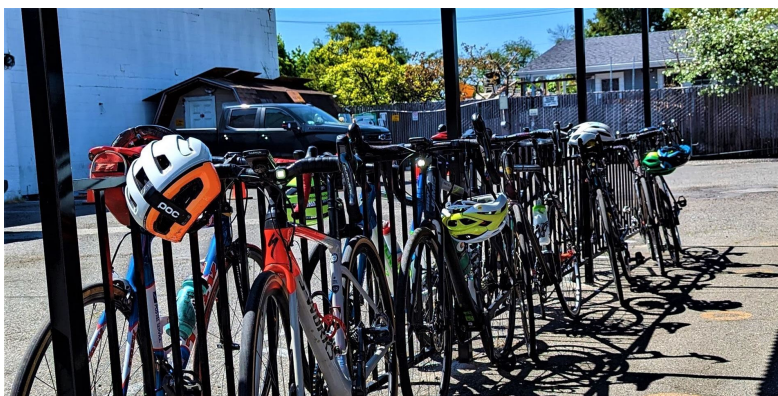
Contributed By Ralph Bruni

The Main Street ferry, and much of public transport such as BART, can be used to advantage when planning a new ride. When Jack and I crossed the Bay in this fashion, we saved us downtown traffic on a weekday and some urban miles.

During the planning phase, we discovered overnight parking at a public beach in Half Moon Bay (HMB) is normally not allowed for a facility nominally reserved for day use only. Making a polite inquiry with the City of HMB avoided the prospect of parking overnight within HMB and Team Alameda was graciously provided overnight parking passes at a patrolled beach.

Upon my arrival from the ferry to Poplar Beach in HMB, I gave two Team Alameda T-shirts to Lisa Lopez Rossi, Administrative Services Director, in thanks for securing those passes, including one for the sheriff.

As Jack mentioned, some side streets were selected, away from Highway 1, to afford better scenery and safer passage, particularly to avoid some slanted railroad tracks in Davenport. By consensus, mine included, we all voted not to return by bicycle on Day 3. I look forward to Occidental, which promises to be another great club ride!





Line o'Bikes - It Must Be a Taco Tuesday

Riding to Treasure Island

Many of us have ridden the Bay Bridge trail to Yerba Buena Island. Some of us have ventured down the hill and around Treasure Island. It is a beautiful ride until you have to return up the final few hundred feet of a 17% grade to get back to the bridge. While definitely a challenge most experienced bikers (Team Alameda) can do it without great difficulty, not that it's exactly fun. The link below is to an article from sf.streetsblog.org and paints a more dire picture of the route from the point of view of the casual rider. Here are excerpts from that article:



A View From Treasure Island

Bike Path to San Francisco Via Treasure Island Is Only for the Strong and Confident

By Melanie Curry

On the way over, we had rushed over the small mountain of Yerba Buena Island. The Bay Bridge freeway cuts through a tunnel in the heart of the hill, but the bike route - and the on- and off-ramps - circle up and over the mountain before dipping down to the flat sea level of Treasure Island. We were distracted by absolutely stunning views of San Francisco and the rush to find the event.

But on the way back, there was no distraction. The steep hill rose high in front of us. At the lower end, lovely new landscaping helped make a short set of switchbacks more enjoyable than the rest of the ride, which was just a steep uphill asphalt path next to the road. I had to walk; my fellow bike rider was able to stay on his pedals, but we traveled at the same pace.

Folks: it is steep. I went back again a few days later to check out the route all the way into the city (via ferry). My first impression - that this is not a hill for anyone not utterly confident that their brakes are in good working order - was confirmed when I encountered a bike rider standing off to the side pondering the way down. Ahead, Macalla Road curved away so steeply that it disappeared from sight. The rider was kitted out in bike gear; she had a high-quality road bike; she looked prepared. But when I pulled up beside her, she said everything that had been on my mind since that first Saturday ride.

"I'm terrified," she said. "How did this get built? What were they thinking? San Francisco needs one or two people on staff who actually ride bikes so they can realize they need to build something better than this." She ended up turning back, refusing to go down the hill, even though the ferry to San Francisco was just right there.

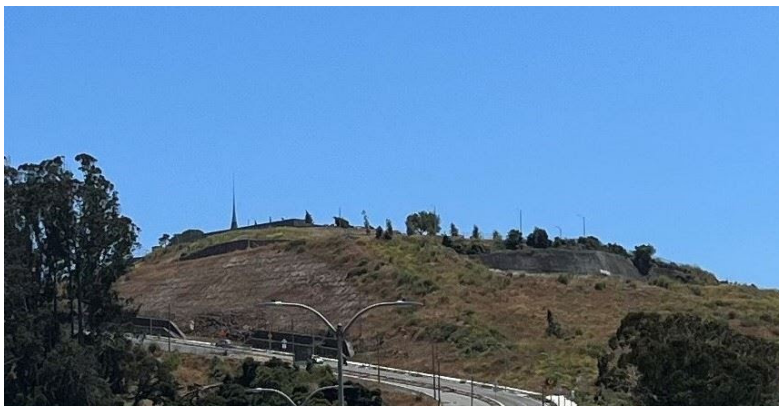
It cannot be emphasized enough that this downhill onto Treasure Island is not for the faint of heart; it is not for cargo bikes or kids or families; it is definitely not for e-bikes with potential brake issues. If you're a confident hill bomber, have fun, but under no circumstances should you skip the ABC Quick Check (Air, Brakes, Crank and Chain, Quick releases, Quick ride) before heading out.

Take this warning seriously.

<https://sf.streetsblog.org/2023/05/17/bike-path-to-san-francisco-via-treasure-island-is-only-for-the-strong-and-confident>



Macalla Road - Down





Macalla Road - Up



We Made It



May 2023 - Jack Pigott Rides the Italian Dolomites





6 June 2023 - End of the Ride

Discord

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

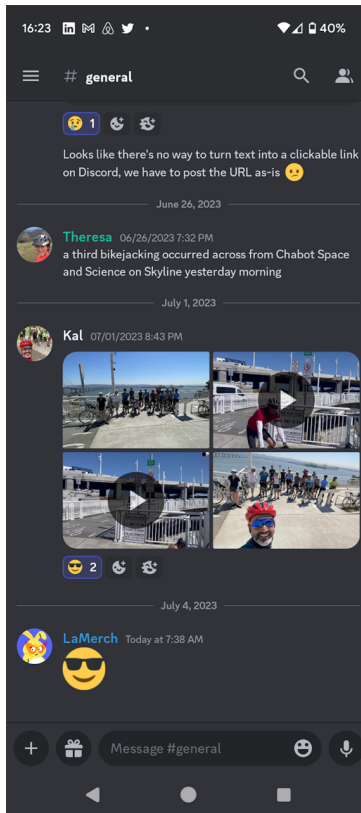
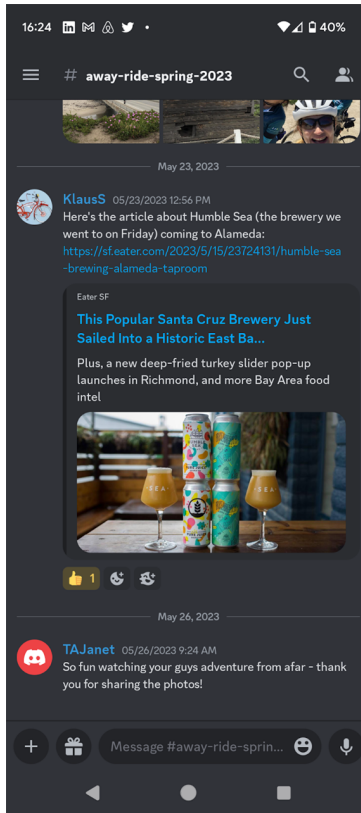
We encourage communicating with other members, sharing photos, coordinating rides and events, selling/buying gear and bikes, and everything else related to cycling and the club.

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

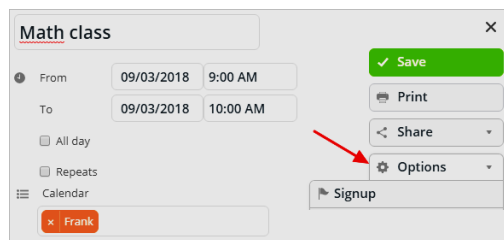
Use <https://discord.gg/4DCeWVRgUG> to sign up. You can use iPhone or Android apps, or use a web browser.

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 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.

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

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>

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 | Bike East Bay](#)

Upcoming Events and Rides

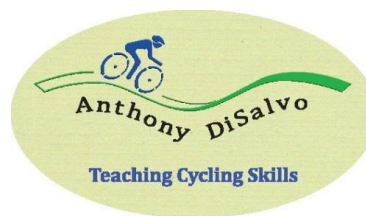
For cycling events away from Northern California, please check the [Big Brother Cycling Network](#) and [California Cycling Escapes](#) websites for details.

Ride Date (2023)	Ride Name	Location	Link
22 July 2023	Giro Vigneti Bike Tour	Healdsburg, CA	https://girovignetihealdsburg.com/
29 July 2023	Santa Cruz Mountains Challenge	Cabrillo College, Aptos, CA	https://www.bikereg.com/santa-cruz-mountains-challenge-2023
5 August 2023	Marin Century	Stafford Lake Park, Novato, CA	https://marincyclists.com/
9 September 2023	Napa Valley Ride to Defeat ALS	Justin-Siena High School, Napa, CA	https://secure.alsagoldenwest.org/site/TR?pg=entry&fr_id=1120
30 September 2023	10 th Annual Sacramento Century Challenge	Capitol Mall, Sacramento, CA	https://sacramentoecentury.com
1 October 2023	40 th Annual Mt. Diablo Challenge	Monte Vista High School, Danville, CA	https://www.mountdiablochallenge.org
1 October 2023	Wine Country Tour de Cure	Sonoma State University, Rohnert Park, CA	https://donations.diabetes.org/site/TR?fr_id=13707&pg=entry

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



MarinWealthAdvisorsLLC
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Coffee Cultures



Flying Embers