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TEAM ALAMEDA NEWSLETTER - Summer 2022

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TEAM ALAMEDA NEWSLETTER

Summer 2022

Message from the President



Janet Shaver

President, Team Alameda

president@teamalameda.org

and

Kurt Borowski

Ride Leader Coordinator

ridecoordinator@teamalameda.org

Happy Summer Everyone!

We have had some wonderful riding weather lately, so I hope everyone has had a chance to jump on their bike and get some great exercise lately. Our calendar is looking pretty full, with a nice mix of challenging and mellow rides.

Here in the world of *Team Alameda*, your TA board has been busy! We are finishing up the new Team Alameda jerseys – orders have all been placed, and the new kits should arrive the week of July 22nd! We tried to ensure that the bibs, shorts, and knickers will be interchangeable with earlier jerseys. We are very excited to see how the gear turns out.

We also have begun planning for the end of summer picnic. Keep an eye out for a 'Save the Date' email shortly, along with information on our annual "gear swap" that we will have at the picnic.

Finally, we sent out an email survey recently to see if any members would like to attend an "away" bike weekend. This will take some coordination and effort to make it happen so, if there are any members who would like to help with making a fun *Team Alameda* weekend a reality this year, please reach out to me at president@teamalameda.org and I will get a committee going to start with planning out a location with routes, lodging, etc.

We hope you enjoy this quarterly newsletter, everyone. Let us know if there are any topics you would like us to tackle for the next quarterly newsletter. And, in the meantime, keep that sunscreen handy, stay hydrated, and here's hoping you are enjoying a wonderful, healthy, and fun summer outdoors.

Team Alameda 2022 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	Ng, Tony membership@teamalameda.com
Secretary	McNulty, Zoraida secretary@teamalameda.com

Sponsors, Publicity	Castro, Mike sponsorship@teamalameda.com
Webmaster	Schniedergergers, Klaus webmaster@teamalameda.com
Communications, Newsletter	Jennings, Ralph * newsletter@teamalameda.com
Member at Large	Palacios, Emil 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.

*** Ralph Jennings is vacating his position as Newsletter editor. 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 proficient use of the English language should not hesitate to apply and thereby give something valuable back to the club!**





B-paced early June ride at Lake Chabot



Team Alameda treasurer Jack Pigott pauses at the top of a hill in Castro Valley in early June

Summer Surge: Members and Rides

Team Alameda brought on seven members -- no small number -- over the past quarter. They are:

Doug Biggs (joined May 6)

Mark Tipton (joined May 8)

Jack Vu (joined May 10)

Theresa Liu (joined May 14)

Stanley Layson (joined June 4)

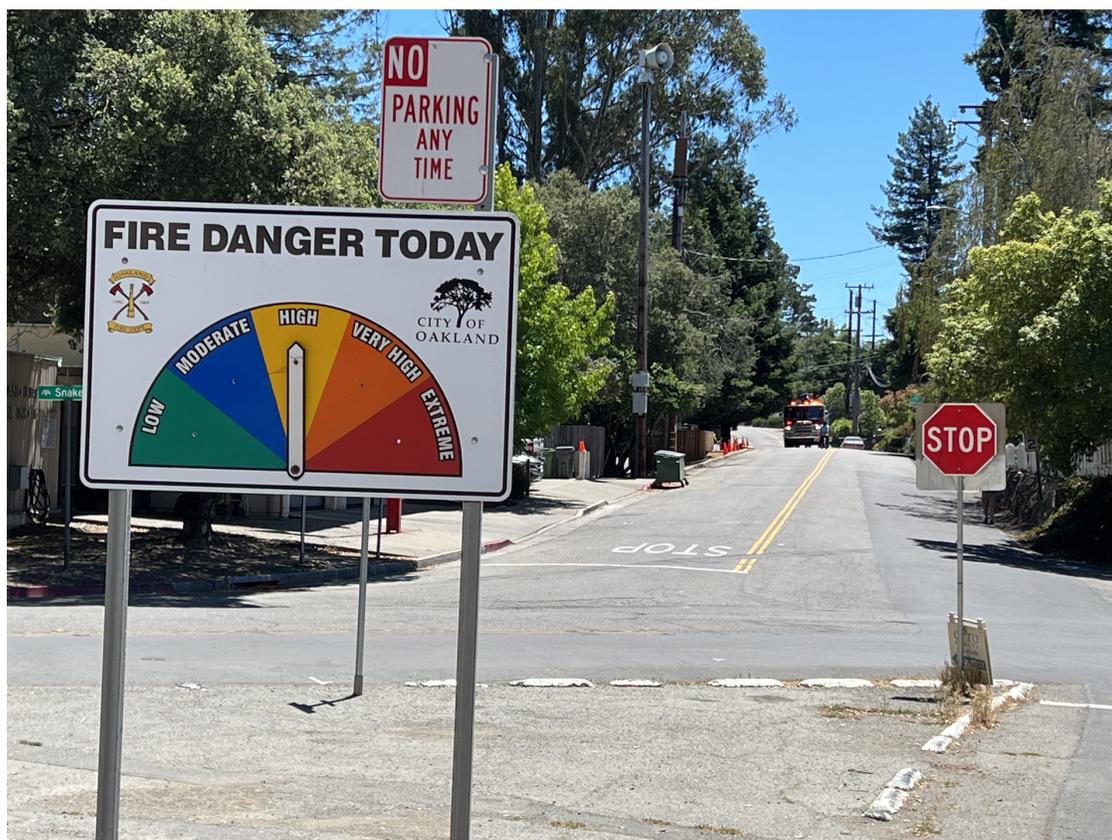
Kate Eby (joined June 20)

Grant Aung (joined June 30)

Welcome aboard!

Three people from our board did a Zoom interview June 2 with Alameda Mayor **Marilyn Ezzy Ashcraft** about cycling in the city. For the details of our chat with the mayor, keep reading.

On the riding front, *Team Alameda* members spread across the Bay Area during the past quarter. We plied our customary Oakland-Berkeley hills routes and pushed on occasion into Moraga and Orinda. In May, team VP **Ralph Bruni** took people over a combined 3,000 vertical feet in the South Bay starting from Milpitas and our member **Jack Scullion** led an all-pace ride to the Morgan Territory south of Mount Diablo. **Ken Jones** led a Cinco de Mayo ride to San Leandro -- involving a taco truck -- and a week later **Mark Pryor** invited cyclists to do an Italian-theme loop.



***Fire danger is rising in the East Bay hills where we often ride
Keep an eye on the color charts such as this one near Snake and Skyline***

Team member **Isabella deMatos** led the Alameda [Ride of Silence](#) on May 18,

part of an international network of day trips to remember those killed or hurt while cycling. Eleven riders turned out. Please look for her ride report in this newsletter.

Going forward, we're looking for more members to lead C-paced and A-paced rides, plus Sunday rides. If you're interested, contact ride leader coordinator **Kurt Borowski** about getting qualified. His e-mail is on the board member roster above.

Last month our board surveyed the membership on who would join a *Team Alameda* away-ride in October. Of the 24 respondents, 22 said they would consider it. Let us know if we missed your vote -- and where you would like to go. We're tentatively considering rides in Santa Cruz, Gilroy-Morgan Hill and Cambria-San Luis Obispo.

And to keep our club safe, we're reminding all that e-bikes are allowed on rides only if they're class 1 or 3, meaning they must be pedaled. Class 2 e-bikes are banned because *Team Alameda* insurance doesn't cover them.

On a tastier topic, please mark your calendars for **September 18**, noon-4:30pm, to attend our annual **Team Alameda Picnic**. The venue will be announced soon. Volunteers for set-up and dismantling would be very helpful and much appreciated!





Photo caption is missing

^ Photo of new member and her bike to be inserted here ^

New Member Profile

Theresa Liu

I'm an Alameda resident since the early 1990s. I just got a road bike a few months ago and am hoping to ride with others on our local roads or at out of town destinations. I work weekdays and can ride after 5 pm on weekdays. Otherwise I am open on weekends.

I joined Team Alameda because I would love to have some new ride buddies to go along with my new road bike! I ride the road bike at a beginner/intermediate pace. Not a racer for sure! On Strava I am theresa l. On there you can check out what my usual groove is for rides, if that matters.

I am looking forward to meeting fellow Alameda bike riders!





Alameda Ride of Silence cyclists gather for their 10-km, zero-word ride

Ride Report: Silence for those who died riding

Isabella deMatos reports:

For the 20th year, cyclists rode silently in cities worldwide on the third Wednesday in May in a slow-paced ride in honor of those of us injured or killed by motor vehicles. *Team Alameda* marked that day with its sixth annual **Ride of Silence**.

Up until six years ago I never heard of the Ride of Silence until my Texas friend got me in touch with the ride's creator. I was once tapped by a car in Oakland, sprawled out in the middle of an intersection, 35 years ago coming home from training ride. I was chased off the backroads in Solano County by pick-up trucks while training with my gal cycling buddies, scaring us to no end. I am sure we all have our stories and much worse than mine.

Now that you have heard of the Ride of Silence, let's not stay silent any longer.

This is an annual international solidarity ride designed to raise awareness of all road users. Everyone is entitled to use the public roadways and is obligated to share it safely with all other users.

Last year, although the world was still dealing with Covid in a big way, Ride of Silence had 405 locations posted on its website, 44 states, 11 countries on five continents, and zero words spoken. Alameda was one of those locations.

May is National Bike Month. Ride of Silence is always the third Wednesday in May (the following Saturday as a rain date). Add this to your ride calendar for next year. We ride no faster than 12 mph and no further than 10 miles on the streets of Alameda's main island. We ride in silence, obeying traffic rules, in bike lanes, bike lights on, single file as a funeral procession. This is a pace and distance inclusive to all sorts of cyclists of all ages. Spread the word, join the procession. Make a statement and ride in silence with me next year.

From a Ride of Silence newsletter:

“Often motor vehicles aren't even aware of the presence of cyclists or pedestrians. Because of this and the hugely increasing size of motor vehicles, the number of preventable cyclist deaths increased 37% from 2010 (793) to 2019 (1,089) in the United States. More than half of the 1.3 million road traffic deaths worldwide each year are among vulnerable road users: pedestrians, cyclists, and motorcyclists. Of these deaths, 41,000 are cyclists, more than one killed every 15 minutes.”

Note from the Vice President:

The statistics and our collective experience bears out a very important fact: when riding as a group, which we do, the risks are much reduced. We are led by trained and experienced Ride Leaders, we look out for each other and call out hazards, as a group we are much more visible to motorists and we have the gear to take care of all manner of mechanical issues.

Team Alameda and its board continuously strive to improve the level of safety and monitors related issues, accepted practices and our obligations under the law. Recently, we issued First Aid Kits to all of our Ride Leaders, so we are prepared for this rare eventuality. Consequently, most of our challenges deal with flats and discussing who wishes to go home early. We do not have altercations with motorists and abide with traffic signals to the extent possible, even if the group is temporarily split due to a red light.

Rest assured: we are a safe bunch!

Ride Report: Danshui to Datun Mountain, Taiwan



Top of first ascent, about 1,000 feet above sea level

Sorry if you've never heard of this ride.

It started one day in June around 3:45 a.m. I had beat the sunrise by just over an hour thanks to jet lag. I was free that morning to leave home after a seven-day quarantine in Taiwan, where the ride took place. Cycling was my highest priority after that period of imprisonment. The food, beer and toilet paper refills could wait.

This is your newsletter editor, Ralph Jennings, by the way.

The starting point, Danshui, is located just north of Taipei. It parallels a river estuary and rises eastward into the mountains. One mountain tops off at 3,533 feet above sea level. That's Mt. Datun. It belongs to a national park that spans a bigger mountain range. Bike usually takes 105 minutes to do the 15 km ascent from Danshui to Datun's highest public road elevation at 2,723 feet.

Safety: Road surfaces are smooth. Stray dogs hang out on roadsides but seldom give chase. Kilometers 6-8 have little street lighting. No one breaks

glass in the roads in Taiwan. No one robs cyclists. But drivers often speed and expect bikes, as smaller vehicles, to cede the right of way.

Wildlife: The one live snake that I saw did a 180 when it noticed my front tire. A bullfrog up the road just sat there. A few cicada chirps at 4 a.m. turned into a full symphony by sunup. Macaques may screech, but they don't attack.

Scenery: Rainforest of banyan trees, bamboo thickets, ferns and palmettos. Views of a sheer mountain wall at km 13; panoramas of the Pacific Ocean-Taiwan Strait below. One raging waterfall.

Weather: Tropical, low 80s around dawn on its way to the mid-90s. Sweaty.

Pitch: Around 7 percent. Ride in a low middle gear, find your groove, keep it.

Likelihood of doing it again. See you all this Thursday?



Start of the ride, road out of urban Danshui

'It's flat.' Alameda Mayor Marilyn Ezzy Ashcraft's Take on Cycling in the City



Team Alameda: What’s your public agenda for bikes in Alameda?

Alameda is a traffic-safe city and parents should have their children ride bikes to school. “This is Alameda, so who needs to drive your car to high school? It's flat.” The Bay Farm Island bridge’s cycling extension is one case of the city’s accommodations for bikes. Cycling to school “is a good habit to grow into”.

Team Alameda: Please share your opinion on California state assembly bill [AB1713](#), which if passed would require adult bike riders to yield at state highway stop signs in most cases rather than stopping.

“I think it makes sense, but we can’t supersede what the state says. It often takes a few tries and you kind of have to plant that seed.”

Team Alameda: Tell us about bike route plans in the city.

We're working now on the design for the Central Avenue bike path, part of proposed upgrades for Central Avenue from the west end of Encinal Avenue (at Sherman Street) to Fourth Street and Ballena Boulevard and beyond to Main and Pacific. The city has already OK'd a two-way protected bike path that will run past Encinal High School and Paden Elementary School.

Team Alameda: Where does the cycling-foot bridge to Oakland stand?

A bicycle-pedestrian bridge connecting West Alameda to Oakland is entering into a new phase of the feasibility and design for planned major regional infrastructure improvements. The county is funding the \$1.55 million contract. The bridge would touch down in Jack London Square at a location between Washington Street and Oak Street in Oakland. I know all of the major candidates in the Oakland mayoral race and could work with any of them to ensure the success of this bridge that will benefit both of our cities by providing a safe route for cyclists and pedestrians and reducing automobile traffic and greenhouse gas emissions.

Can We Cycle in the Posey Tube?

Bike Walk Alameda Explains

Members of our team's board held a call in June with two leaders from **Bike-Walk Alameda**, a local advocacy group for non-motorized transport. We decided to explore lending Bike Walk Alameda our members as volunteers and using our club's platforms to spread the word about their work -- among other types of cooperation.

Here's the group's [take on cycling through the Posey Tube](#), a common topic of chatter among riders in west Alameda. A narrow walkway in the noisy, smelly tube leads quickly into Oakland Chinatown. But should you try it? Read on.

Q. How do I get off the island if I live on the West End?

A. Darn, I was hoping nobody would ask me this. This is one of the biggest gripes of Alamedans, trying to deal with the getting from West Alameda to

Oakland. The only way to ride across is through the Posey Tube (this is the one going TO Oakland). The Webster Tube does not have a path and it is illegal to ride on the roadway of either tubes. Although one can technically bike on the sidewalk of the Posey Tube, it is not fun, and it's not very safe. I would say that only the experienced rider should attempt the tube. This leaves us with a few other options. You can catch just about any AC Transit bus at Webster Street, and place your bike on the rack on the front of the bus. You can ride East and take one of the bridges off of the island. Bike Walk Alameda is pushing for more alternatives to this situation!

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](#)

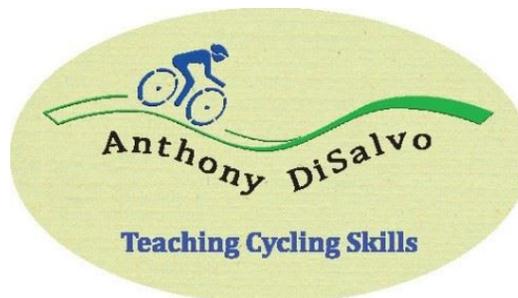
Organized Away Events, August-November 2022

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

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



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