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Winter 2024 - TEAM ALAMEDA NEWSLETTER

TeamAlameda <teamalameda@wildapricot.org>
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Sun, Feb 18, 2024 at 2:18 PM



TEAM ALAMEDA NEWSLETTER

Winter 2024



Message from the President

Welcome, everyone, to 2024!

2023 was quite a year for our club. We accomplished so much thanks to the awesome volunteers that make up our board of directors. The board's focus last year was on increasing engagement with our members and, generally, having more fun! I hope everyone could sense a change as we all rode together throughout 2023. Here is a summary of everything the board made happen for the membership last year:

- Ensured all ride leaders had access to the updated Ride Leader Guidelines so that everyone could understand expectations during group rides and stay safe;
- Held a class on stretching that was tailored for bike riders;
- Held two “away rides” – one to Santa Cruz and another to Occidental! So fun!
- Started up the Ride Leader “thank you” dinners again in gratitude to all the members who lead rides monthly. We had two of these dinners last year;
- Distributed four newsletters, even with a brand new Newsletter Editor at the helm;
- Signed up two new community-based sponsors;
- Volunteered at a local school during “Bike to School Day” and at the “Bike for the Parks” event;
- Led a ride for the annual “Ride of Silence” event;
- Maintained the general administrative activities necessary for a financially healthy non-profit organization;
- Had 26 members join our team and a number of new ride leaders volunteer to lead rides;
- Held the summer picnic – even though the weather was not responding well for a second year in a row;
- And, created the Discord channels so that members can communicate with each other when off the bikes!

And the board is still very busy going into 2024. Already, they have distributed our newly crafted Member Code of Conduct and have also kicked off a project

our newly drafted member Code of Conduct, and have also kicked off a project to revisit and revise our team logo. On top of that, later this spring or early summer, we will have new bike kits for sale! It will be a very busy year for all your board volunteers. Thank you to all the volunteers, both board members and the ride leaders, who all have worked, and continue to work, so hard so that all of us can enjoy great rides, great events, great bike kits and great fun.

Speaking of great fun, I hope you enjoy this newsletter – the first of 2024. Below you will find a great list of local group rides that are scheduled for this year (I hear there will be a big Team Alameda turnout for the Wine Country Century this spring!), a highlight of one of our new board members, and a review of some cool gear amongst other things. Thanks and I look forward to riding with everyone soon.

Janet Shaver

President, Team Alameda

Table of Contents

New Board Member

Notice - Code of Conduct

Update - New TA Logo

New Members

New Member Profile

Update - Spring Rides

Update - New Bike Laws

Update - Estuary Water Shuttle

Article - Road Biking Tips

Gear - Cycling Socks

Gear - Shoe Repair

Bike Art Image 1

Bike Art Image 2

Bike Art Image 3

[Discord](#)

[Sign-Ups For Teamup](#)

[Senior Clipper Card](#)

[Cycling Classes](#)

[Upcoming Events and Rides](#)

[Sponsors](#)

Team Alameda 2024 Board of Directors

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

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



01/23/24 View from Kensington Cemetery

New Board Member: Ann McCormick, Member at Large

Hi Team Alameda!

I am excited to join the Team Alameda Board as the “Member at Large” and would like to briefly introduce myself and ask for your help!

One of the primary responsibilities of this position is to represent the general membership on issues of interest or concern that would improve your experience as a Team Alameda member. To help me in this role, please reach out with any questions, comments, or great ideas that you would like the Board to consider or discuss.

I have been a member of Team Alameda since I started riding about 12 years ago and have been riding more regularly over the past couple of years. I love the energy, inspiration, and support that I get from the team, and I always feel safer riding in a group. I especially appreciate the no-drop ride policy and am grateful for the support of the many ride leaders and team members who have helped me when I crashed my bike (only once), got lost (more than once), or

needed a quick mechanical fix on the route (once or twice).

My primary sport is triathlon and I have found the Team Alameda rides and events to be a great way to support my training goals while having fun, exploring the Bay Area, and making new friends. I hope to see you on a ride soon and feel free to contact me anytime!

Ann McCormick

memberatlarge@teamalameda.org.



Ann McCormick, Laura Merchant, Tracy Roberts, and Janet Shaver at the terminus of Eden Canyon Road; Photo credit: Kurt Borowski)

Team Alameda Code of Conduct

As you may have seen in your email recently, Team Alameda has adopted a **Code of Conduct**, which we feel is a reasonable framework that asks all members to act in a respectful manner while attending club-related activities.

As we hope you have found during our rides and events, Team Alameda is committed to everyone enjoying cycling in a safe environment, free from discrimination, intimidation, harassment, and abuse. And, we respect the rights, dignity and value of every person involved in its activities.

Due to a few minor issues that arose over the past year, the board looked to other cycling clubs around the country for guidance and felt that following their leads in adopting a standard of conduct would allow everyone confidence in navigating interpersonal grey areas. We believe that you will find the standards of behavior described in the Code of Conduct conform to usual and customary behavior and safeguards that we witness already within the Club.

You can find a copy of the Code of Conduct on our website at:

<https://www.teamalameda.com/Policies>. And, if you have any concerns with the content, please send those concerns to board@teamalameda.org as, annually, we will be revisiting and revising the Code of Conduct as necessary. Thanks!

New Team Alameda Logo

TA'ers! We have been hearing for some time now that the look of our logo is firmly stuck in the early aughts – which makes sense seeing that we are quickly coming up to our 20th anniversary! And, even though there are many folks who feel that our logo is “ok for now”, we have already started exploring adopting a new logo, look, and feel for Team Alameda. To that end, we have put together a small team of TA members, led by our own Josh Singer, to explore new branding for the club. Our goal is to have a new logo for you all before we dive into a new jersey design this spring.



[Not the New TA Logo](#)

New Members

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

Helen Bae	21 Nov 2023
Juan Ibarra	27 Nov 2023
Tom Low	28 Nov 2023
Joseph Bagliere	04 Jan 2024
Nirmal Rout	18 Jan 2024

Welcome!

New Member Profile - Maggie and Chris Borth





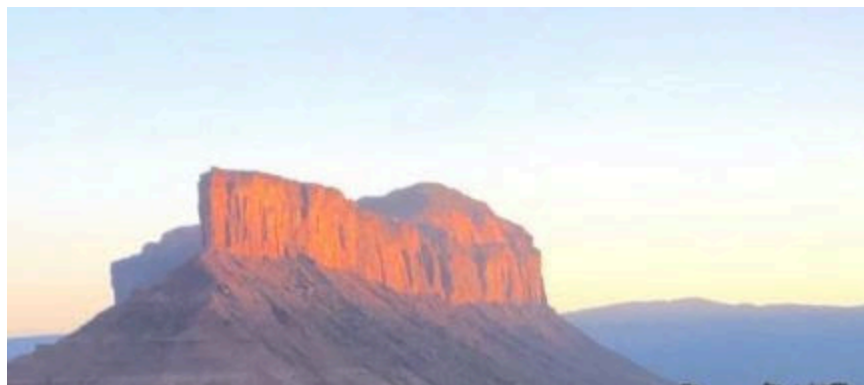
Maggie and Chris

I first heard of Team Alameda through my husband Chris Borth. I have always been an “every now and then” cyclist. My go to exercise was always running. But as I got older, well, the ‘ol’ knees sure aren’t what they used to be! So I started biking more and tried to keep up with my “mountain goat” husband. Very frustrating.

Some friends of ours invited us to go on a San Juan hut-to-hut mountain bike ride in Colorado. It started in Telluride and ended in Moab. A 215 mile ride over 7 days. A goal! Riding my mountain bike became my goal to not die in the Rockies! Well I survived the ride and had a wonderful time. I actually enjoyed riding all day long and seeing the amazing scenery so much that I forgot to dread the hill climbing. Almost. When we got home I was amazing how much stronger of a rider I became. It was so encouraging that I felt I was worthy of joining Team Alameda!

What a great team! The camaraderie and inspiration I get from all the members is amazing. I feel safe riding through the Oakland hills with the group. I feel comfortable not being the only woman, but learning from strong and capable women. To top it off, I feel empowered because I’m not always struggling to keep up with my husband, but I’m cycling with a fellow member. No one left behind!

Thank you for all the encouragement and knowledge. This team is awesome!





Maggie Biking the La Sal Mountains

Hey TA!

Who am I and why am I here? Borth, Chris Borth..... Well, I moved to Alameda in 2004, to be closer to work. I always loved mountain biking, but it seemed that road biking was all the rage around the Bay Area; especially during the Armstrong years. Also, I had always wanted to climb Mt. Diablo on a bike. So, within a couple months, I bought a new carbon road bike and started riding some of the local routes. It was fun, but I wanted to add a social element to my new hobby. One day I met the coolest cat in town, John West, at Otis Elementary, while dropping our boys off. We were both on bikes and heading out to ride....so, we headed out together. We began biking for fun, and then for training. We then decided to set goals: Marin Century, Death Ride, Vatterund(Sweden), all great rides. Over the years, we occasionally rode with TA and met the usual suspects. Then I suffered burnout, from trying to train to a certain level, feeling guilty if I didn't ride enough, so I took a break from it.

But, I sure did miss riding for fun and being with friends who were happy to be out biking. Maggie and I began riding together more frequently, and I knew she would enjoy the camaraderie of Team Alameda. I am so happy now to be an official TA member, riding with my wife and new friends who love to be on their bikes! You all make this team so fun and special!

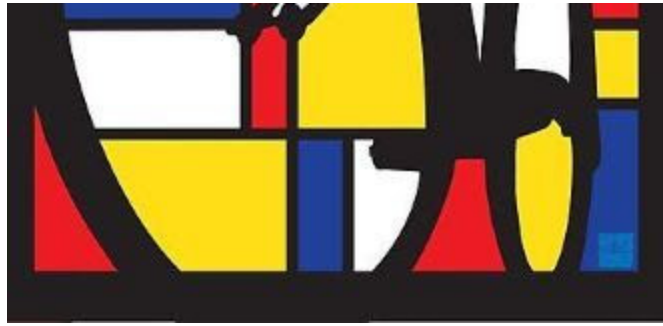




Chris and His Bike

Bike Art Image 1





Mondrianian Road Bike

Northern California Spring Rides

Tired of riding the mean streets (and hills) of the East Bay? Check out the many rides available around Northern California this spring. Highlighted rides are most likely to have Team Alameda riders and some of the sites allow you to check who has signed up.

Kings River Blossom Bike Ride , https://www.blossombikeride.com/
Saturday, March 2, 2024, Reedly College, Reedly, Ca
Routes: 7 (0), 20 (200), 40 (550), 60 (3,600)
Climate Ride , https://www.climateride.org/events/death-valley-national-park-ride/
March 3-8, 6 Days - Stovepipe Wells to Furnace Creek, Death Valley NP
Routes: 220 (14,800)
Cinderella Classic , https://valleyspokesmen.org/cinderellaclassic
Saturday, April 13, 2024, Las Positas College, Livermore, CA
Routes: 35, 40 (1,400), 63 (2,700), 93 (5,500)
Terre Bella Bicycle Tour , https://tierrabella.org/
Saturday, April 13, 2024, Gilroy High School, Gilroy, CA
Routes: 30 (700), 50 (1,900), 74 (3,700), 101 (7,200)
Sea Otter Classic , https://www.seaotterclassic.com/

April 18-24, 2024 Fort Ord NM, Monterey, CA
Gran Fondo Pacifico, Saturday, April 20, 2024, 50 (2,600)
Gran Fondo Carmelo, Saturday, April 20, 2024, 85 (3,500)
Wildflower Century , https://slobc.org/wildflower/
Saturday, April 20, 2024, Creston, CA
Routes: 35 (2,500), 50 (3,100), 64 (4,100), 80 (4,900)



Primavera Century , https://ffbc.org/primavera/
Sunday, April 21, Mission San Jose High School, Fremont, CA
Routes: 25 (500), 63 (4,300), 85, 101 (6,300)

Chico Wildflower Century, <https://www.wildflowercentury.org/>

Sunday, April 28, 2024, Silver Dollar Fairgrounds, Chico, CA

Routes: 12 (50), 30 (150), 62 (2,500), 95 (5,000), 100 (6,800), 125 (7,600)

Wine Country Century, <http://www.winecountrycentury.com/>

Saturday, May 4, 2024, Luther Burbank Center, Santa Rosa, CA

Routes: 34 (1,200), 63 (2,600), 100 (4,900)

I Care Classic, <https://www.icareclassic.org/>

Saturday, May 18, 2024, 18735 Madrone Pkwy Morgan Hill, CA

Routes: 10 (200), 20 (350), 32 (1,200), 62 (2,600), 100 (5,000)

Healdsburg Giro Vigneti Cycle Tour, <https://www.eventbrite.com/e/2024-healdsburg-giro-vigneti-cycle-tour-tickets-750817995837>Saturday, May 18, 2024, [14210 Bacchus Landing Road, Healdsburg, CA](#)

Routes: 22 (800), 38 (1,600), 61 (2,500), 102 (7,800)

Tour Delle Vigne, <https://www.tourdellevigne.com/>Saturday, May 18, 2024, [19877 N Davis Road, Lodi, CA](#)

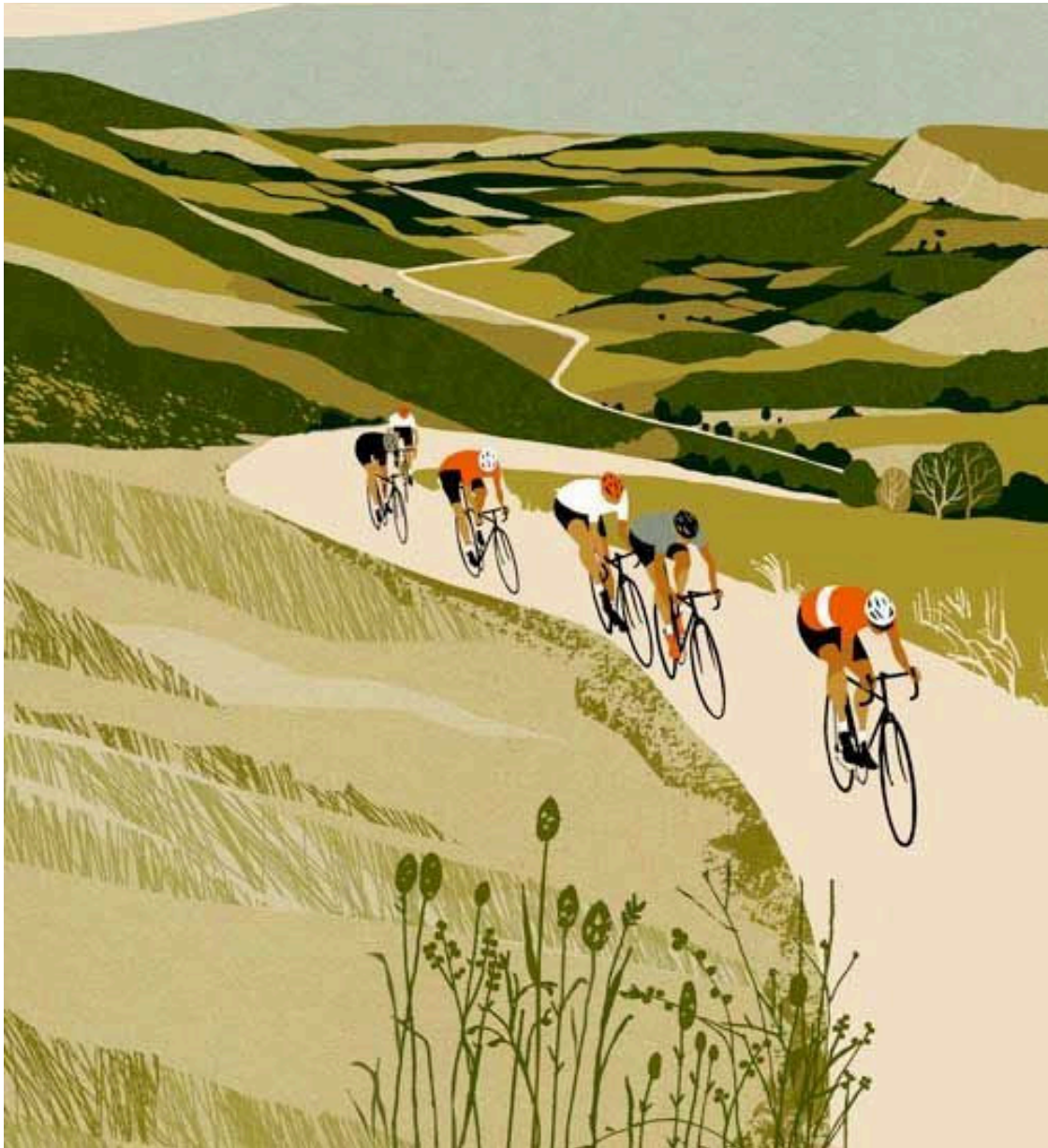
Routes: 22 (100), 40 (350), 62 (450)

Oakland Feather River Bicycle Camp 2024,<https://oaklandyellowjackets.wildapricot.org/event-5388418>

August 8-11, Oakland Feather River Camp, Quincy, CA

Numerous daily ride options, road, gravel and mountain: "mixed terrain" riding.





New Bike Laws

AB-1909 Vehicles: bicycle omnibus bill.

As of January 1, 2024 Assembly Bill 1909 takes effect. There are several provisions that will be of interest to Team Alameda riders and ride leaders.

Here is a summary of the provisions:

- The bill authorizes the Department of Parks and Recreation to “prohibit the operation of...any class of electric bicycle on any bicycle path or trail...”
- It would allow bicyclists, if there is no bicycle control signal, to enter an **intersection** “when facing a solid red traffic control signal” if there is a

intersection when facing a solid red traffic control signal. If there is a “Walk” or “walking person” signal.

- Currently a driver when passing a bicycle must stay three feet away. This bill will also require the driver to move over to an adjacent lane if available.

Here is a link to the legislative summary and the bill itself if you want the excruciating detail.

https://leginfo.legislature.ca.gov/faces/billNavClient.xhtml?bill_id=202120220AB1909

Bike Art Image 2



New York Winter

Estuary Water Shuttle

The Alameda to Oakland water shuttle is scheduled to start running this spring and has been highlighted in our last two newsletters. Whether this will be a viable route option for Team Alameda rides either leaving or returning to the island is problematic depending on timing and capacity. Below is a reprint of an article from SFStreetsblog discussing the water shuttle.



Woodstock

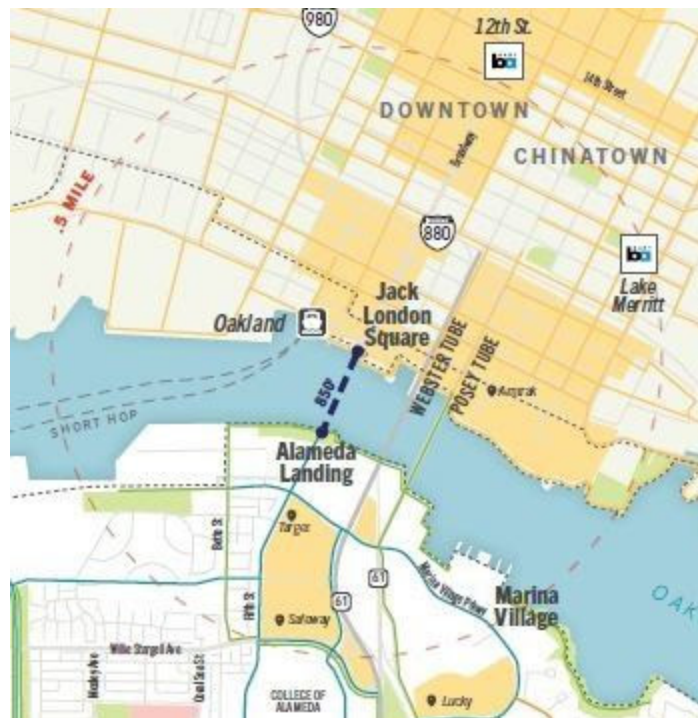
Cyclists and pedestrians will get a reasonable, traffic-free alternative next year for getting between Jack London Square and western Alameda--and it's in the form of a little yellow boat named Woodstock.

"The boat will start running in late Spring," explained Rochelle Wheeler, Senior Transportation Coordinator for the city of Alameda. This is no longer wishful thinking by residents of the West End cut off from the shopping they can see right across the estuary: the boat was purchased and delivered earlier this month. Currently, it's at a shop in Richmond undergoing modifications.

The little craft has already been through quite a journey. Built in 2004, the ferry spent most of its life doing service in the harbor in Buffalo, New York. Wheeler's team, which includes the The San Francisco Bay Area Water Emergency Transportation Authority (WETA) and various other stakeholders in Alameda and Jack London Square, looked for an appropriate craft in the Bay Area, but couldn't find anything that fit their needs. "An estuary is a very different waterway. Other boats in the Bay Area need to be able to operate in much rougher conditions," she explained. "And we want to have bikes and people able to come easily on and off, in wheelchairs, strollers, or rolling their bicycles."

And they wanted a craft that can quickly and efficiently shuttle the 850 feet (a distance that would take less than five minutes to walk) between the Jack London dock at Broadway and Alameda Landing. After searching with WETA (via their boat broker) for some five months, they settled on the craft for sale in Buffalo, which was then trucked overland to a boat maintenance facility in Richmond. The facility is adding a wheelchair and bike ramp.

From Wheeler's explanation, it won't run on a fixed schedule. During hours of operation the boat will be "on call," so that when someone shows up at the dock it'll scoop them up and shuttle them across minimizing wait times.



Hours of operation for the pilot are still being worked out, but the plan is to

operate four to five days per week, for nine to 12 hours per day, depending on funding and the season. The service will be free to riders. Funding is coming from Alameda County, the city of Alameda, and various not-for-profits and local business interests. Currently, they have "\$2.5 million for a two-year service," explained Wheeler.

If the pilot is successful, more service could be added. They're also discussing converting the boat to electric (it's gasoline powered).

And, of course, in the distant future, the water shuttle will be moved to a different route once a pedestrian and bike bridge is built between Jack London and Alameda Landing. That's the real, long-term solution.

Road Biking Tips

As we approach the riding season it might be a good time to review some of the basics of road biking. The excerpts below are from *The Ultimate Road Cycling Guide for Beginners* by Petr Minarik. I have reprinted a few sections. It's pretty basic for most Team Alameda members but for those who don't know the difference between FTP and PAT it has some good information and is sprinkled with many useful links and videos.

<https://www.cyclistshub.com/road-cycling-guide/>

Clarifying Your Goals and Expectation

By clarifying your goals and expectations, you will realize why you want to do road cycling. Maybe you want to race, explore your area, visit new places, make new friends, or combine everything. Knowing your motivation will help you in the long run. Sometimes, you may feel like you don't want to cycle anymore. But when you remind yourself why you started, you get the needed push to keep going.

Shifting Gears on a Road Bike

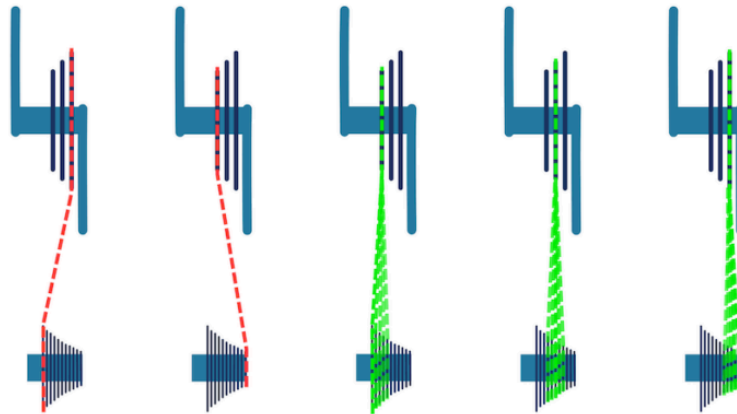
Here are a few tips for shifting gears:

1. Use your entire gear range depending on the terrain you ride. Many

people use just a few gears, contributing to increased wear on given cassette sprockets.

2. Keep your cadence around 85 RPM (revolutions per minute). The sweet spot differs among riders. You should not pedal too slow (you will tire your muscles faster) or too fast (it won't be too comfortable) unless it's part of your training.
3. Avoid cross-chaining (see the picture below) to improve drivetrain efficiency.

CROSS CHAINING vs. GOOD SHIFTING



Avoid cross-chaining to reduce chain friction and drivetrain damage. Follow good shifting best practices to improve efficiency.

Using Brakes on a Road Bike

Road bikes use [disc or rim brakes](#). The rim brakes are more affordable and lighter but less effective when it's raining. Disc brakes are becoming more popular. However, rim brakes are fine too, especially if you don't live in a mountainous area or are not a heavy rider.

We differentiate [mechanical and hydraulic disc brakes](#). The hydraulic ones can better dose the braking power and are easier to use because you don't have to apply as much force on the brake lever. But due to their high effectiveness, you have to be careful when using them.

- One of the most common mistakes of beginners is that they only use the rear brake. But you should **use both brakes simultaneously**.
- Before you gain experience, brake well in advance to avoid skidding

and losing control of your bike.

- If you need an **emergency brake, lean your body backward**. The change in your center of mass will help keep your balance and traction.

Pacing Yourself

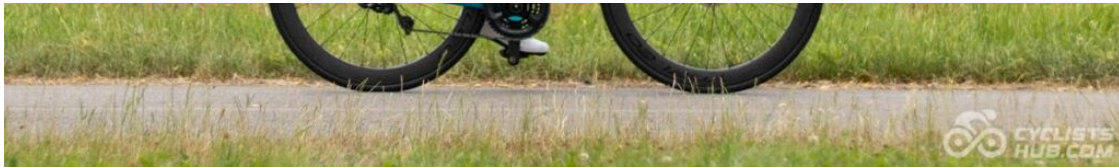
Pacing is important when road biking. But if you are a beginner, you don't know where your limits are. That's when a Functional Threshold Power (FTP) test comes in. It tells you what maximum effort you can sustain for one hour. Once you know your FTP [heart rate](#) or [power](#), you can ride based on these metrics. A [power meter](#) is not cheap, but it will be easier to manage your energy resources, especially during long rides.

When climbing, many people go to the red early on. This is not the best strategy. Instead, start slowly and increase your speed if you feel well. Remember that external factors such as headwinds or a climb significantly affect [your \(average\) speed](#), so you should adjust your effort accordingly.

Additional Tips for Riding a Road Bike

- Look ~30 feet (~9 meters) ahead to choose the best path, avoid potholes, see braking cars, etc. Don't look at or right in front of your front wheel.
- Ride out of the saddle every 15 minutes to relax your back muscles and reduce pressure on certain body parts (especially your butt).
- To ride faster, sit in a more aerodynamic position. It's the position with your elbows bent to 90° (not the position on the drops).





- When descending and cornering, be careful not to hit your pedals with the tarmac.
- Don't ride as far right (or left) as possible. Keep two possible ways to avoid a pothole, a drain, etc. But make sure to consider the road and traffic. Here are more [bicycle safety tips](#).

Coping with Pain When Cycling

Let me tell you something that's not easy to hear. **Cycling can be painful.** Surprisingly, that's what many find appealing about it. However, you will likely experience moments when your legs and lungs will burn from your efforts. Trust me. You will eventually learn to manage the pain and get used to it.

Once you get better fitness, you won't get tired as quickly and will be more powerful. Leverage techniques like cold showers, recovery rides, etc., for better regeneration.

Don't push it too hard when you are getting started. Instead, get basic fitness before chasing KOMs (King of the Mountain) in your area. Many cyclists ride as hard as they can every ride, but it's counterproductive.

You have to ride slower to become faster.

Bike Art Image 3





We've All Been There

Best Socks for Cycling

contributed by Ralph Bruni

Do you want socks that are comfortable, especially at the toes and heel, act with a compressive fit, and wick well with Coolmax material? I have the answer for you!

We may disparage the flooding of Chinese products into our market, especially knock-offs, but sometimes this country does things right. I have ridden these socks hundreds of miles and cannot overstate how comfortable they are.

There are no seams, there is extra padding at the aforementioned toe and heel area, and there exists no bunching of material. Though touted as a hiking or running sock, the description mentions cycling as well, and they are fit for that purpose.

They are now my preferred sock and do not come at an inflated price. Just remember to not pull them on with too much force, because their only weakness is the proclivity to break the weave. I was forewarned by reading comments from the other users, so have not had any such issues. They are even specifically designed for the left and right foot.

Link: https://www.amazon.com/dp/B0BVVZ9BZ1?ref=ppx_yo2ov_dt_b_product_details&th=1&psc=1





Protect Your Cycling Shoes

contributed by Ralph Bruni

Riding your bike can be hard on your kit, especially on your shoes. Scrapes and incipient holes may begin to appear on the upper, most common on the toe cap. Should you experience a crash, long furrows and scrapes may make you consider throwing your shoes away.

Fear not, there is a way to recondition your used shoes, so that they may look like new and even extend their useful life. There exists a glue, designed for neoprene diving suits and other waterproofed garments, that works just as well on shoes, including hiking boots and regluing loose soles. It is called *Aquaseal SR*, which stands for “Shoe Repair”, that applies as a thick translucent glue.



It is best practice to order some tin-handled glue brushes and wooden craft sticks with this product. Wear a face mask and latex gloves, and apply in the open or in a well-ventilated area. The curing process takes between 24 and 48 hours and leaves a clear, rubbery coating, which is tacky to the touch.

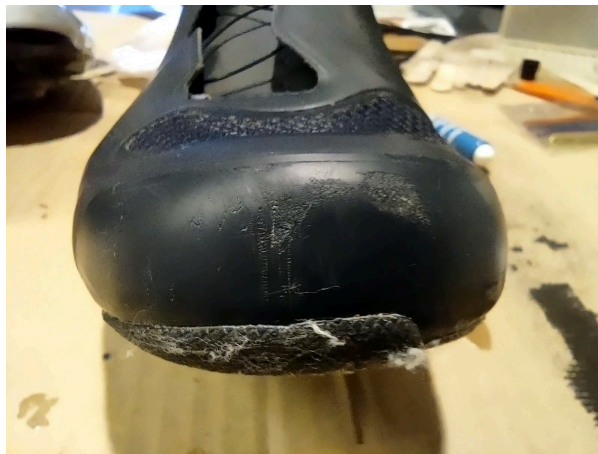
The accompanying photos show the untreated shoe and the resultant appearance, after applying *Aquaseal* with a brush and filling in uneven areas with a craft stick. Approximate prices are *Aquaseal* (\$ 9), brushes (\$ 8) and craft sticks (\$ 4).

If you do it correctly, and apply a coating which is not too thick, your shoes will look as if this coating was made in the factory. This rubberized coating completely conforms to the contours of your shoe, with no trapped air bubbles,

and is very hardy. Your toe cap will be practically impervious to further damage and is also watertight.

Instructions are clear and you may also consult YouTube for comments from customers. Just remember to interpose some plastic wrap on the thread to the tube before screwing on the cap to create an airtight seal, so the glue does not harden with continued curing during storage in your refrigerator.

Photos show cycling shoes, before and after.



Before



After





12/09/23 Point San Pablo

Discord

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

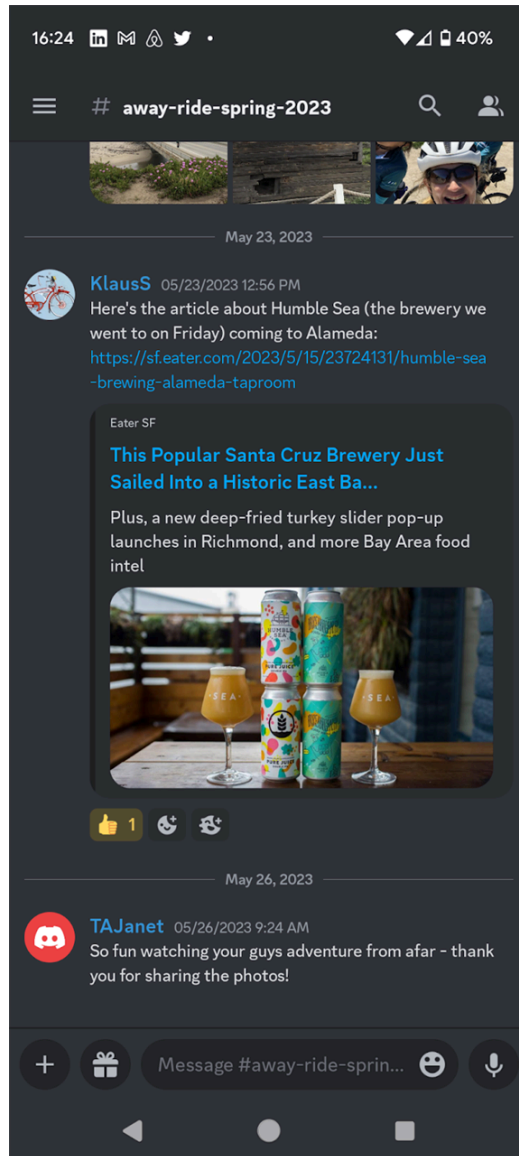
We encourage communicating with other members, sharing photos, coordinating rides and events, selling/buying gear and bikes, and everything else related to cycling and the club.

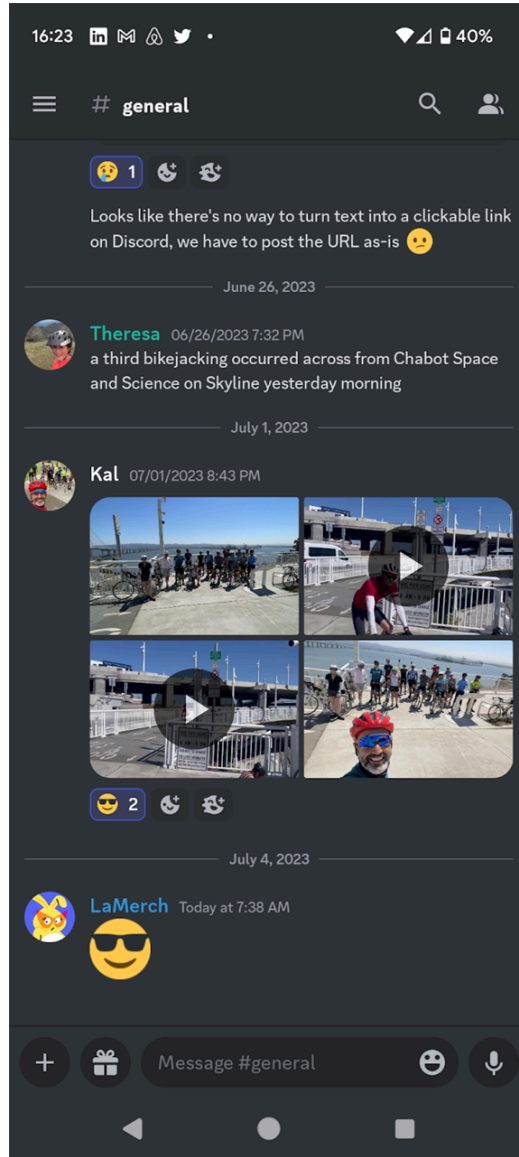
We recently used it very actively during our recent Santa Cruz away weekend.

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

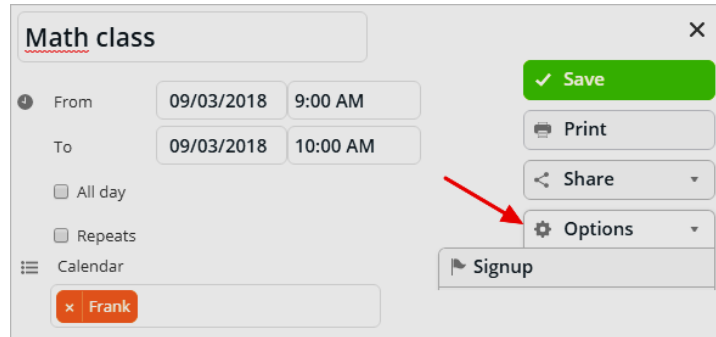
Once you're on the "server", you can join any of the channels or chat with members directly.

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

Upcoming Events and Rides

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

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.

New Sponsor - Alameda Art Lab

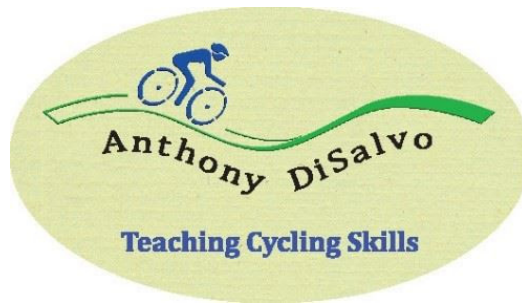
Alameda Art Lab offers classes in mosaics, stained glass, fused glass art and jewelry, wire art, painting and drawing for adults and youths. Located in Alameda, Alameda Art Lab also offers after-school classes, summer camps, parties (think birthday, bridal, girls' night out, you think of it, and they will help host it!) and team building events.

Alameda Art Lab is owned and operated by JaYing Wang, a mosaic and glass artist, art teacher and business owner in Alameda since 2005.

JaYing has taught art classes to hundreds of adults and children. She has been a mosaic and glass artist since 1995 and an art teacher since 2002. In the mid-2000's, JaYing owned Children's Art Studio in Alameda, CA, where she taught art to pre-school children and elementary school kids. She has also taught after-school art classes for Alameda Education Foundation, and taught at most of the elementary schools in town. In addition to teaching classes, JaYing also loves to work on large commissions. She has created many public

mosaic murals in collaboration with schools and has installed murals at St. Phillip Neri, Otis Elementary, Bay Farm Elementary and Amelia Earhart Elementary, as well as commissions for churches, restaurants, and even the South Shore shopping center.

You can check out the upcoming art classes being offered at Alameda Art Lab by visiting their website: www.alamedaartlab.com.



**Anthony DiSalvo
Teaching Cycling Skills**



Alameda Bicycle



Bike East Bay



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Alameda Art Lab

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