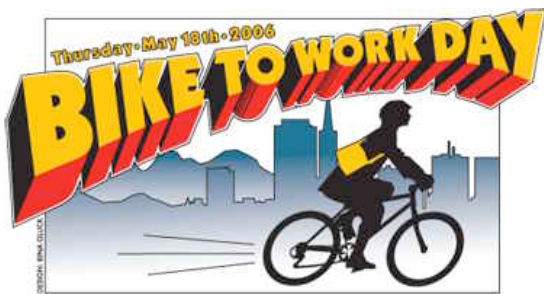


THE BIKEALAMEDA CYCLIST



Bike To Work Day is Coming

by John McNulty

National Bike to Work Day is Thursday May 18. Again this year, BikeAlameda will be coordinating the day's events. We hope to inspire first-time bicyclists and veteran riders onto Alameda's streets to commute to work...and more.

Many Alameda bicycle riders are probably familiar with the "Energizer Stations" found along bike routes in the morning commute hours on Bike to Work Day. This year, riders can pick up "musette" gift bags. Riders can also expect to grab coffee, something to eat and meet other cyclists... Come by during commute hours.

This year we have a new event: the "Team Bike Challenge." The challenge encourages people recruit friends, neighbors, family and co-workers to pedal to work, school, and all those places in between for the entire month of May. Prizes can be won for best participation in Alameda County. It promises to be a fun way to celebrate cycling in May. Check it out on page 5. **Continued on Page 3.**

Calendar

- Sat, Apr 22 (11 AM - 4 PM)**
Valet bike parking - Alameda Earth Day
- Wed, May 17 (8 PM)** Board Meeting
- Thu, May 18 (6:30 - 10 AM)**
Bike To Work Day 2006
- Wed, May 31 (5:30 - 9:30 PM)**
& **Sat, June 10 (10 AM - 2 PM)**
Bike Education Classes
- Fri, Jun 9 (5:30 - 7:30 PM)**
Valet Bike Parking - Crab Cove Concert

Also Inside This Issue:

Super-Clean that Bike Machine



Left to Right: Henry and Robin Berg and "Duke" Kiehn.

Take your bike out to the ball game

by John McNulty

Biking to an A's day game from Alameda has never been better. It's convenient, beautiful and you won't have to pay for a double-digit fee for stadium parking.

Pack your bike lock and pedal off to a fun afternoon. Your bike ride to the game will take a few more minutes than driving would, but mostly because you'll be slowing down to admire the bay views.

To get there: First, go over the High St. Bridge on the South (right) side walkway. Turn right on the first street, Tideway Ave. You'll find that the next 200 yards are rough going: there are lots of trucks along here at the start. Watch out, also, for the embedded railroad tracks.

Whew! With this difficult stretch of road done, the beauty begins.. Look on your right for the signed and posted entry gate to a blacktop surface of Martin Luther King, Jr. Regional Shoreline. After passing the entry, you'll have an easy ride along this smooth path mixed with some older paved sections. To the west is the estuary and picturesque dockside homes on the

other (Alameda) shore. Along the Oakland side you'll find an occasional bench where a moment of nature viewing activities can be your reward.

You will pass over a couple of bridges on this winding path. You can use this path on other occasions to visit wetlands and any one of many picnic spots. It goes long past the ballpark.

The meandering path goes on about 2 miles past a soccer field on the left and the field where occasional carnival ferris wheels and circus tents become temporary landmarks. You can't miss seeing the stadium and the highway off ramp just before seeing a parking lot access, also on your left. This access connects to the 66th Ave. overpass and on to the stadium. Here you'll be sharing the road (or path?) with walkers and drivers so be carefully.

Once over the overpass enter the pay parking lanes, say hey to the parking ticket sellers without paying them a farthing. Head toward the bike racks just to the right of the same day ticket booths. You'll be closer to the game than those in the "V.I.P." parking lot

Park, lockup and go A's! ☺

Learn to Ride — Safely!

Want to have more fun riding? Learn from the experts! As part of Bike To Work Month, We're sponsoring two bicycle safety classes. The classes will teach the basics of safe and enjoyable cycling, including riding in traffic, necessary equipment, crash avoidance, and legal rights and responsibilities. Cost for members: \$10. Non-Member cost through May 25: \$15; after May 25: \$20. (No one will be turned away for lack of

funds). No bicycle needed for the course. For ages 16 and above.

Dates: Wed. May 31, 5:30 - 9:30PM, location TBD Sat. June 10, 10AM - 2PM, Alameda Hospital Room C First Floor. **RSVP:** Email lucy@bikealameda.org by May 20. **More information:** www.bikealameda.org or call 595-4690.

Classes are co-sponsored by Alameda Hospital.

Ask Dr. Sprocket

Dear Dr. Sprocket:

As you know, the new Safeway in Alameda Towne Centre (formerly South Shore Shopping Center) is bigger, grander and much more elaborate than the old store. Why is it then that the bike rack is a third of the size of the former one when the store is twice or more the size of the old one? And those racks are the old fashioned ones designed for bikes without quick release wheels.

I asked at Safeway and they shrugged saying that's what they got.

In fact, why is it so hard to find bike parking at all around this new fancy mall? Trader Joe's has none to speak of (a small rack in front of Applebee's). Only Office Max and Walgreen's (good for them) have the state-of-the-art "S"-shaped bike racks.

I want to ride my bike to the mall but it is hard to find parking. What do you suggest?

Bike to Work Day, Continued From Page 1

If you'd like to volunteer to staff an Energizer Station, contact btwd@bikealameda.org. The Stations will be the entry ramps to both commuter San Francisco bound ferries and the Bay Farm Island bike bridge. Other locations will be planned also.

Across the nation bike commuter participation has been growing each year. According to the U.S. 2000 census approximately 36,000 Bay Area residents use a bicycle as their primary means of getting to their place of work every day. On Bike to Work Day it is expected that from 50,000 to 100,000 people will bike to

Sign me: *A happy pedal-er but disgruntled park-er.*

Dear Happy: I sympathize with your frustration. BikeAlameda's advocacy team has been working to ensure that there will be adequate spaces in useable locations. The current plans are for 283 bike parking spaces throughout the mall. We will keep watching.

Dear Dr. Sprocket:

As a kind of bonus when I joined BikeAlameda I was given a membership in East Bay Bicycle Coalition. I found this membership useful recently when I reported a dangerous sign that was badly positioned along an Oakland bike path. It was easy to make the report online (<http://ebbc.org/hazards.html>). About two weeks after this report I noticed that the sign had been moved to a much safer location. I had been told that EBBC, as with BikeAlameda, has a way of getting things fixed that cyclists should appreciate. Thanks! —*John McNulty* ☺

work in the Bay Area, with many being first time bike commuters.

Last year the Alameda Association of Realtors co-sponsored with BikeAlameda "Realtor® home tours" during May and this is in the planning again this year. Real estate advertising has boasted that Alameda is a bike-friendly town, which benefits home values

Registration is not required to enjoy the morning commute on your bike but registration will enter you into a "free bike and other prizes drawing". Go to http://www.bayareabikes.org/btwd/register_online.html ☺

Bicyclist Biography

Dr. Michael San Jose

By Francis and Vincent Arcellana-Politzer

Michael San Jose is a chiropractic doctor specializing in sports injuries. He is also an avid cyclist and one of two doctors for Health Net-Maxxis, a domestic pro cycling team. We caught up with Dr. San Jose at his office on Everett Street in Alameda.

Where do you like to ride in Alameda?

My favorite ride is around the main island and Harbor Bay. It takes a little less than an hour. It's flat, so it's an easy route to do a recovery ride, if you raced the weekend before, or you did a hundred-mile ride — any type of hard ride. Alameda is a perfect area to ride your bike if you're looking for a flat easy ride.

How did you get into racing?

I began racing in college at U.C. Irvine, then continued on as a USCF [United States Cycling Federation] Cat 3 amateur. I actually started cycling to strengthen my legs for surfing.

Do you still race?

Yes, I still race. The last race I did was the one here in Alameda - the Alameda Grand Prix. I did three races that day.

What kind of bike do you have?

A 2003 Look KX Lite, Team Health Net's first bike. I also have a 2000 Team Mercury Fuji, Floyd's [Landis] old training bike, made by Peter Teschner.

If you could have any bike in the world, which one would it be?

Probably a custom made Calfee.

What should people do after not riding for the winter and then starting again?

Take long, slow rides, to build your base. Start off riding up to 10 hours per week for the first 2-3 weeks then build up to 20 hours. Keep heart rate at 65% of max heart rate or below. Obviously, your ability to train on this schedule depends on family, work, and daily life obligations.

Can you explain what max heart rate is?

Max heart rate is the maximum heart rate your body would put out before it would just give up. There is a simple formula to get your max heart rate. You take 220 beats [per minute], and you subtract your age. So, if you're a twenty year-old, subtract twenty from 220. Two hundred would be your max heart rate. To get the percentage if you're doing base miles, for instance, you want to stay within 65% or less. So, your heart rate would be more in the 140s.

What kinds of bike injuries do you see as a chiropractor?

Neck and back stiffness, muscle soreness and tension, tendonitis, hand numbness and tingling and road rash.

How can riders prevent some of these injuries?

Well, first of all, you don't want to crash. That's the main one. Also, getting a proper bike fit will prevent most of the injuries. ☺



Bicycling Magazine “Gets It” – Opens Readers’ Eyes!

As a member of BikeAlameda, you know that we advocate on behalf of all bicyclists – whether you ride just for fun, just for transportation, just because that’s all you want to do or because that’s all you can afford to do. We are trying to build complete streets to serve everyone, but sometimes the mainstream bicycling press seems only to care about bicycling if you ride \$1,000+ machines and wear the latest gear.

Bicycling Magazine published an article in the December 2005 issue on those millions of Americans they call “the invisible cyclists,” the mostly poor group of people who represent a small portion of bicycle industry profits but in fact represent the largest group of everyday cyclists. The magazine calls on industry to develop sub-\$100 commuter bikes, to improve upon the fancy looking but substandard “mountain bikes” available cheaply at big box stores. It also calls

on cycle advocates to open their eyes, because, in fact, nobody is an invisible bicyclist.

BikeAlameda encourages you to do your part to reach out to all cyclists. Talk to your fellow cyclists, tell them about BikeAlameda and invite them to join, or give them a gift membership. Our movement is strongest when we see, and include, every cyclist, regardless of race or class. ☺



May 2006 - Team Bike Challenge

Enroll in the Team Bike Challenge, recruit friends and colleagues to join your team and win!

Bike to Work Day is only one day, but our question is...why stop there? Keep pedaling for Bike to Work MAY! Take the Team Bike Challenge. The Team Bike Challenge dares regular bike commuters to stay in their lane while they recruit friends, neighbors, family and co-workers to pedal to work, school, and all those places in between for the entire month of May. Everyday your team pedals, you gain points and the opportunity to win cool prizes!



Participants in the Team Bike Challenge form teams of five. Together you'll pick a captain and a name, sign up at 511.org, and log every ride on a personalized calendar. Teams do not have to ride together—although you can! Each individual member earns points every day they use

their bike to get around. Teams compete against each other for enough points to score the grand prize of a bike rack to be placed in a public space of choice in their county. Leave behind the traffic, parking hassles, and gas charges—hop on your bike and go! ☺

Super Clean that Bike Machine: Recipes for a Happier Bike

By Casey Larimore

Do this after degreasing the chain, before lubing. Use a cleaning product designed for bicycles, I like Finish Line Bike Wash. You can use the hose but DO NOT use high pressure or spray the bike.

Materials:

- Rubbing Alcohol
- Old Rags
- Fine Sandpaper or File
- Needle nose Tweezers or Sharp Nail
- Bike wash
- Bucket
- Garden Hose
- Soft old rag
- Clean Towel or Chamois
- Chain Lube

Getting Started

1. Remove the wheels and turn the bike over to rest on the saddle and handlebars (do this on the grass or a towel to protect any fancy computer you may have there)

Wheels

1. Spray or pour a bit of rubbing alcohol on a rag
2. Gently rub the alcohol along each side of the rim, down each spoke and nipple and on the hubs (center of wheel)



Brake Pads

1. Visually inspect the brake pads and run a finger along each pad, feeling for slickness and pieces of metal.
2. Remove any metal or debris with the needle-nose tweezers or nail
3. Using the sandpaper or file, gently file the pads to make them tacky
4. Visually inspect the pads and finger-check for evenness



Frame

1. Turn the hose on low and gently get the bike wet
2. Spray the frame top to bottom with the bike wash until foamy
3. Rinse the bike gently with the hose
4. Dry the bike well with the chamois or towel and get it good and

sparkly

5. Lube the chain, derailleurs and spoke nipples
6. Replace the wheels, close brake pads,

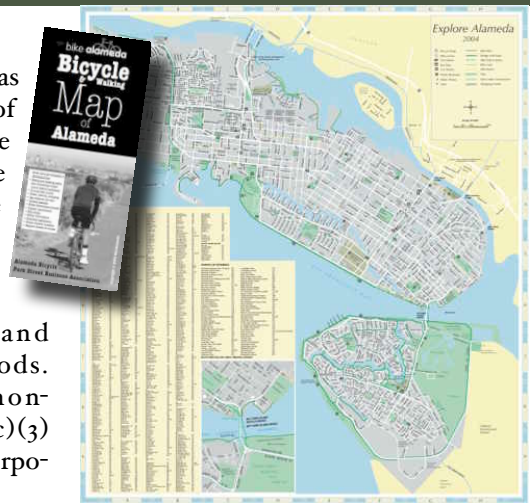


visually inspect the bike and take it for a test ride. ☺

About BikeAlameda

BikeAlameda's mission is to encourage bicycle use as an integral part of daily life in and around the City of Alameda. Founded in 1999, BikeAlameda serves the community through education and services such as secure Valet Bike Parking at community events and its Bicycle and Walking Map of Alameda. BikeAlameda believes in safe streets, active, healthy citizens, and vibrant, walk-

able business districts and neighborhoods. We are a non-profit 501(c)(3) California corporation. ☺



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 John McNulty

Pick up BikeAlameda's free *Bicycle & Walking Map of Alameda* at: Tucker's Ice Cream, Stone Cyclery, Cycle City, Alameda Bicycle, Java Rama, Spritzer's, Alameda Free Library, and more!

UPDATE: Downtown Alameda Park Street Grand Prix Criterium

It was 5:30 AM when the first of 50 volunteers arrived at Alameda Bicycle to set up for Alameda's inaugural criterium. It was cold and windy and stayed that way. But boy did Team Alameda, the island's only riding and racing club, and the Greater Alameda Business Association (GABA) ever put on a great race! 188 racers showed up to ride fast, furious laps around an L-shaped course starting at the corner of Santa Clara and Park St.

Race coordinator Sam Wilson test rode several different courses to come up with the final route: A racer himself, Sam wanted to make sure the course was smooth and clean and included both left and right turns to keep things interesting.

Sam and fellow organizers Jason Poindexter and Joe Mariscal have received positive feedback from the racers who say that the course was fantastic, the spectators were awesome and the event was really well done. One racer had some suggestions for improvement: "I would have liked for more downtown stores to have remained open so the crowd could look around and spend their money. Another big minus was FOOD. These folks left home very early to drive here from all over the state. Racers are big eaters before and after the race. The few restaurants that did open did so after noon and for many of us that was late."

Casey Kerrigan, lead race official, gave the race a thumbs way up and praised it for going so smoothly its first year. "We're excited to have an event so close to home. None of us had to drive more than 10 miles to get here. We look forward to this event happening for years to come." ☺

Join Us! Become a member and help us make our city a better place to ride.

Membership Benefits

- This bimonthly newsletter
- Membership card for great discounts at local shops:

Cycle City 10-20%
clothing/accessories

Stone's Cyclery 10-20%
clothing/accessories and more

Alameda Bicycle (see our website)

Zach Kaplan Cycles 5%
...and more: See our website

- Tucker's ice cream scoop
- East Bay Bicycle Coalition reciprocal membership
- Satisfaction knowing you are improving bicycling here!



Personal Information *Print Clearly*

We do not share information with anyone (except EBBC).

Name(s) _____

Address _____

City _____

State/Zip _____

City _____

Email _____

Phone _____

Membership Fees (yearly):

- Individual \$25
- Household/Family \$35
- Business \$70
- Benefactor \$100 + _____
- Volunteer 8 hours
(contact us for details)

Attach a check & send to:

BikeAlameda

PO Box 2732

Alameda CA 94501

Membership dues are tax-deductible

Or...Join us online with your credit card at www.BikeAlameda.org


 PO Box 2732
 Alameda, CA 94501



Pass this newsletter along to a friend!