



THE BIKEALAMEDA CYCLIST

Bicycle Friendly Businesses offering discounts to BikeAlameda Members

Here is some GREAT NEWS for BikeAlameda members. In addition to the great discounts at these quality Alameda bike shops: Alameda Bicycle, City Cycle, Stone Cyclery, Zach Kaplan bikes and Cycles of Change, we are pleased to offer you several new deals!

Members of BikeAlameda can now take advantage of discounts for food, shoes, eyewear, salon services, cards and gifts, and vacation bike rentals from the following retailers. Including the newest bike shop in town - Galloping Bicycles.

Café Fudgelato

2353 Santa Clara Avenue
(510) 748-9697
75 cents off any one sandwich or salad with membership card. Some restrictions apply. Café Fudgelato has been in business since 2007 and serves grilled Panini sandwiches, salads, espresso drinks and Figero gelato all locally produced.

Doumitt Shoes

1501 Park Street
(510) 523-7463
10% off shoes when membership card is presented. Some restrictions apply

Doumitt shoes is a family owned, third generation business with

family roots in Alameda going back 74 years. Doumitt features trendy, young fashion shoes for infants and up.

Perfect Vision 1

2404 Central Avenue
(510) 865-8885
10-25% off selected items in the store at all times.

Perfect Vision 1 has been in Alameda for two years and the proprietors have 18 years experience in the field. Perfect Vision 1 carries the largest high quality eye wear selection in the East Bay and has a state of the art lab onsite for one hour service. Lenses and repair available on site as well.

Salon 1500

1500 Encinal Avenue
510-522-2881
Free haircut coupon valued at \$45 from Debbie Hoffman (510) 865-8840

\$10 off coupon on all skin care services from Emily Blasé (510) 367-5101.

Coupons will be mailed with all new and renewing membership cards.

Experience an ultimate make over. Come in and experience our relaxed atmosphere and receive professional hair stylist and esthetician.

3 Wishes

1428 Park Street
(510) 523-4438
10% off all regular priced merchandise. Not to be used in conjunction with any other sales or discounts.

3 Wishes is a premier East Bay destination for an ever changing mix of greeting cards accessories, jewelry and gifts. And - bikes are welcome in the store while you shop!

Galloping Bicycles

1801 Clement Ave #100
Alameda CA 94501
510-383-0768

www.gallopingbicycles.com.

10% discount at the shop or on the web. On the website use the code "BIKEALAMEDA" for the 10% discount.

Galloping Bicycles is a small, local, community bicycle shop - specializing in classic touring and fine bicycle accessories. Galloping Bicycles started out from a personal search for great bicycle and touring accessories. It's a bit of an 'old world cycling' shop with lots of vintage items and classic touring accessories.

Continued next page...



Jessica Robinson, Miss Alameda 2010, travels in style in our recent Fourth of July Parade with the help of Tom Horner of eMotion Pedicab.

Photo by Gwen Harlow - http://flic.kr/p/8gzoEw

In This Issue

Bike Lockers • Substandard Stargell • Summer Bike Camp • Safety Classes • Bike Plan Update

Discounts (from page 1)

So if you are looking for a great basket to complement your cotton/leather bags and steel fenders - you may just find them with Galloping Bicycles. Bicycle accessories with a stylish, vintage flair.

Galloping Bicycles shop motto is "Life is already serious. Go for a ride" - and we try not to forget it.

It's all about finding the joy in everyday riding, maintaining one's health, having a good time and meeting some friends on the way.

RentaBikeNow.com

847.441.4292

www.rentabiknow.com

\$5 off any bike rental. Use the code "BIKEALAMEDA" for the \$5 off discount.

RentaBikeNow.com launches North America's only nationwide bike rental service that empowers enthusiasts and leisure cyclists their passion to ride when away from home. Through this service, cyclists can easily reserve quality bikes online from participating bike shops before they travel throughout the US and Canada. By simply selecting a destination, travel dates and type of bike, cyclists can search among available bikes and reserve the specific model that suits their size and riding style.



Good Enough? Willie Stargell Ave. bike lanes and Class 1 bike trail are being installed. We don't think this matches the approved plans.

BikeLink Lockers

Just in case you haven't heard about the fantastic bike lockers located in the Alameda Civic Center Garage you're in for a treat! At the lower, back, left side of the parking garage (on the CVS side) are sixteen bikelink lockers. Bikelink lockers are metal mesh triangular lockers that you put your bike inside. They are accessible by use of purchasing a card either from the website www.bikelink.org or go to Alameda Bicycle and purchase one for \$20 then go to the website to activate it.

The first few hours are free and then the fee is a reasonable five cents per hour. There are bikelink lockers all over the Bay area where you can safely and securely leave your bike.

Next time you're in the parking garage to the back and check them out! They're great.



BikeLink Theft?

You many have heard the rumors of a bike theft from a locker at MacArthur BART station. We have an update from the locker vendor and details. In fact, a thief managed to steal wheels through the interior barrier between two lockers. The interior barrier is intentionally flexible so that bikes with saddle bags can squeeze in, but it is very securely attached and made of heavy gauge expanded metal. According to E-Lock Technologies:

The thief had stolen the BikeLink security card the previous day. The stolen wheels were not quick release, which meant that the thief needed to use tools, flip over the bike in a constrained space, and generally do quite a bit of work inside the locker - during probably most of 45 minutes. It is disconcerting that someone could have been laboring to steal bike wheels from a locker for this long without attracting attention from the station agent or other BART patrons. The incident highlights the importance of keeping your BikeLink card in a secure place, and of reporting a lost or stolen card immediately. Please keep a look out for any locker rented to card #610 and contact us immediately via our 24hr 888 540-0546 number if you see this card number on a locker screen. We're here to answer any questions you may have, and we continue to work hard to make BikeLink convenient and reliable for our users.

Summer Bike Camp

by Jon Pecson

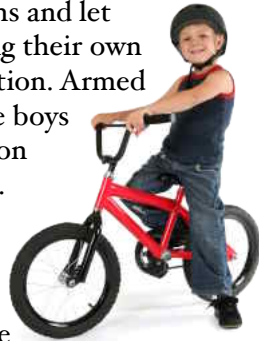
Planning summer camps for teenagers can be a challenge in Alameda, especially if you do not want to spend a fortune and hear from your children that they would rather do something else. This summer we decided to make our own summer camp which would include life lessons, require planning, navigation across the Island, ensure daily exercise and give the kids a sense of accomplishment.

Each day of the week we planned out activities for Lukas, our 11 year old, and Zachary, our 13 year old, using their bikes to get to each destination. Summer time is the perfect time to give directions and let them loose on a mission using their own personal mode of transportation. Armed with a BikeAlameda Map the boys were set for their adventure on finding locations in Alameda.

Monday they gathered bike locks and backpacks and rode to the central library from our house on the east end. There the boys each chose 3 books to read for the week and 3 videos to watch at night – including one educational video. At lunch time they rode to Subway on Park Street and bought lunch, then rode home. They discussed how easy it was at dinner time.

Tuesday they were responsible for dinner so they rode to Nob Hill and shopped for the dinner items which they could store in their backpacks for the ride home. They were given a budget for buying food and needed to bring the receipt to show what they bought and how much it cost. After their ride Lukas and Zachary helped prepare the dinner and shared their experience of going to the market to buy food for the family.

Wednesday was a longer trip, all the way to Alameda Hospital where mom works. They needed to review the map and consult with the parents about the safest route to the



hospital from the east end. After a successful arrival and visit to the Physical Therapy department the boys rode to Trader Joes in Towne Center to buy some fruits and vegetables for the day, keeping in mind that it was a longer ride back home and they would be carrying lots of groceries in their in their backpacks. When they arrived home they were prepared again to explain what they bought and verify the costs with a receipt. This trip was more challenging and took a significant amount of time to complete.

Thursday was the most challenging trip of the week. Lukas and Zachary's goal was to ride across island from the East End to Webster street and then to

Fosters Freeze for lunch and ice cream dessert. This trip on bikes helped define independence and the ability to get across the Island safely and return home without any problems. During dinner conversation they seemed to glow while talking about riding all the way to Fosters Freeze and what type of ice cream they bought.

By Friday Lukas and Zachary had earned an easy trip back to the Library to return some books and videos and another lunch at Subway on Park Street. By this time they had learned how easy it was to get around Alameda on their bikes, gotten substantial daily exercise, and realized that they were independent and responsible.

By giving kids a bike, an Alameda map, directions and a fun plan with a reward at the end (Fosters Freeze Ice Cream) we had also given them life lessons. We also saved at least \$300 that would have otherwise been spent on camp fees and we gained the satisfaction of knowing that that the boys will fondly remember their summer bike camp in Alameda.



facebook

**Become a
BikeAlameda
Facebook Member**

Go to www.bikealameda.org home page and click on blue **F** on the left side to see our Facebook page and become a group



member for free. See photo albums of our events. Get up-to-the-minute information and invitations to our events. All things related to Alameda biking can go on our Facebook page. Post your thoughts and opinions with other BikeAlameda members.

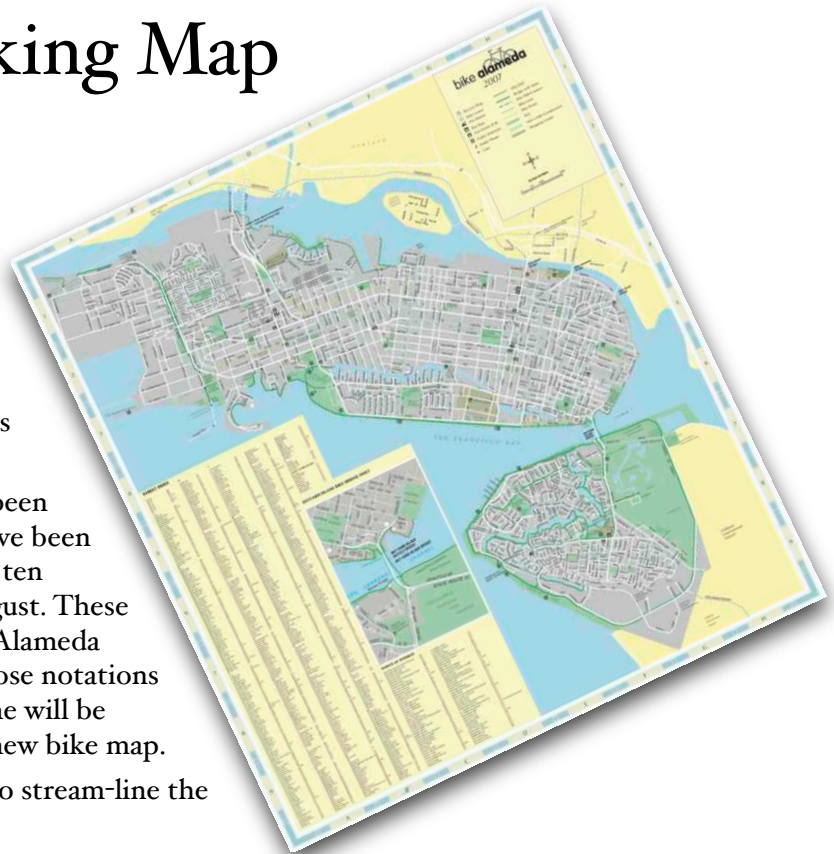
New Biking and Walking Map Coming Soon!

BikeAlameda has embarked on a revision of our popular bike map. Over the last six years, we have relied on our map to get the word out about bike lanes and paths. It is by far the best all round map of Alameda - not just my word! The map spreads the word about BikeAlameda, too. Sharing the BikeAlameda gets new riders out on the road and gives experienced riders new route options.

The first printing was in 2004, and the bike map has been updated twice - in 2005 and 2007. Since then there have been a few changes on the Alameda roadways. We had over ten "scouts" out on the roadways during the month of August. These scouts are checking out all the nooks and crannies of Alameda looking for what has changed and noting them. All those notations have gone back to our awesome cartographer, Joan. She will be meshing and mashing the data together into a brand new bike map.

Look for changes on the back, too. We are going to stream-line the data to make it easier to read.

And of course, the map would not be possible without the support and contributions from our sponsors. Please be sure to look for all of the sponsors on the back of the map and patronize those businesses to support BikeAlameda!



Family Cycling Workshop

The family that rides together thrives together!

Safe road bicycling takes a lot more than balance, a helmet and a good attitude. Join BikeAlameda and the East Bay Bicycle Coalition safety instructors for a day of fun games, safety drills, skills building, and a neighborhood ride.

This workshop is for kids able to ride a bike and who are ready to ride on the roadways with their parents. Parents and kids must attend together and should bring their own bikes. Each child receives a free red blinky light for participating!

WHEN: Saturday, October 23, 9:00-11:30a.m.

WHERE: Frank Otis Elementary School, 3010 Fillmore St., Alameda, CA 94501

Sign up for the Family Cycling Workshop at <http://bikealameda.org/event/safetyclasses/>



BikeAlameda Cares About Your Safety

by Joyce Mercado

Just in time for Fall road trips BikeAlameda is planning more free bike classes for you! If you HAVE NOT attended both the workshop and the on the road classes yet, they are definitely worth the time. If you HAVE attended them, then you know how good they are. In that case, please encourage all of your bicycling friends to enroll. The more the merrier! Rebecca took the Traffic 101 Workshop this Spring and now feels confident commuting by bicycle:

“Bonnie did a great job & the class was very informative. Although I've taken up spinning at the Y in the last year, I haven't biked outside in years. However, I recently set a goal to start biking to work (about 6 miles from W Berkeley to downtown Oakland) & just got a commuter bike. The timing of the bike safety class was perfect & it has given me more information & confidence to get started. Thank you very much!”...Then a few weeks later...”Just letting you know that I got my new bike on Friday, did my test run to work yesterday & commuted by bike today! I thought about any number of things we discussed in the class. My main thought today was wondering why I waited so long to do this! But here I am, launched as a bike commuter. Thank you again!!”

— Rebecca, Traffic 101 Workshop Graduate

Bike Safety Classroom Workshop for Teens & Adults - Traffic 101

Saturday Sept. 18 1-4 pm

**Alameda Free Library
Conference Room A&B**

1550 Oak Street, Alameda

BikeAlameda is offering a free three hour workshop, taught by a bicycle safety instructor certified by the League of American Bicyclists. In this class you will learn the basic rules of the road as they apply to bicyclists, how to dress and equip your bicycle, helmet fitting, using transit with your bike, safety information and the main principles of riding responsibly, predictably, and visibly, as well as communicating with motorists by

your actions and signals.

Both novice and experienced cyclists have benefited from this particular class. Thanks to an IBM Community Grant obtained by BikeAlameda, each attendee will receive a free helmet while supplies last. Although there is no fee for the class, registration is required online; go to <http://bikealameda.org/event/safetyclasses/>

Bike Safety Road Class - Traffic 101

Saturday Nov. 13 9 am - 3:30 pm

Alameda Point Collaborative Mural Room

677 West Ranger Ave, Alameda

Once you've taken the Classroom Workshop you can sign up for this class. Registration opens up on October 1st (*see above link*) and you should sign up early as these classes fill up quickly and this road class held in Alameda in 2010!

This 6.5 hour session starts with a refresher of the workshop, some basic bike repairs and safety checks, and then moves outside for on-your-bike practice instructors to improve your handling skills, emergency maneuvers, and ability to safely share the road with other traffic. There is no fee for this class either.



Bonnie talks safety at a recent workshop

Aeolian Fundraising Dinners and Bike Ride

Support BikeAlameda by having a great dinner at the Aeolian Yacht Club, 980 Fernside Boulevard, Alameda on Tuesday nights, September 21 and 28. Buffet dinners priced at \$10-\$12 will be catered by High Street Station, with dinner proceeds benefitting BikeAlameda. The Aeolian will hold a raffle each of those nights, with 50% of raffle proceeds donated to BikeAlameda. The bar opens at 4:30 p.m., dinner is at 5:30 p.m. (open to the public, on a first-come-first-served basis, for up to 80 diners), and the raffle is at 6:30 p.m. You get great food and fun, and BikeAlameda gets a boost. Wear your BikeAlameda t-shirt, and see how many other BikeAlameda members you can meet.

Join us as we take a shoreline bike ride after the Sept 7 and Sept 21 to work off dinner. The rides will be a very casual pace for all riders. We won't leave anyone behind. We will wander around the mainland shoreline one week and around Harbor Bay waterfront the next. Rides will start after the raffle at the club.



Photo by Kevin - <http://flic.kr/p/4VEMcM>

Draft Alameda Bike Plan Available for Public Review

The City of Alameda's long-awaited Draft Bicycle Master Plan Update is now available for public review. The Draft Plan and the Initial Study describing the anticipated environmental impacts of the Plan can be accessed at the links below. Hard copies are available for on-site review at all 3 library branches and the Public Works Department (950 West Mall Square).

BikeAlameda volunteers have contributed many hours to giving input and ensuring that this plan, when implemented, will make Alameda a more bike-friendly city.

Please review the plan and make sure that it meets your and your family's needs for the future.

Send your comments to Barry Bergmen, address below, and CC lucy@bikealameda.org, too.

Draft plan:

<http://www.ci.alameda.ca.us/publicworks/pdf/draft-Sept-2010.pdf>

Initial Study:

<http://www.ci.alameda.ca.us/publicworks/pdf/initial-study-bmp.pdf>

The Planning Board meeting will be held on Sept. 27, 2010, 7:00 PM, at City Hall, 2263 Santa Clara Avenue, Alameda. Public comments will be received through Sept. 27, and may be submitted to Barry Bergman at bbergman@ci.alameda.ca.us or Public Works Department, 950 West Mall Square, Room 110, Alameda, CA 94501.



Photo by Nathan Jongewaard - <http://flic.kr/p/6TnNDw>

BikeAlameda's mission is to encourage the everyday use of the bicycle in and around 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, walkable business districts and neighborhoods. We are a nonprofit 501(c)(3) California corporation.

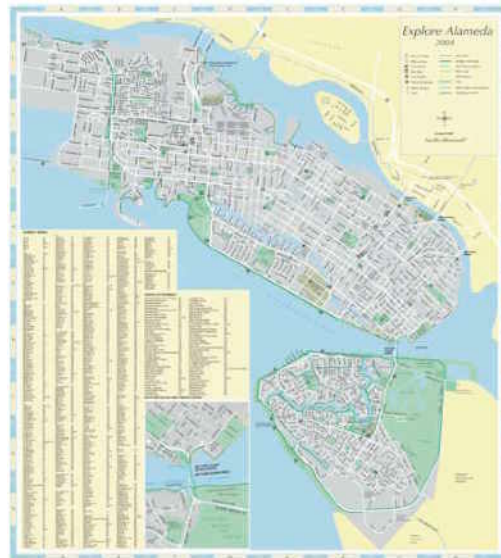
Newsletter Production: Editor in Chief: Lucy Gigli • Managing Editor: Bonnie Webmann • Additional Editing: Tracy Jensen • Graphics & Layout: Dan Wood

Next VALET BIKE PARKING events:

Webster Street Jam, Sept 11 & 12
Park Street Classic Car Show Oct 9th

BikeAlameda has had some difficulty with the database this summer. If you signed up to receive messages when we need valet bike parking volunteers and haven't received any, it's due to a glitch in the database. We're working on solving it.

If you'd like to offer your time for the Webster St. Jam or Classic Car Show, email Bonnie at bonnie@bikealameda.org.



Pick up BikeAlameda's free Bicycle & Walking Map of Alameda at: Tucker's Ice Cream, Stone Cyclery, Cycle City, Alameda Bicycle, Alameda Park & Rec, Spritzer's, Alameda Free Librarv. and more!



Cut & Mail, or use a credit card online at www.BikeAlameda.org.

Membership Benefits

- This helpful quarterly 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

- East Bay Bicycle Coalition reciprocal membership
- Satisfaction knowing you are improving bicycling here!



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

Personal Information Print Clearly

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

Name(s) _____

Address _____

City _____

State/Zip _____

Email _____

Phone _____

Membership Fees

1 yr 2 yrs

- Individual \$25 \$45
- Household/Family \$35 \$60
- Business \$70 \$125
- Benefactor \$100 + _____
- Volunteer 6 hours
(contact us for details)
- Attach a check & send to:**

BikeAlameda

PO Box 2732

Alameda CA 94501

Membership dues are tax-deductible



Kids and Grown-ups celebrate at a recent bicycling safety class (see page 5)



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Alameda, CA 94501
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Upcoming Events

- Sept 11 & 12 10a Webster Street Jam - valet bike parking
- Sept 13 6:30p Newsletter Assembly party Lucy's house
- Sept 14 6:30p Bicycling - A Practical and Fun Mode of Transportation
- Sept 18 1p-4p Bike Safety Class for Teens & Adults - Traffic 101
- Sept 20 7p Bike Plan Update/ Estuary Crossing Subcommittee Meeting - Otaez
- Sept 23 7:15p BikeAlameda board meeting and board elections
- Oct 4-8 International Walk or Roll to School Week
- Oct 9 11a Park Street classic Car Show - valet bike parking
- Oct 23 9a October Family Cycling Clinic and Kidical Mass

Pass this newsletter along to a friend!