

SDBC

WEEKLY UPDATE

for members of the
San Diego Bicycle Club



SDBC Weekend of Racing

May 14-15



President's Message

SDBC is bringing a Weekend of Racing to San Diego on May 14th and 15th! This is our biggest event of the year. Race, Volunteer, Cheer! Choose one or choose all but don't miss out! This weekend will celebrate your passion for cycling. Saturday May 14th is the 25th edition of Barrio Logan Grand Prix. And that is followed by the Fiesta Island Time Trial on Sunday May 15th. Help spread the word and tell your friends to register today! The racing and volunteer links to each event are listed below.

Cheers,
Vali Holroyd
President SDBC
president@sdbc.org



25TH ANNUAL BARRIO LOGAN GRAND PRIX
Saturday May 14th, 2022

The 25th BLGP is one of the last SoCal Racing Events put on by a local Bicycle Racing Club! Join in the thrill of fast-paced bicycle racing by pro racers and top-level amateurs. The race is open to men and women of all ages and abilities. See the flyer for details: [SDBC_BLGP_2022.pdf](#)

Register today! <https://www.bikereg.com/barrio-logan-grand-prix-2022>

Jerry Marino
Executive Race Director
racedirector@sdbc.org

2022 Title Sponsor



VOLUNTEERS FOR BARRIO LOGAN GRAND PRIX

We currently need 57 more volunteers!

Volunteers can help with everything such as:

- Registration
- Driving a hertz truck
- Setup and breakdown
- The kids race
- The bike rodeo
- And our biggest need: course marshals

Sign up today at: volunteersignup.org/TDEFW

Make sure to bring friends and family! They are welcome to volunteer as well.

Please contact me at volunteer@sdbc.org if you have any questions about volunteer opportunities.

Bill Branson
SDBC Volunteer Director
volunteer@sdbc.org





Fiesta Island Time Trials

~~Sunday, January 9~~

~~Sunday, April 17~~

Sunday, May 15

Sunday, October 16

The SDBC Weekend of Racing includes the third edition of the Fiesta Island Time Trial of this season. Don't miss this one. Register as soon as possible to save your spot.

Register today! [WebScorer.com](http://www.webscorer.com)

Info: <https://www.sdbc.org/fiesta-island-time-trial>

We also need volunteers! Volunteers get to help setup, break down and help with the awards! Please contact Bill Branson, SDBC Volunteer Director at volunteer@sdbc.org if you have any questions about volunteer opportunities.

Mike Barreras

Fiesta Island Time Trial Director

fittdirector@sdbc.org



SAN DIEGO BICYCLE CLUB

San Diego's oldest and largest racing and recreational cycling club

April is Membership Month!

For all of April 2022, new members get 10% off membership fees!

Member Benefits

- ✓ Free weekend club and training rides for all abilities
- ✓ Racing teams for juniors, men, women from novice to Cat 1 including off-road and Masters teams
- ✓ Discounts and Club Nights from our sponsors, including UC Cyclery purchases, nutrition products, glasses and other sponsor items
- ✓ Membership to the SDBC Team Clothing Store
- ✓ Special Rides and Events throughout the year
- ✓ Reduced membership to SD Mountain Bike Association - just \$20
- ✓ Membership in the San Diego County Bicycle Coalition.



SDBC supports the cycling community

- ✓ 1,000+ Helmets donated to children in our community
- ✓ 25,000+ volunteer hours contributed to local cycling since 2007



Holiday Toy Ride 2021



Womens' Team Racers



Kids' Community Race



Last week to save 10% on annual membership fees for new members!

<https://www.sdbc.org/join>

Simon Bott-Suzuki
Membership Director
membership@sdbc.org

From the Secretary

The next meeting of the Board of Directors will be on Tuesday, May 10, 2022 at 6:30 p.m. via Zoom. The formal notice and Zoom link information will be in next week's Weekly Update. Board meetings are open to everyone – SDBC members and the general public. We encourage you to take part.

Mike McLaughlin
Secretary
secretary@sdbc.org



Ninth Annual Gordy Shields Memorial Bike Ride

In honor of all Gordy Shields' countless hours of advocacy for our cycling community, please join us on **Sunday, May 1st** to celebrate his life. We will be riding from **Pepper Park**, 3299 Tidelands Avenue near the Gordy Shields bridge in National City. This is a free, fun, conversational pace 35 mile out and back ride around the Bayshore Bikeway to Coronado. There will be a short advocacy at **8:20 AM**. Be ready to roll at 8:30 AM.

SDBC Info page: <https://www.sdbc.org/gordy-shields-memorial-ride>

Ride with GPS: <https://ridewithgps.com/routes/38730149>

David Nichols
purplesnoopy92@hotmail.com



Try the San Diego Velodrome in Balboa Park

Sunday May 1, 2022
2:00 PM – 4:00 PM PDT

Looking for a fun way to exercise Sunday afternoon? Have you wondered what riding the **Velodrome** is like, but haven't been able to commit to the six week course? Join us on the first Sunday of the month. In this two hour class you will learn all the basics you need to ride a bike safely on the velodrome. Cost \$40.

Whitney DeSpain
whitney.despain@gmail.com

* Note that this is not an official SDBC event



SDBC KITS



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Jersey Back



Bib Back



<https://sdbc.org/store>

STORE CLOSÉS	EST. DELIVERY
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SDBC Sunday Rides Are Back!

- **When:** Sunday mornings at **8:30**
- **Goal:** Camaraderie, discovery and variety on bike.
- **Meet up & Route:** the first few rides we'll meet at UCC. After that we will vary the route and our meet up location. Check the *Weekly Update* for each week's meet up location and route.
- **Distance/Elevation/Pace:** 35-55 miles / 1,500' - 4,000' of elevation gain / pace D-1/D-2 (14-17 mph). There will be regrouping as is normal on the 'D' rides.
- **Experience required:** We're riding in a variety of locations within San Diego. You must be able to find your way back to the start if you get dropped.
- **SDBC Ride Leader:** Tony Lowery sundayride@sdbc.org
- **Rules:** Helmets required; Standard bike bottles only; No earbuds; No headphones; No cellphone use; No aero bar use; No flashing lights; and No e-bikes.

Last weekend we visited the Carlsbad Flower Fields. This weekend we will be riding to Point Loma.

This week's route: <https://ridewithgps.com/routes/39223131>

Tony Lowery
Ride Leader
sundayride@sdbc.org



Race Report

Berkeley Hills Road Race, Orinda CA - 4/23/2022

Founded in 1957, Berkeley Hills Road Race is the oldest continuously-running bicycle road race in the US.

52 miles with 4,800' of climbing.

3 laps of the "Three Bears Loop". Baby Bear, Mama Bear and Papa Bear are the three major climbs with the finish at the summit of the last climb (Papa Bear).

45 riders started. 50+ and 60+ raced together, scored separately.

Weather: 60+ degrees, sunny with a light wind.

The majority of the peloton stayed together through the first half of the race. The split occurred on the descent before the final climb on the second lap and I was on the wrong side of it. Four of us formed a chase group. We could see the lead group up ahead but when the moto informed us the gap was approaching one minute, the other three stopped rotating seemingly deciding to conserve their energy for the finishing climb. They were unwilling or unable to take pulls in an attempt to catch the lead group of 12-15 riders. As long as there was a chance to catch them, I (foolishly) pulled the group all the way around the rest of the final lap. If nothing else, it was a good test of my fitness and satisfying to still finish ahead of them. My top speed was 47 MPH and I was still dropped on the descent.

Peter Dufour, 8th place, Men's Master's 60+ Cat 1/2/3



Contact Bill Riggs if you are interested in being on a working group for planning community engagement activities.

Bill Riggs | Community Engagement Director | engagement@sdbc.org

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CLASSIFIEDS



Specialized Tarmac SL5, S-Works 56cm
Super nice condition, never crashed, color is called "Black Tar" Matt black with multi color sparkles, decals are clear gloss. Updated with Dura Ace 9150 Di2, HED Ardennes+. **\$3000 firm**, add ENVE 5.6 (in photo) \$4000 total.
Richard | steinwest1@hotmail.com

Membership

Michael, your support makes a difference! Thank you!

Your membership expires on:
Not A Member :(Please join today using the SDBC Membership link below!

If you need to renew or join, do it today at [SDBC Membership](#). And please contact **Simon** with any membership questions.

Simon Bott-Suzuki
Membership Director
membership@sdbc.org

Send Comments and Suggestions to:
Michael Karres
Weekly Newsletter Editor
weekly@sdbc.org



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