



## President's Message

Let's enjoy a wonderful holiday weekend riding together! We will roll out for our normal Saturday rides and then on Monday we hope you can join us for our 4th of July ride and picnic! The ride is open to everyone. The picnic will be in Nobel Park areas #6 and #7 and is free to members and \$25 for non-members.

Cheers,

**Vali Holroyd**

President SDBC

[president@sdbc.org](mailto:president@sdbc.org)



## SDBC Red, White & Brew 2022

The previously posted routes have been revised to stay away from Torrey Pines Beach, using Carmel Valley Rd. and Sorrento Valley Rd. instead which also provides a more direct route from UCSD back to the park.

The longer route features steeper climbs with a trip up to Del Mar Mesa, the 56 bike path east to Camino Del Sur, and a descent of the Three Witches. The shorter ride follows the longer route at the beginning in the Miramar area, then takes the D-4 route back. Riders should be ready to roll at 9:00.

Longer Route: [Ride with GPS - 45 mile route](#)  
Shorter Route: [Ride with GPS - 31 mile route](#)

We still need a few more volunteers to help with the picnic.

<https://volunteersignup.org/KE94C>

Charlie Sykes  
Training Director  
[training@sdbc.org](mailto:training@sdbc.org)



## From the Secretary

Head's Up: The next meeting of the Board of Directors will be on Tuesday, July 12, 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](mailto:secretary@sdbc.org)



## SDBC KITS



Jersey Front



Bib Front



Jersey Back



Bib Back



<https://sdbc.org/store>

STORE CLOSÉS	EST. DELIVERY
JUNE	AUGUST
30	5

Please remember that if you have an issue with your team kit, reach out to me and not Pactimo!

Vali Holroyd

<https://teamstore.pactimo.com>

password: sdbc2022

Clothing Director

[clothing@sdbc.org](mailto:clothing@sdbc.org)

## Try the San Diego Velodrome

Sunday July 3, 2022 2:00 PM – 4:00 PM PDT

Have you wondered what riding the Velodrome is like? There is an introductory class held on the first Sunday of each month. In this two hour class you will learn all the basics you need to ride a bike safely on the velodrome. Cost \$40.

<https://www.eventbrite.com/e/try-the-track-at-the-san-diego-velodrome-tickets-362045286197>

Whitney DeSpain  
[whitney.despain@gmail.com](mailto:whitney.despain@gmail.com)

\* Note that this is not an official SDBC event



## SDBC Gear Bags

SDBC Gear bags are available from the Pedal Industries' SDBC store! The design has been updated to our new 2022 colors.

<https://pedalindustries.com/collections/sdbc-san-diego-bicycle-club-store/>



[intouchchiropractic](https://intouchchiropractic.com)



## Tour de France

It starts tomorrow! This year it runs July 1 through July 24. Enjoy 3 weeks of the most exciting bicycle racing across some of the most beautiful countryside. There are many ways to follow it. Make sure to keep up with each day's results, otherwise you might feel left out of the Saturday ride conversations!

Official site: <https://www.letour.fr/en/>

Get caught up with a preview from cyclingnews: [tour-de-france-2022-preview](https://www.cyclingnews.com/tour-de-france-2022-preview)

Last week's pictured rider, nicknamed "Spartacus", was [Fabian Cancellara](#) who retired in 2016.

Do you know this week's pictured rider? (Hint: He is the youngest cyclist to win a UCI World Tour race with a win at the age of 20 at the Tour of California.)



**Specialty Produce** is a family owned and operated food service and retail fresh produce supplier located in San Diego, CA.



## SDBC Race Results

Quick n' Dirty MTB racing , Summer Series #7, 06/23/2022

Open Men 55+: 1st, Robert Davis  
Open Men 55+: 8th, Roger Lovett

Expert Men 49+: 2nd, Michael Morrison

Sport Men 31-40: 2nd, David Garcia  
Sport Men 31-40: 3rd, Conrad Hindert  
Sport Men 31-40: 7th, Michael Green  
Sport Men 31-40: 12th, Eric Boarman

Sport Men 41-50: 6th, David Morrison

Sport Men 51+: 1st, Stephen Burge

Beginner Men 16-30: 1st, Andrew Moradpour

Sport Women 16+: 1st, Katherine Nadler

**David Gomaidy**, Men's Race Team Director



## Summer Cycling Adventures

As you ride some epic routes this summer, take pictures in your SDBC kit and

send them to Weekly ([weekly@sdbc.org](mailto:weekly@sdbc.org)) to make the rest of us envious!



<https://www.teedeeuas.com>



## Training With the Pros

After spending a month riding in Mallorca, SDBC member Terry Reilly has now transitioned to training in Girona where this past week he rode 494 miles and climbed 41,000 feet! Way to go Terry! You can explore more of his pictures on his Strava:

<https://www.strava.com/athletes/10926964>



 The Physical Therapy Effect

**FLUID**



## European Tour

Coincidentally, another SDBC member, Gavin Gatta is also riding in Europe. However, he is bikepacking. He started in Norway and is now exploring the Alps. He has also posted a lot of fun pictures on Strava:

<https://www.strava.com/athletes/22311912>



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Want to make donations to SDBC at no cost to you? Shop at [smile.amazon.com](https://smile.amazon.com) and choose "San Diego Bicycle Club".

## CLASSIFIEDS



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59cm Bianchi Carbon Fiber Frame  
Shimano Ultegra Di2 Electronic Shifting  
Lightly used and very well maintained **\$2,750**



Also selling a like new KÜAT Sherpa 2.0 brushed aluminum two bike platform rack with a 2" hitch.

Jeff Linsky | [jeff@jefflinsky.com](mailto:jeff@jefflinsky.com) | 760-612-6001

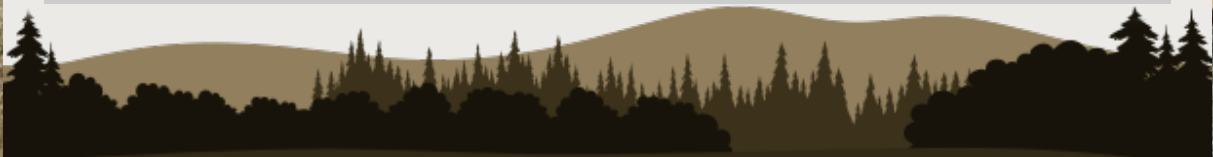
## Membership

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](mailto:membership@sdbc.org)



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



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