



WEEKLY UPDATE

for members of the
San Diego Bicycle Club



President's Message

Thank you EVERYONE who made the effort to show up a bit early last Saturday. I know it was a bit last minute, and that there were a few loud complaints, but our goal was to get everyone out before the real heat started - and we accomplished that!

I'm asking everyone once again to be mindful of treating our sponsor, Cafe LaTerre, with respect and courtesy. When I arrived there on Saturday, there were wadded up, used, wet napkins, bottle caps, and empty cups sitting on the bar and one table. I know customers other than SDBC use this space, but this was right after our "rush". PLEASE clean up after yourself when you leave the coffee shop!!!

On another note, we've been told that we can no longer use the Ralph's bathrooms. I have a message into the store manager to see what is going on there. I'll keep you posted, and if I have any information, Charlie will announce it on Saturday. TJ's is open at 8, but the best solution for now is to come prepared :-).

Cheers,
Vali Holroyd
President SDBC
president@sdbc.org





MMCF
 MAMMOTH MOUNTAIN CYCLING FEDERATION
 PRESENTS
Mammoth GRAN FONDO
MAMMOTH LAKES CA
SEPT 10 2022
 102, 70 and 42 mile options
 75 miles closed to vehicles
 Scenic ride through the Eastern Sierra
 REGISTER HERE

SDBC KITS



Jersey Front



Bib Front



Jersey Back



Bib Back

STORE CLOSÉS	EST. DELIVERY
AUGUST	SEPTEMBER
18	23

<https://teamstore.pactimo.com>
 password: sdbc2022



<https://sdbc.org/store>

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

Vali Holroyd
 Clothing Director
clothing@sdbc.org



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>.

SATURDAY NOTICE



Please note that the restrooms at Ralphs are no longer available for our use in the morning. The closest public restrooms are in the mall's lower level near the theater entrance. Access is through the main entrance on the east side of the mall or through the garage entrance on the west side. Plan ahead: Hydrate well on Thursday and Friday and reduce your fluid consumption Saturday morning.

Charlie Sykes
Training Director
training@sdbc.org



Sunday Ride

This Sunday we'll do the 2021 July 4th route. Starting at UC Cyclery we go east and north to Sorrento Valley - Del Mar Mesa - Del Mar and back on the coast

and through La Jolla.

Start Time 8:30 AM / [MEET UP MAP](#) and Route maps - [RIDE WITH GPS](#) or [STRAVA](#)

- D-1, D2 pace.
- Good temps
- 36 Miles
- 2,800 ft elevation gain
- Familiar territory
- We should finish around noon.

Tony Lowery

Ride Leader

sundayride@sdbc.org | 619-852-7141



<https://www.teedeeuas.com>



FLUID



Sunday Adventure

Visiting the Goats of Del Mar/Rancho Santa Fe

Last Sunday, SDBC Ride Leader Michael Pelkey led a group of 8 riders on quite an adventure. The ride started and ended at UC Cyclery and visited two farms along the way. From the pictures it looks like everyone had fun visiting and feeding the beautiful goats and assorted farm animals. Here are a few more pictures: <https://ibb.co/album/ch3ggt>



amazonsmile
You shop. Amazon gives.

Want to make donations to SDBC at no cost to you? Shop at smile.amazon.com and choose "San Diego Bicycle Club".

CLASSIFIEDS

CycleOps/Saris Hammer H2 Smart



Trainer

\$500 OBO. Retails new for >\$800.

Includes the adaptors for QR and various sizes of thru axles, spacers for 9, 10, 11/12 speed cassettes, manual, and even the original box. Also will include a sweat guard + phone holder for free. Compatible with Zwift and the other major training apps/ecosystems. I purchased this to use during the pandemic stay-at-home orders but seldom use these days. Review located here: <https://www.dcrainmaker.com/2019/01/cycleops-h2-hammer-2-trainer-in-depth-review.html>

Frank | flehnerz.uwyo@gmail.com
858-257-9530



Shimano Deore Xt Crankset - 175

Selling my gently used crankset - \$100

Bill Branson
brbransonjr@gmail.com



2022 SDBC Kit

- Century Jersey Unisex, Size XL, (fits like a 2XL), originally \$57.20, will take \$50

Call Barb Trenchi 619-723-4259 or email btrenchi@yahoo.com

Membership

Michael, your support makes a difference! Thank you!

If you need to renew or join, do it today at

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

[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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