



WEEKLY UPDATE

for members of the
San Diego Bicycle Club



President's Message

Happy week before Thanksgiving. Lots going on at SDBC this time of the year...

- We have our SDBC/MGE Racing Turkey Ride & Hunt To Elfin Forest. Thursday, **November 24, 2022**, leaving UCC at 8:30 and returning around 1pm. This is a 60-mile fun ride!! [Turkey Ride](#)
- **Wednesday, December 7th** from 5:30pm to 8:30pm will be our annual [Club and Fit Kit Night](#). You will have a chance to try on Pactimo Fit Kit to see what size you will order this year! We will also have several sponsors, and rumor has it that there will be a few prizes. The gathering will be in our regular meeting space, on the bottom floor of the La Jolla Village Square mall, next to Core Power Yoga.
- If you were a 2021 annual award winner, **please bring your trophy to Club Night**. If you cannot make it, please email Jerry Marino (treasurer@sdbc.org) to arrange getting it to him. We absolutely need these no later than December 15th.
- Our annual meeting will be held on **December 13th** at 6:30. I highly recommend that all members join this meeting to vote in your 2023 SDBC Board of Directors. The Zoom information will be distributed the week prior to the meeting in the newsletter.
- Our [Holiday Toy Ride](#) will be on **Saturday, December 10th**. More specific information will follow, but save that date.
- Finally, on **December 25th**, there will be the Annual Christmas Day Orphan Ride. It starts at 8:30 at Ralph's house - 1058 22nd Street San Diego, CA. There is a full description on our website here: [Orphan Ride](#)

Last, but not least, I've asked multiple times this year to be sure we are treating our fellow members with respect and kindness while recognizing the fact that we are all a part of the same great club. I trust that whomever is voted into this role for 2023 will request the same of all of us.

Cheers,

Vali Holroyd

President SDBC

president@sdbc.org



SDBC Team Recruitment Ride

We will be hosting our next team ride on Saturday, **11/26**. Tough timing with the Thanksgiving holiday, but please join us if you can spare a long morning away from the fam. This is ride 2 (of 3) in our "recruitment" series, so please invite any friends that are racing-curious so we can grow our team!

See below for a link to the ride description. It is an extended SDBC type loop with an extra loop through Elfin Forest, **starting and ending in Mission Bay** for 74 miles total. For riders on a time constraint, or who otherwise aren't interested in going as big, we can split off at Del Dios Hwy and take a smaller loop back.

Meetup time around 8 for coffee, **ride starts at 8:30**. The last ride of the series will be on 12/17, and will likely be a modified Great Western Loop. So mark your calendars!

<https://ridewithgps.com/routes/41432323>

Cheers,
David Garcia (DAG)

SDBC Borrego Springs Weekend

The weekend was a great success. Thank you to our title sponsor, Josh Bonnici, for organizing such a terrific weekend of cycling. Enjoy some pictures courtesy Frank Lehnerz.





SDBC KITS

The 2022 kit store is now closed. We will open the brand new (new interface) 2023 store after the **December 7th Fit Kit night**. Stay tuned!

Cheers,
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>.



SAVE THE DATE

*** SDBC Club and Kit Fit Night - 7 Dec ***
Annual Holiday Toy Ride - 10 Dec
Annual Meeting of the Members - 13 Dec
SDBC Awards Banquet - 22 Jan (tentative)



Cardiovascular Parameters Study

A study to test a wrist-mounted sensor that monitors heart rate, respiration, and blood pressure non-invasively.



Who is eligible?

Participants must:

- Adults aged 18 years and over
- Be able to read, speak, understand, and give consent in English
- Have health insurance

Participants cannot:

- Have excessive scarring or tattooing on the wrist and chest
- Be pregnant
- Have a neurological disorder (such as seizures, epilepsy, loss of consciousness)
- Be on stimulant medication
- Be current smokers
- Be diagnosed with diabetes

What will you be asked to do?



Visit 1 (remotely):

- Screening
- Eligibility assessment
- Consenting
- Demographic information

Visit 2:

You will be randomized to engage in aerobic or strength exercise protocols:

- Isometric exercise

Your leg strength will be tested on a machine similar to a leg curl/leg extension.

- Aerobic exercise

You will complete an aerobic exercise at moderate intensity on a stationary bike, treadmill, or rowing machine

Compensation:

\$15 for travel and time

AND

\$85 for completion of study visit(s).

\$100 total

Interested?

Contact us at:

EMAIL: eparc_rockley@gmail.com PHONE: 858-523-8659



<https://www.teedeemas.com>



CLASSIFIEDS



2018 Specialized Roubaix Pro 61cm
With Dura-Ace pedals and 2 water bottle cages.
Original owner. Ridden <500 miles. Needs new tires but otherwise excellent condition.
Serious offers considered.
Jim, 951-333-9052, socal29er@icloud.com



Specialized S-Works 7 Road Shoe 48
With Shimano blue cleats. Never worn.
Serious offers considered.
Jim, 951-333-9052, socal29er@icloud.com



Brand new, never ridden gravel bike tires and tubes. I'm using my gravel bike for road riding! 700x38, tubeless ready, \$77.77 for both tubes and tires.
Email donovanbrb@gmail.com or text 619.981.2272



Wanted

Road bike frame. 62cm or XL. rim brakes. Thanks for any leads.
Peter Dufour | (858)625-1725 | du46@aol.com

WANTED: Weekly Update Editor

If you're still reading down here, then you should consider becoming the Weekly Update Editor for 2023. It is as easy as cutting&pasting into the existing templates. Send me an email at weekly@sdbc.org to learn more.

Michael Karres



Thanksgiving

Enjoy a day of cycling, eating and family discussions but don't look for the Weekly Update. We'll return the following week.

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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