



WEEKLY UPDATE

for members of the
San Diego Bicycle Club



Thank you to all those who joined us for the Club Photo, and the new image in up on our website. Meet new and old friends you don't recognize without their helmets and sunglasses on!

Our 4th July Red, White and Brew ride and BBQ is Tuesday following the Ride. I hope to see many of you there to relax and celebrate this wonderful (and free!) club tradition for members. More details are on the website at

Red-White-and-Brew-Ride

See you on the roads,
Cheers,

Simon Bott-Suzuki
President SDBC
president@sdbc.org

Head's Up

The next meeting of the Board of Directors will be on **Tuesday, July 11th, 2023 @ 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 join in and take part.

Mike McLaughlin
Secretary
secretary@sdbc.org



JOSHUA BONNICI
Managing Attorney

SDBC Events

Red, White and BREW Ride

- *When - July 4, 2023, rolls at 0900*
- *Where - Nobel Park, University City (MAP)*
- *Distance - About 43 & 35 miles, RouteRide with GPS: Short ride Long ride*

Join us for our 4th of July ride and picnic, SDBC Red, White & BREW! There is a **Shorter** and **Longer** ride to accommodate all riders! A BBQ with can-only alcohol will be provided for club members. Non-members can contribute \$25 for the BBQ and brew. This years Burgers and Dogs will be a bit upgraded. Choices will include accoutrements such as Lettuce, tomato, onion, various sauces, chili, *Vegan options* and the list goes on, so please Ride & enjoy SDBC BBQ. The BBQ will definitely be worth the effort of the Ride! **See you There!**



Red, White and Brew Volunteer Signup Here!

Check your Selection

Name _____

- Braut on a Bun Just the Braut
 Vegan Burger Reg Burger Big Burger (1/3rd # Handmade Patty)
 Burgers are cooked to Medium Rare – Medium. If you want it done, just write it down.
 Hotdog on a Bun Chile (w/o Beans) Cheese (sprinkled on top)

Accoutrements

- Cheese (1-slice American) Romain Lettuce Purple onion Tomato

Sides

- Potato Salad Cole Slaw Baked Beans Dill Pickle Spear

Check out this Years BBQ

There will be Tickets & Pencils at the Tables. The Menu may change slightly depending on availability. Chips, soda's and

brew also available. Fill out & hand to one of our Servers! You will be called when your order is ready. In the meantime, Hangout, and enjoy a Brew.



Event Photos on Facebook Photos Here!

A BIGG Thank-you to all the Volunteers, who "Swept" the course, put out Barriers and Cones. Who delivered Snacks & Lunches, registered both Racers and Volunteers. To the Course Marshalls, to Ralph Elliot (announcer), Awards presenters, course setup & breakdown, and everyone who volunteered. Thank-you for another Great Year putting on the Barrio Logan Grand Prix! Now go and enjoy the July 4th BBQ!



SDBC Club Photo Day





2023 Ride Leaders



Board of Directors



Race Results

TNR (Tuesday Night Racing at the San Diego Velodrome), 6/20/23
 Aaron Wang, 3rd, Men's B

FNR (Friday Night Racing), 6/23/23
 Aaron Wang, 2nd, Men's C



Quick and Dirty #8 results June 21st:

Position

- | | | |
|----|---------------------|-----------------------|
| 11 | Martin ADAMCZYK | EXPERT MEN 16-48 |
| 3 | Ara OGGOIAN | EXPERT MEN 49+ |
| 1 | Robert DAVIS | 55-64 MEN OPEN |

Quick and Dirty Overall series results 2023:

Position

- | | | |
|---|--------------------|------------------|
| 5 | Julie BARTOLOMEI | SPORT WOMEN 16+ |
| 4 | Theodore KIRKBRIDE | BEGINNER MEN 51+ |
| 3 | Stephen BURGE | EXPERT MEN 49+ |
| 4 | Ara OGGOIAN | EXPERT MEN 49+ |
| 6 | Michael MORRISON | EXPERT MEN 49+ |

8	David MORRISON	EXPERT MEN 49+
10	Conrad HINDERT	EXPERT MEN 16-48
18	martin ADAMCZYK	EXPERT MEN 16-48

1 Robert DAVIS 55-64 MEN OPEN

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STRAVA

R.I.S.E.
Physical Therapy

Other events around San Diego
Looking for Cycling Events around San Diego

[□ Look Here!](#)

SOURCE
ENDURANCE

Bike Fitting

Our bread and butter at Line Of Best Fitting is bike fitting. During your bike fit with us, we will adjust cleat position as well as saddle height, fore and aft, and tilt. Once your saddle position is dialed in we will take a look at your cockpit, and make the changes needed to get you as comfortable and efficient on the bike as possible. Along the way, we are always going to be happy to field any questions so that you feel like you understand the process. Make an appointment on line, Here @ [Switchback Velo](#)

 **Switchback Velo**

STORE CLOSURES

EST. DELIVERY

JULY

17

AUGUST

29

Our current 2023 SDBC team store is

OPEN

<https://teamstore.pactimo.com/stores/select>

The Password is: **sdbc2023**



If you have ANY questions about SDBC custom kit, **DO not call Pactimo**, but please reach out to me. Assume that your order will take a minimum of 4 to 6 weeks! You can check to see if there is any FedEx shipping information on your personal order in your SDBC Pactimo store login.

Gavin Gatta
Clothing Director
clothing@sdbc.org



Looking to Buy

Wanted: Gravel bike. \$700 range, 6'2" male, 58-60 frame.

Edwardpeluso@gmail.com



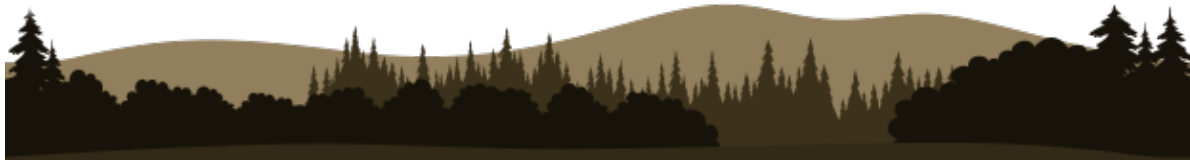
Membership

Michael, your support makes a difference! Thank you!

If you need to renew or join, do it today at [SDBC Membership](#).

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

Membership Director
membership@sdbc.org



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



San Diego Bicycle Club | PO Box 80562, San Diego, CA 92138

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