



WEEKLY UPDATE
for members of the
San Diego Bicycle Club



SDBC Borrego Ride is next weekend! Get those legs ready to "Rock n Roll" as we climb up the Lagunas, then down into Borrego Springs. It will be a Challenging, but Fun adventure.

And a note from Monica from the 2023 Masters World Track Championships.

Dear SDBC Volunteers,

I was honored to attend the 2023 Masters World Track Championships in Manchester England, with your support both financially and with much spirit and enthusiasm. I placed 8th in the Individual Pursuit, (Female 60-64) and 6th in the 500 meter time trial (female 60-64). My times were improved but not enough to place. While I did not medal, I was privileged to be among the world's best , wearing the SDBC kit and awe struck by the events and people there. Thank you.

Monica Buchanan Starkey

Great work Monica! Thanks for the report. Placing 8th and 6th in the World is amazing and its even better that your improved your times in both events. Truly impressive! The club is very lucky to have such a great ambassador, and its a privilege to support you and your efforts this year.

Cheers, and see you on the roads,

Simon Bott-Suzuki
President SDBC
president@sdbc.org



JOSHUA BONNICI
Managing Attorney

*We are San Diego's bicycle,
injury, and disability legal
team.*



Racing



Belgian Waffle Ride Kansas

Lawrence KS, 10/14/2023

Waffle - 123 miles, 10,000 feet of climbing

David Morrison, 1st place, Men 45-54

Stephen Burge, 10th place, Men 45-54

Race report from David Morrison:

"It was a really fun hard race. Really windy and crazy fast. It was a crazy fast start and I had really good positioning. Groups split up fast with all the side wind action. I was able to hang with 3rd group till about Mile 80 and then struggled in without getting caught by my 45 - 55 compadres."

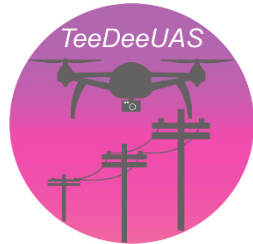


COMING Next Saturday!

When: October 28, 2023, rolls at 0800

Registration is Closed

San Diego Bicycle Club's annual ride and camp weekend to Borrego Springs! Meet at the Mira Mesa Park & Ride (Mira Mesa Blvd & I-15) at 0800, leave your camping gear with a SAG vehicle and enjoy the ride to Borrego Palm Canyon campground.



PACTIMO

Follow SDBC on Social Media



STRAVA

CAFÉ LaTERRE

— FOR THE LOVE OF COFFEE —



SDBC Clothing Store

Our current 2023 SDBC team store is

Closed!

New dates TBA

Gavin Gatta
Clothing Director
clothing@sdbc.org

Other events around San Diego

Looking for Cycling Events around San Diego

[□ Look Here!](#)



- offers SDBC members with a **20% discount on bike fits and 10% discount on parts and labor** on all bike repairs

Non-SDBC sponsored, but you will see many SDBC riders on these Weekday Rides

So often we are asked, “does SDBC do any other rides besides Saturday?” Officially, no, but riders getting together for the rides will further enhance SDBC camaraderie, and will encourage others to check in with each other and get out and ride more. Click below and check out these rides!

Non-SDBC sponsored, but you will see many SDBC riders on these Weekday Rides

So often we are asked, "does SDBC do any other rides besides Saturday?" Officially, no, but riders getting together for the rides shown below have the potential to draw more folks to SDBC, and will encourage others to check in with each other and get out and ride more.

Contact Michael Pelkey at equipment@sdbc.org with additional ride ideas.

Sunday morning: Sunday morning: SDBC bike shop sponsor Switchback Velo hosts a ride that changes weekly leaving from their shop at 5699 La Jolla Blvd in Birdrock/La Jolla with a typical stop at Coffee Cycle in PB on the way back. 8:45 meetup, 9:00 roll out. Bring fresh legs, but typically no-drop. Contact Ian Campbell 858-230-6484. M-F: 8-6 or email ian@switchbackvelo.com

Monday or Tuesday, sometimes Friday mornings: SDBC members Michael N, Victor V, Ron G, and Michael P ride from Plaza Bonita in Chula Vista, near start of the bike path. We leave at 9:00, heading west, then down the coast, and up the Silver Strand into Coronado, a couple of times a week at 40 miles round trip. We hook up with other Chula Vista riders that we know and sometimes have 8-10 riders, a pushing D1-C pace with a coffee stop at Coronado Coffee Co. at the ferry landing before heading back. Contact: Michael Pelkey 858-997-4893 if interested.



The 2023 event will be in person!
Registration for the ride is now OPEN.

Join us, Friday November 3rd, in real life, at Dos Vientos Community Park for the opening and closing ceremonies of our marquis event and on the road starting at 9am sharp for the ride.

**SDBC
Wheel
Sale**

SDBC Wheel Sale

Sale is Open to ALL!

Pricing has been Reduced to Move!

These are **GREAT DEALS** on some Great

Wheels! **Once Gone. They're Gone!**



47 mm, carbon, Disc, thru-axle, 12x100, 6 bolts
Qty 2 - \$554.00 - FCC 4.7 (47 mm) - USED, VG condition - White decal/
Red outline, white spokes, 2 red - TUBELESS CAPABLE - (#5 and 5.75)

Click on "Image" to see the availability of Wheels!

contact equipment@sdbc.org if interested



For Sale

Two Cyclops trainers for sale

\$40 or best offer.

Contact: Trish Kimper

trishfish1@hotmail.com



Cervelo R5 2021, size 56, Dark Green frame set.

Brand new in the box never been built. Still in bubble wrap with seat post and fork, disc ready!

Asking \$3500

Shipping fee is negotiable. Contact : derikesmith@icloud.com



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store.livefluid.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](#).

Membership Director
membership@sdbc.org

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



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