



WEEKLY UPDATE
for members of the
San Diego Bicycle Club



SDBC Borrego Ride is **THIS** weekend! I know many of you having been working very hard getting ready. Have Fun, stay Safe! As a reminder, SDBC Fit Kit Night will be November 16, see the notice below.

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.*

San Diego Bicycle Club Fit Kit Night

(OPEN TO SDBC MEMBERS ONLY! Join or Renew today)

We will be introducing our 2024 SDBC kit designs. Changing rooms will be available to try on sample clothing to confirm your sizing.

Date: Thursday, November 16, 2023

Time: 5-8 PM

Location: Switchback Velo, 5699 La Jolla Blvd, La Jolla, CA 92037

Parking: Nearby street parking is available

There will be free pizza, beer, wine, soft drinks and give-aways

Meet our SDBC vendors, including Switchback Velo
(www.switchbackvelo.com)

Peter Livingston

SDBC Special Events Director



THIS Saturday!

Meet at the **Mira Mesa Park & Ride (Mira Mesa Blvd & I-15)** at 0700, with a goal of rolling out as a group at 7:30am.



PACTIMO

A message from Royce Wang:

As an autistic rider, I deeply value the acceptance I've received from SDBC. I'm especially grateful for the mentorship and support from Tony, Michael, Jordan, Charlie, and many others in the club. Riding with you has been both humbling and enriching. You've never judged me based on my nonverbal demeanor, and I hope that my appearance hasn't led to misunderstandings among others. Even I don't voice it, I want to extend a sincere thank you to SDBC! I'm looking forward to seeing you all on the Borrego Springs trip this weekend!



Follow SDBC on Social Media



STRAVA

CAFÉ LaTERRE

— FOR THE LOVE OF COFFEE —

Update on Lifetime SDBC member Brian Comer

Brian is home and continuing his recovering. He has some mobility back in his arms and legs. In care of Tracey I have both an address where you could send a get well card and I have pics of him in recovery. Reach out to me individually if you would like to send a card or see the pics.

—Michael Pelkey
equipment@sdbc.org



SDBC Clothing Store

Our current 2023 SDBC team store is

Closed!

New dates TBA

Gavin Gatta
Clothing Director
clothing@sdbc.org

**SOURCE
ENDURANCE**

R.I.S.E.
Physical Therapy

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.

Daylight saving is November 5th. Check with riders you know as this may affect some of the early evening rides.

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.

Mon/Wed or Tue/Thu late afternoons: Carmel Valley Loop - SDBC members Jordan, Bice, and some others do a spirited 20-30 mile D1 pace ride leaving from 3804 Valley Cir Dr (just W. of Carmel Creek Rd), going east around Black Mountain and returning via the 56 BP, leaving at 4:00 pm. Routes and times may vary based on group interest. Contact: Jordan Becker 858-603-6499.

Tuesday morning: The Cool Riders Ride - SDBC members Ed Leonard, Niven Howlett, and some others do a D1-C paced coastal ride from Sorrento Valley Rd Park & Ride up to the roundabout just past McGee Park in Carlsbad with a coffee stop in Solana Beach on the way back, occasionally adding an additional 9 mile loop, 47.5 miles. Leaves at 9:00. Contact Ed or Niven at SDBC Sat Ride or just show up.



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

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



FLUID

Fluid Sports Nutrition Online Store

Order your favorite Fluid products online. Free shipping on package deals and low flat rate shipping on everything else. The current SDBC discount period is over. Discounted rates are offered 4x/yr and will be posted here when the next discount period begins. Automatically save 15% when you sign up 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



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

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