



WEEKLY UPDATE
for members of the
San Diego Bicycle Club



Dear all,

Elections for the Board of Directors, Cyclist, Teammate, and Ride Leader of the Year will be at the Tuesday December 12th meeting. Nominations are open for all officer and board positions. A slate of proposed candidates will be in the 12-7 Weekly Update. Any questions, contact President Simon Bott-Suzuki. This is your club and you are always welcome to be involved in the BoD meetings, and nominating and voting for Directors is a crucial part of how we operate. The Toy Ride is coming up next Saturday, December 9th. Plan to see you there in all your Christmas gear!

Cheers, and see you on the roads,

Simon Bott-Suzuki

President SDBC

president@sdbc.org

Head's Up

The next meeting of the Board of Directors will be on **Tuesday, December, 12th, 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

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



RACING News

December 5th from 1-4pm and December 6th from 2-4pm, Adam Mills and Taylor Warren will be conducting *performance testing at the SDSU laboratory*.

Test will cost **\$250**, and will provide LT1, LT2 (lactate threshold) and VO2max
DEXA scan add on available as well.

Participants will receive post test analysis as well.

Bike is Shimano road pedal compatible, other pedal options might also be available.

Testing will take about **90 minutes**. **Limited spots**, have athletes email me at twarren@source-e.net as soon as possible.

Cheers,
-Taylor

Taylor Warren BSED
Senior Consultant
USAC Level 1 coach
Source Endurance

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"the science of results"



PACTIMO



STORE CLOSURES	EST. DELIVERY
DECEMBER	JANUARY
20	18

SDBC Clothing Store

Our current 2023 SDBC team store
is

Open!

This year, we will have two kits available (white or black). All kits ordered by 11/29, was eligible for the 30% discount, which is already reflected in the pricing on the team store. Updates will be coming regarding any future discounts

You should have received a Clothing update with ALL the info on Monday November 13th. Click on the image above to access store, no passcode required!

Gavin Gatta
Clothing Director
clothing@sdbc.org

CAFÉ LaTERRE

— FOR THE LOVE OF COFFEE —

37th Annual Holiday Toy Ride

Join San Diego Bicycle Club for our Annual "Light Up A Life" Holiday Toy Ride **December 9th**, to benefit families served by the Salvation Army. The **40-mile** round trip ride starts at 0800 at UC Cyclery located at La Jolla Village Square:

Schedule

0800 - Cyclists form up at UC Cyclery
0830 - Bike & Costume Contest
0845 - Ride rolls out



If you're on Facebook please click on this link to indicate whether you're planning on going on this year's toy ride, Saturday, December 9th. Also, please share it on your page and use the Invite link to invite all your cycling friends!

<https://facebook.com/events/s/37th-annual-light-up-a-life-to/730472019129914/?mibextid=RQdjQZ>



SOURCE ENDURANCE

Click for exclusive SDBC Member Benefits

74th Banquet of Champions

- Sunday, January 28th, 2024
- 5:00 PM 8:30 PM

Please join the San Diego Bicycle Club for our annual banquet to celebrate our accomplishments during 2023 and kick-off our 78th year of bicycle racing!

Where

TBD

Questions

Contact our Special Events Director specialevents@sdbc.org

Other events around San Diego

Looking for Cycling Events around San Diego

[□ Look Here!](#)

R.I.S.E.
Physical Therapy

**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

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.

It is getting darker earlier. 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.

John - Mac McCarty hosts a weekly ride on Monday's.

Weekly Ride:	"Monday Smackdown" -- led by Mac McCarty 27 Miles -- some hills Ride is "D1-ish" pace
Day & Time:	Monday evening at 6:30pm Lights on the bike are highly recommended
Meet Location:	Adams Avenue Bicycles Adams Ave. and Hamilton Street - https://maps.app.goo.gl/iLdH4aN6uknXxXE6

encourage others to check in with each other and get out and ride more. Click on image and check out these rides!

If you are a member of **Strava**, I would encourage you to "join" the "SDBC" club. Posts made to Strava can then be incorporated to further enhance our weekly update and other newsletters. You can also submit to weekly@sdbc.org, race or ride photo's and comments to share with SDBC.

John Keturi
weekly@sdbc.org
Weekly Update Director



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

SDBC
Wheel

Sale

SDBC Wheel Sale

Sale is Open to ALL!

SOLD

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! More wheels have been sold, but there are still a few sets available.

contact equipment@sdbc.org if interested



For Sale

2021 Aethos Pro

SRAM Force eTap AXS, 12-Speed

Color: Gloss Blush Size: 52

Condition: Excellent with low mileage; has not been ridden in the past 12 months

Original price, \$7,800; Asking \$6,000 which *includes Wahoo Powerlink Zero Pedals* (Retail price of the pedals is \$1,000)

Please text [925-858-0086](tel:925-858-0086) if you are interested.



2023 CAAD13 60cm

Brand new warranty replacement frame and fork. Disc Brake, *Asking \$900.*
-Dale Bemis 314-441-0623



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



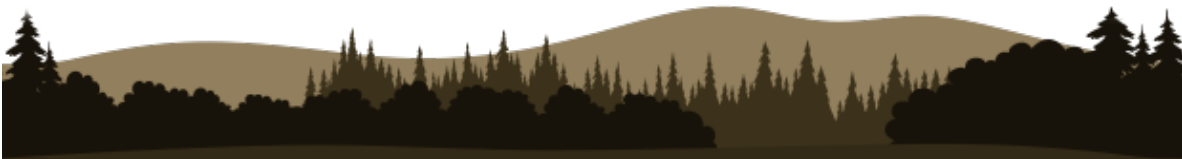
Membership

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



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