



WEEKLY UPDATE
for members of the
San Diego Bicycle Club



Dear all,

Race season is upon us, and our **2024 Fiesta Island Time Trial series kicks off this Sunday**. So dust off that aero wheelset, or Merckx-it-up and come and race yourself and the best in SoCal. See below for more info!

Cheers!

Simon Bott-Suzuki
President SDBC
president@sdbc.org



**JOSHUA
BONNICI**
Managing Attorney

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

Is the content of this email relevant to you?

Yes

No



PACTIMO



Fiesta Island Time Trial

- **This Sunday**, February 25, 2024
- 6:00 AM - 9:00 AM
- Fiesta Island
- San Diego, CA

[Click here to register](#)



[Click here to go to the SDBC FITT Site](#)

Hello everyone,

Volunteer opportunities for "Fiesta Island Time Trial #1, February 25, 2024" are now open. Please click on the following web link (or copy it into your web browser if clicking doesn't work) to go to the signup sheet:

volunteersignup.org/XKKPL

To sign up, just follow the instructions on the page. It only takes a few seconds to do. Thank you for volunteering!

Victor Vargas
Volunteer Coordinator
volunteer@sdbc.org

How to PR the Fiesta Island Time Trial

By: Coach Taylor

<https://source-e.net/rider-resources/how-to-pr-your-next-fiesta-island-time-trial/>

Adam Mills MEd, RCEP
Source Endurance
USA Cycling Level 1 Coach
USA Cycling Coach Developer

amills@source-e.net

CAFÉ LATERRRE

— FOR THE LOVE OF COFFEE —



STORE CLOSÉS	EST. DELIVERY
MARCH	APRIL
5	10

This year you have your choice of either a white or black kit - or buy them both!

Gavin Gatta
Clothing Director
clothing@sdbc.org

SDBC Clothing Store

Our current 2023 SDBC team store is

Open!

Click on the image above to access store, no passcode required!

Team socks are available for purchase online at [SDBC Socks](#). They are available for pickup at Switchback Velo in Bird Rock. Please make sure to **bring a digital copy of your receipt**.

SOURCE ENDURANCE

Click for exclusive SDBC Member Benefits

Other events around San Diego

Looking for Cycling Events around San Diego

[□ Look Here!](#)



The 16th Annual GranFondo San Diego - Sunday April 21st, 2024



SDBC Riders doing their Thing!

Non-SDBC sponsored, Rides during the week

So often we are asked, “does SDBC do any other rides besides Saturday?” Officially, no, but SDBC riders do many rides and CrossFit during the week. [Click HERE](#), and check them all out! Lots of good info including Virtual Rides that many of you do to supplement your road rides & photos from the SDBC Saturday Rides taken by Riders! **If you have photo's or Video's to share, submit them to weekly@sdbc.org. Love to share them with SDBC!**

John K
weekly@sdbc.org
Weekly Update Director



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

For Sale



AMERICA'S MOST
TRUSTED
COSMETIC
DERMATOLOGISTS

EVERY FRUIT
HAS A STORY

Bontrager Aeolus RSL Integrated Handlebar/Stem

VR-C x OCLV Carbon
42CM Wide x 110MM Length x -7degree
100MM Reach x 124MM Drop x 0degree Flare
Sale Price **\$295.00**

Please let me know if you have any questions.

Regards, Ric Ladt [270.559.6223](tel:270.559.6223) (Cell), [858.750.2213](tel:858.750.2213) (Home)
2336 King Arthur Court
La Jolla, CA 92037-7302

fcladt@gmail.com



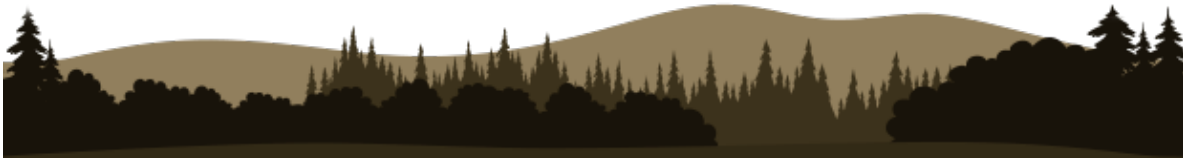
Membership

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



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