



WEEKLY UPDATE
for members of the
San Diego Bicycle Club



NOTICE TO THE MEMBERS

Board of Directors Meeting

**Tuesday, March 12th,
2024
6:30 PM - 8:30 PM (PDT)**

Everyone is welcome!

Zoom Link

Meeting ID: 876 3150 0001
Passcode: 221251

AGENDA

This notice complies with SDBC
Bylaws, Section III-L Meetings &
Notice of Meetings.

Mike McLaughlin
Secretary
secretary@sdbc.org

Dear all,

Hello Riders!

It's another exciting week for the San Diego Bike Club! We hope everyone had a fantastic time on our last ride (despite the weather), and is ready for more adventures on two wheels. Did you snap some awesome pictures during any of our rides? We'd love to see them! Share your photos on social media and tag them on SDBC so we can feature them in our newsletter and on our website. Have questions about upcoming rides or just want to chat with fellow cyclists? Join our Facebook group or follow us on Instagram for the latest updates, ride announcements, and more.

The upcoming racing season promises to be an exciting time for members of SDBC, offering opportunities for growth, camaraderie, and competitive cycling experiences.

In addition, the second FITT date is coming up fast - **Saturday April 13** - so keep up that training and we'll see you there!

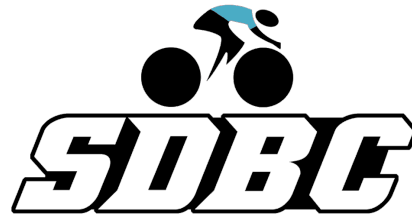
Cheers!

Simon Bott-Suzuki
President SDBC
president@sdbc.org

**JOSHUA
BONNICI**
Managing Attorney



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



February 25th Results
are in!

Final Results!

Fiesta Island Time Trial, CA, 02/25/24

Aine Chen, 1st place, Junior Girls 13-14
Jordi Conrado, 1st place, Men 55+
Troy Underwood, 6th place, Men 60+
Jeff Burt-Gracik, 1st place, Men Cat 4/5
Brendan Sweney, 2nd place, Men Cat 4/5
Eric Boarman, 2nd place, Men Cat Pro 1/2/3
Amy Ousterhout, 2nd place, Merckx Open Female
Dana Mamriev, 4th place, Merckx Open Female
Blair Conner, 5th place, Merckx Open Female
David Morrison, 6th place, Merckx Open Male
Conrad Hindert, 8th place, Merckx Open Male
Eric Starr, 11th place, Merckx Open Male
Steve Burge, 12th place, Merckx Open Male
Karen Messer, 1st place, Women Cat 1-5
Michael Morrison, 7th place, 40K Open Male

The next FITT is on **Saturday, April 13**. [Register here.](https://www.webscorer.com/registerseries?seriesid=340481)

Other Racing Results

Taylor Elizabeth Clifford Memorial Grand Prix CA, 03/03/2024

Jeff Burt-Gracik, 10th place, Men Cat 4/5
Eric Starr, 17th place, Men Cat 4/5
Jeff Burt-Gracik, 17th place, Masters 30+ 3/4
Eric Starr, 20th place, Masters 30+ 3/4
Ivan Murat Altinbasak, 18th place, Masters 50+ Cat 1-3

Major Motion/s King and Queen of Crit CA, 02/25/24

Aine Chen, 11th place, P1-3 Women

Roger Millikan Memorial Grand Prix CA, 2/11/2024

Robert Davis, 12th place, Masters 60+
Michael Morrison, 2nd place, Masters 50+ Cat 1-4
Ivan Murat Altinbasak, 19th place, Masters 50+ Cat 1-4
Ivan Murat Altinbasak, 23rd place, Masters 40+ Cat 1-3
Michael Morrison, 51st place, Masters 40+ Cat 1-3



Place	Bib	Name	Time
1st	25	Brian Cooke	6h 25m 57.0
2nd	65	George Ganoung	6h 28m 22.2
3rd	234	Sean Haidet	6h 35m 09.2
4th	78	David Morrison	6h 36m 55.8
5th	85	Stephen Robinson	6h 46m 04.3
6th	407	Driz Cook	6h 50m 25.6
7th	227	Rene Armenta	6h 55m 07.2
8th	84	Bryan Reid	6h 56m 16.2
9th	399	Till Geib	7h 06m 03.0
10th	142	Don Eldridge	7h 08m 10.1
11th	384	Sang Vu	7h 14m 31.2
12th	359	Todd Robinson	7h 14m 32.6
13th	119	James Milne	7h 14m 35.0



David Morrison
March 2, 2024 at 6:24 AM
· Carefree, Arizona

BWR AZ. 4th in the 50 plus.
My only complaint is, I dropped my chain at mile 15 or so. I was with a really good group. Other than that, I felt pretty good and hit a new FTP today. ☐☐

- Distance
- 103.59 mi
- Elev Gain
- 7,999 ft
- Time
- 6h 42m

Steve Burge
March 2, 2024 at 7:00 AM
· Cave Creek, Arizona

☐BWR AZ☐2024 ☐
Time to prepare for BWR Utah.

- Distance
- 103.05 mi
- Elev Gain
- 8,087 ft
- Time
- 7h 28m



Folks,
I've put together a gallery of photos from the FITT event a couple of Sundays ago, with some emphasis on riders in SDBC kits:



<https://jadecoastphoto.com/events/fiesta-island-tt-2024-02>

Feel free to publish the gallery link and/or embed some photos in the Weekly Update and Website. See attached for a couple of sample images.

Best,
Willie Sakai
SDBC Member + Volunteer Photographer
Jade Coast Photography
(858) 442-1770



Hello SDBC Racers,

On Saturday, March 30th, we will be holding a race clinic led by Source Endurance. The event will be on the Huennekens street race course where the UCSD criterium will be held in May, right off Mira Mesa Boulevard, and led by Source Endurance. Source will likely have three coaches present: Coaches Adam, Taylor and Sophia.

Please follow the link below to the Source Endurance website where you can sign up and fill a brief survey that will help Source plan the event.

The event will start at 9 AM, however a number of us will be meeting from the start of the SDBC ride and heading over around 8:30. There will be participation from both Men's and Women's teams during the event, which will feature mock races, drills and other skills oriented training.

Please attending this event if you are available! Whether you are a new racer or experienced racer looking to sharpen skills from actual pros and coaches – this event is for you. Lets show up en masse and make this a great clinic.

The estimated duration of the event is 90 minutes, ending around 10:30. More details to come in the weeks to follow. After the clinic, there will be an optional chill-pace ride up the coast with participations from the Men's and Women's teams.

See you there! If you're racing Sagebrush MTB – you get a hall pass. Otherwise, I hope to see you!

-David Garcia

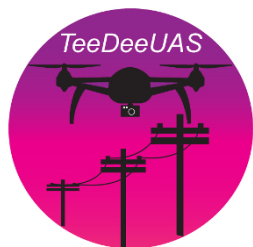
P.S. please indicate participation on TS and at the link below!

<https://source-e.net/sdbc-member-benefits/>

Volunteer opportunities for "Fiesta Island Time Trial #2, April 13, 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. To sign up, just follow the instructions on the page. It only takes a few seconds to do. Thank you for volunteering!

volunteersignup.org/XKKPL

Victor Vargas
Volunteer Coordinator
volunteer@sdbc.org



Join SDBC at Pedal the Cause

Padres Pedal the Cause is a local nonprofit that seeks to fund cancer research that will lead to increased survivorship and ultimately, cures for cancer. Their biggest fundraising effort is an annual cycling event at Petco Park.

[Click here](#) for more information about [Pedal the Cause](#)

Padres Pedal the Cause is looking for volunteer mechanics and ride marshals on the course :

Mechanics - Looking for mechanics to accompany our SAG vehicles on the course. We have driving and cars so we would just need to mechanic to ride along and help along the way. We offer \$150 and free lunch/ beer at Petco Park at the end of the course!

Ride Marshals - Looking for ride marshals on all 3 courses (25, 55, and 75 miles) to ride along and represent the organization by helping with flats and ensuring people feel safe.

- **Sunday, April 7, 2024**
- 6:00 AM 4:00 PM
- Petco Park
- 100 Park Blvd San Diego, CA 92101 ([map](#))

Megan Parker
Padres Pedal the Cause
9191 Towne Center Dr. Suite 310 | San Diego, CA 92122
megan@curebound.org

CAFÉ La TERRE

— FOR THE LOVE OF COFFEE —

Solana Beach Hours:

Sunday / Monday: 10:30 am - 3:00 pm

Tuesday - Saturday: 8:00 am - 4:00 pm

Sunday: CLOSED



SDBC Clothing Store

Our current 2023 SDBC team store

is

STORE CLOSURES

EST. DELIVERY

MARCH

25

APRIL

30

Open!

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

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

Gavin Gatta
Clothing Director
clothing@sdbc.org

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

If you haven't yet opened this side Newsletter, You're missing out of a big portion of SDBC Riders, "doing their Thing"! **So OPEN it.** 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, Videos & 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

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** (Cell), **858.750.2213** (Home)
2336 King Arthur Court



AMERICA'S MOST
TRUSTED
COSMETIC
DERMATOLOGISTS



EVERY FRUIT
HAS A STORY



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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