



**WEEKLY UPDATE**

for members of the  
San Diego Bicycle Club



Dear all,

April is **SDBC Membership drive month**. Supporting SDBC can be a fantastic way to foster community engagement, promote healthy lifestyles, and advocate for cycling infrastructure. Here are some ways you can support the San Diego Bicycle Club:

1. **Membership:** Encourage cyclists in your community to join the San Diego Bicycle Club. Membership fees often go towards club activities, advocacy efforts, and maintenance of cycling infrastructure.
2. **Volunteer:** Offer your time and skills to help organize events, lead rides, or assist with administrative tasks. SDBC relies heavily on volunteers to function effectively.
3. **Donate:** Consider making a financial contribution to the club. This can help cover expenses such as insurance, event permits, and equipment.
4. **Promote Events:** Spread the word about SDBC's club rides, races, and other events. Share information on social media, community bulletin boards, or local cycling forums.
5. **Attend Meetings:** Participate in club meetings to stay informed about upcoming activities and provide input on club decisions.
6. **Collaborate with Local Businesses:** Build partnerships with local businesses that support cycling. This could involve sponsorship, hosting events at their locations, or offering discounts to club members.
7. **Community Outreach:** Organize outreach events to engage with the broader community and encourage more people to take up cycling. This could include bike rides for beginners, family-friendly events, or bike maintenance workshops.
8. **Environmental Initiatives:** Partner with environmental organizations to promote cycling as a sustainable mode of transportation and advocate for policies that reduce carbon emissions.

By supporting the San Diego Bicycle Club, you can contribute to creating a more vibrant cycling community and help make San Diego a safer and more enjoyable place to ride.

Cheers!

**Simon Bott-Suzuki**

President SDBC

[president@sdbc.org](mailto:president@sdbc.org)

**JOSHUA  
BONNICI**

Managing Attorney

*We are San Diego's  
bicycle, injury, and*



We've had overwhelming popularity of the "Non-SDBC Riders doing their thing" Newsletter, that I've had to separate the SDBC Saturday ride posts, from the Non SBC Riders posts. Hey!!! No complaints here! Keep those posts coming. Our Email distributor limits the size of certain imbeddings. So, this week, we have split it into two. "Non-SDBC", and "SDBC Saturday Rides". Hope you enjoy both. We're also moving these up in the WU, as many of you have the bottom of the WU, "cut off", if it's too long. If that happens to you, either click on, "read more", or close the message and re-open. I will be working on creating links to various sections of the update so that you don't have that issue. Thanks for your patience.

### Photos and Comments from last Saturday's Rides

Wow, we're getting such a GREAT response from the "SDBC riders out doing their thing", newsletter....that its gotten **TOO BIG** to fit into one. So, this newsletter is all about the **SDBC Saturday ride groups**. Photo's and comments from ride leaders and others. Check it out!

John K  
weekly@sdbc.org  
Weekly Update Director



### Fiesta Island Time Trial 04/13/24

The next FITT is on Saturday, April 13.

Register  
here. <https://www.webscorer.com/register/series?seriesid=340481>

[FITT Photos](#)

Pics for the 25 February 2024 FITT can be found here.

(Courtesy of Willie Sakai, Jade Coast Photography)

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](https://volunteersignup.org/XKKPL)

Victor Vargas  
Volunteer Coordinator  
[volunteer@sdbc.org](mailto:volunteer@sdbc.org)

## 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](mailto:weekly@sdbc.org). Love to share them with SDBC!**

John K  
[weekly@sdbc.org](mailto:weekly@sdbc.org)  
Weekly Update Director



Here's a link to an article that Coach Taylor wrote in direct response to a number of SDBC questions on the subject matter.

[Effectively Implementing Strength Training for Cycling](#)

Hello SDBC Racers,

On Saturday, March 30<sup>th</sup>, 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.

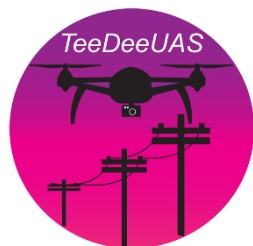
The estimated duration of the event is 90 minutes, ending around 10:30. More details to come in the weeks to follow. After the clinic, there will be an optional chill-pace ride up the coast with participations from the Men's and Women's teams.

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/>



**PACTIMO**

**PADRES PEDAL**  
**THE CAUSE**

A World  
Without  
Cancer

### 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](mailto: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



STORE CLOSÉS	EST. DELIVERY
MARCH	APRIL
25	30

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

Gavin Gatta  
Clothing Director  
[clothing@sdbc.org](mailto: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



# 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](http://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](tel:270.559.6223) (Cell), [858.750.2213](tel:858.750.2213) (Home)

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La Jolla, CA 92037-7302

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AMERICA'S MOST  
TRUSTED  
COSMETIC  
DERMATOLOGISTS



EVERY FRUIT  
HAS A STORY

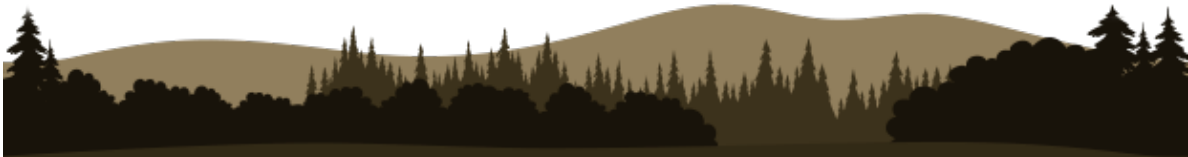
## Membership

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](mailto:membership@sdbc.org)



Send Comments and Suggestions to:  
Weekly Newsletter Editor  
[weekly@sdbc.org](mailto:weekly@sdbc.org)



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