



Dear all,

April 13th is FITT #2. The course is flat and entirely on a closed road, making it ideal for achieving fast times.

Equipment

Road bike, TT bike, Tandem, HPV. Merckx categories have restrictions on aerodynamic equipment. Helmets are required.

Spectating

Spectators are welcome to come and cheer on the cyclists. The flat nature of the course makes it easy to see the action from multiple vantage points.

Tips for Participants

- Warm-Up: Arrive early to warm up properly before your start time. Bring a trainer or ride on the road, no warming up on the course.
- Aerodynamics: Consider using aerodynamic equipment and clothing to maximize your speed.
- Pacing: Pace yourself carefully to maintain a consistent effort throughout the race.
- Course Familiarity: Familiarize yourself with the course layout before race day.

Registration

Participants can register online through the event's [official website](#) or on the day of the event, depending on availability. The Fiesta Island Time Trial is a well-organized and popular cycling event that offers cyclists an opportunity to test their speed and fitness in a competitive setting. Whether you're a seasoned racer or a beginner looking to challenge yourself, the Fiesta Island Time Trial is a great event to participate in or spectate.

The next **Board of Directors meeting** is scheduled for April 9th. Board meetings are crucial for the effective governance and strategic direction of an organization. They provide an opportunity for the board and general members to collaborate, make decisions, and ensure the organization is operating in the best interests of its members.

This week's Saturday ride may be ☔, a bit wet. So prepare, be safe, no craziness! ☐☐☐

Cheers!

Simon Bott-Suzuki
President SDBC
president@sdbc.org

Head's Up

The next meeting of the Board of Directors will be on **Tuesday, April, 9th, 2024 @ 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.*



Fiesta Island Time Trial

04/13/2024

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

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



Click here to see comments and photos from last Saturdays Rides! [□](#), or click on the image above to watch an exhilarating "A" ride perspective!

Hello SDBC Racers,

The Source Endurance Crit/bike handling clinic has been **postponed to next week to Thursday at 6pm-7:30pm**. 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

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 BlvdSan Diego, CA 92101 ([map](#))

Megan Parker
Padres Pedal the Cause

PADRES PEDAL

THE CAUSE

A World
Without
Cancer

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- Petco Park
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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



STORE CLOSURES	EST. DELIVERY
APRIL	MAY
9	22

SDBC Clothing Store

Our current 2023 SDBC team store is

Open!

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

Gavin Gatta
 Clothing Director
clothing@sdbc.org

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

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!

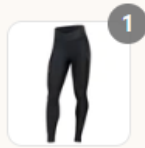
John K
weekly@sdbc.org
Weekly Update Director



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



Women's Sugar Thermal Cycling Tights
BLACK / L

\$50.00

Subtotal	\$50.00
Shipping	\$8.99
Taxes	\$3.88
Total	USD \$62.87

Will take \$50, even though I paid more with shipping/taxes. On sale. Unable to return.

Barbara Trenchi
Owner
SoCal Food Tours
619-723-4259
btrenchi@yahoo.com
socialfoodtours.com



AMERICA'S MOST
TRUSTED
COSMETIC
DERMATOLOGISTS



EVERY FRUIT
HAS A STORY



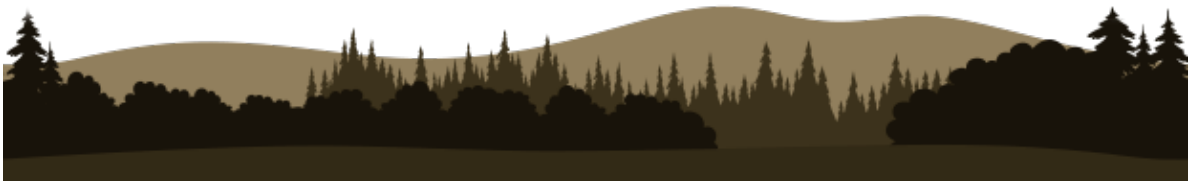
Membership

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



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

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