



WEEKLY UPDATE

for members of the
San Diego Bicycle Club



President's Message

I spoke with Ralphs' management and they clarified that we are allowed to use their bathrooms. But when we do, let's make sure to be stellar representatives for SDBC. Enjoy the ride this weekend!

Cheers,
Vali Holroyd
President SDBC
president@sdbc.org



Cecy Krone Memorial Ride

When: September 5, 2022 at 0830

Where: UC Cyclery

Distance: 54 miles

Route: [MapMyRide](#)

Please join SDBC for a 54 mile bike ride to Carlsbad in memory of fellow SDBC members whose lives have been taken on the roads by drunk drivers. This ride will be led by SDBC ride leaders at a moderate and fun pace.



SDBC KITS



Jersey Front



Bib Front



Jersey Back



Bib Back

STORE CLOSÉS	EST. DELIVERY
AUGUST	OCTOBER
28	3

<https://teamstore.pactimo.com>
password: sdbc2022



<https://sdbc.org/store>

Please remember that if you have an issue with your team kit, reach out to me and not Pactimo!

Vali Holroyd
Clothing Director
clothing@sdbc.org



La Vuelta

The third Grand Tour, the Vuelta a España began Aug 19 and runs through Sept 11. It has already had many days of exciting racing as it began in Holland this year. Now it is traveling around Spain and will finish after 21 total days of racing in Madrid. You can catch the NBC Sports extended highlights on Youtube for free.

<https://www.lavuelta.es/en/>



SDBC Gear Bags

SDBC Gear bags are available from the Pedal Industries' SDBC store! The design has been updated to our new 2022 colors.

<https://pedalindustries.com/collections/sdbc-san-diego-bicycle-club-store>.



PACTIMO



15th Annual Bike the Bay

Sunday, August 28, 2022

07:00 AM - 11:00 AM

Embarcadero Marina Park South
200 Marina Park Way, San Diego

<https://www.bikethebay.net>



SDBC Race Results

Mt. Washington Auto Road Bicycle
Hillclimb, NH. - 8/20/2022

Peter Dufour, 1st place, Men 65+

La Verne Grand Prix, CA. - 08/14/2022

James Perren, 24th place, Men 50+

James Perren, 9th place, Men 60+

Martin Adamczyk, 10th place, Men Pro
1/2/3

David Gomaidy

Men's Team Director

men45director@sdbc.org

Race Report

Mt Washington Auto Road Bicycle Hillclimb

Sat 8/20/2022, Gorham, N.H.

7.6 miles, 4,700' feet of climbing, 12% average grade.

Combined field of 60+, 65+ and 70+; raced together but scored separately. 75 total riders with 24 in my 65+ category.

Except for a couple of very short segments that are "only" 8%, the entire course is 10-17% grade with the final s-curve "Wall" to the finish at over 20%. A bike race with only one climb in it... What's the big deal, right??

Soon after the start, four of us established a substantial gap on the rest of the field. Since the other three were all in the 60+ category, I focused on riding a steady tempo maintaining my gap to the riders behind and not risk going in the "red". In case a 65+ rider caught up to me, I wanted to have enough energy left if I had to try to ride away from him. My pace allowed me to stay ahead of the field all the way to the line. Although my time was not as fast as I had hoped for, I was happy with the top step finish. 65+- 1st place.

Peter Dufour



Sunday Ride

This Sunday we're riding North County Inland where it could be hot. So our **START TIME HAS CHANGED.**

New Start Time 7:30 AM / **MEET UP MAP** and Route maps - **RIDE WITH GPS** or **STRAVA**

- Bring your climbing legs
- Warm temps
- 42 Miles
- 3,700 ft elevation gain
- Light Traffic, Country Roads & Agriculture
- We might finish around noon.

From I-805 and I-163 and it's about 40 miles and 40 minutes to our start location. If you'd like to carpool, message me. I have one full-fare and two economy class seats in my truck. I'll be leaving at 6:30 AM. Call or text questions or seat reservations to Tony
619-852-7141

Tony Lowery
Ride Leader
sundayride@sdbc.org



<https://www.teedeeuas.com>



FLUID

amazonsmile
You shop. Amazon gives.

Want to make donations to SDBC at no cost to you? Shop at smile.amazon.com and choose "San Diego Bicycle Club".

CLASSIFIEDS



Rotor ALDHU 150mm Road Cranks
\$200

Excellent condition ROTOR Aldhu Crank arms in 150 mm size. Came on my bike but I needed 170mm so I bought the Carbon Aldhu crank arms.

Fits any 30mm spindle. Made of aluminum. Really great crank arms, will increase your cadence.



Compatibility: BSA30 , ITA30 , BB30 bearing kit, PRESS FIT 4630, UBB4630, BB386 , PRESS FIT 4130

More info:

<https://rotorbike.com/catalog/default/rotor/road/cranks/aldhu/aldhu-cranks.html>

Robert | link2009@gmail.com



CycleOps/Saris Hammer H2 Smart Trainer

\$500 OBO. Retails new for >\$800.

Includes the adaptors for QR and various sizes of thru axles, spacers for 9, 10, 11/12 speed cassettes, manual, and even the original box. Also will include a sweat guard + phone holder for

free. Compatible with Zwift and the other major training apps/ecosystems. I purchased this to use during the pandemic stay-at-home orders but seldom use these days. Review located here: <https://www.dcrainmaker.com/2019/01/cycleops-h2-hammer-2-trainer-in-depth-review.html>

Frank | flehnerz.uwyo@gmail.com
858-257-9530



Shimano Deore Xt Crankset - 175

Selling my gently used crankset - \$100

Bill Branson
brbransonjr@gmail.com

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](#). And please contact **Simon** with any membership questions.

Simon Bott-Suzuki
Membership Director
membership@sdbc.org

Send Comments and Suggestions to:
Michael Karres
Weekly Newsletter Editor
weekly@sdbc.org



STRAVA

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

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