



WEEKLY UPDATE

for members of the  
San Diego Bicycle Club



## President's Message

**Fluid Nutrition** has been a close partner and sponsor of SDBC's for several years. They have excellent products and are currently offering our club a **30% discount** on bulk orders. This order will be shipped (at Fluid's expense) directly to your door. In addition to their Performance product (their fueling product) their Recovery and their Protein, Fluid now has given us access to their Tactical line of rapid hydration products. If you like Hammer Fizzy Tabs, Nuun and Skratch, you will LOVE these products. Fluid will also be releasing another line of products soon, and from what I'm told, they will give a few of the brands I just mentioned a serious run for their money! Please see the details of this order under the Fluid section below. The ordering window will be open from today **September 29th through Noon (that's 12 NOON) Thursday, October 13**. If you have any questions about the products or the bulk order, please contact me at [president@sdbc.org](mailto:president@sdbc.org).

Cheers,  
Vali Holroyd  
President SDBC  
[president@sdbc.org](mailto:president@sdbc.org)



## Fiesta Island Time Trials

~~Sunday, January 9~~  
~~Sunday, April 17~~  
~~Sunday, May 15~~  
Sunday, October 16

Registration: [WebScorer.com](http://WebScorer.com)



Details: <https://www.sdbc.org/fiesta-island-time-trial>

Volunteers get to help setup, break down and help with the awards! Please contact Bill Branson, SDBC Volunteer Director at [volunteer@sdbc.org](mailto:volunteer@sdbc.org) if you have any questions about volunteer opportunities.

Mike Barreras  
Fiesta Island Time Trial Director  
[fittdirector@sdbc.org](mailto:fittdirector@sdbc.org)



## SDBC KITS



Jersey Front



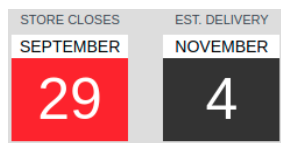
Bib Front



Jersey Back



Bib Back



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



<https://sdbc.org/store>

Our 2023 new kit design will be revealed at club night in November!

Vali Holroyd  
Clothing Director  
[clothing@sdbc.org](mailto:clothing@sdbc.org)

## From the Secretary

Head's Up: The next meeting of the Board of Directors will be on Tuesday, October 11, 2022 at 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



## 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>.



## Race Results

UCI		WORLD CHAMPIONSHIPS		USA		
Official Results						
60-64 Women 500m Time Trial Final - 500m - 2 Laps						
Communique #8.16						
World Best	39.498	BENJAMIN Lise	AUS	Carson	USA	2018
Place	Bib	Name	Team / From	250m	Time	km/h
Gold	18	WHITTEN Anna	AUSTRALIA DUNDAS, AUS	22.065 (1)	<b>WR 39.155</b> 17.090 (1)	45.971
Silver	13	GRADDON Julie	NEW ZEALAND CAMBRIDGE, NZL	22.840 (2)	<b>40.392</b> 17.552 (2)	44.563 +1.237
Bronze	11	AFTON Gwenn	UNITED STATES OF AMERICA COLORADO SPRINGS, USA	24.289 (3)	<b>42.230</b> 17.940 (3)	42.624 +3.075
4	23	BUCHANAN STARKEY Monica	UNITED STATES OF AMERICA LA JOLLA, USA	25.565 (4)	<b>44.752</b> 19.187 (4)	40.222 +5.597
5	16	SANDEFUR Fotini	UNITED STATES OF AMERICA POOLER, USA	29.433 (5)	<b>50.237</b> 20.804 (5)	35.830 +11.082

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Timing & Results by One2Go Event Services

UCI World Championships  
60-64 Women 500m Time Trial  
Monica Starkey, 4th

Linda Webb  
SDBC Ride Leader



## Borrego Springs Ride and Camp Weekend

November 5th - 6th  
Mira Mesa to Borrego Springs  
Cost: \$25.00 for riders

<https://www.sdbc.org/borrego-springs-ride-and-campout>

Josh Bonnici  
josh@bonnicilawgroup.com



## Sunday Ride

This Sunday is the last of the regularly scheduled Sunday rides for 2022. Join us for island hopping and \*picnicking. From Liberty Station we ride over Loma Portal to Mission Bay and around two islands, then back to San Diego Bay and two more islands before returning to Liberty Station.

**Start Time:** 8:30 AM [MEET UP LOCATION](#)

**Route:** 28 Miles / 700 ft elevation gain. Here's the route; [STRAVA](#) and [RIDE WITH GPS](#).

### What to expect

- An ALL SKATE, D3 -D2 pace
- We'll be riding on sidewalks
- A beautiful, pleasant, easy ride for everyone to join
- Dave Palmer may be taking photos

\*Note: We'll finish riding before noon, just right for a picnic of cold cut sandwiches, drinks and chips. Please come, and message me that you're coming, 619.852.7141

Tony Lowery  
Ride Leader  
sundayride@sdbc.org



<https://www.teedeeuas.com>



FLUID  
FLUID  
FLUID

## 30% SDBC MEMBER DISCOUNT

SDBC members get **30% off** of all products and **free shipping** to their home! There are some new Tactical Electrolyte products that are amazing! They can be found under the Fluid Nutrition Shopping tab, as "Tactical" The Tactical products compete head to head with Skratch, Nuun, and Hammer and have been used in the Forest Service space for high-heat rapid hydration. Orders can be placed on the Fluid website until noon Thursday, October 13. If you have any questions, please contact Vali.

Main Site: [store.livefluid.com](https://store.livefluid.com)

30% code: SDBC2022-3

Dates: Thurs 9/29 - noon Thurs 10/13

Also New Products:

<https://store.livefluid.com/collections/tactical>

Vali Holroyd  
President SDBC  
[president@sdbc.org](mailto:president@sdbc.org)

**amazon**smile  
You shop. Amazon gives.

Want to make donations to SDBC at no cost to you? Shop at [smile.amazon.com](https://smile.amazon.com) and choose "San Diego Bicycle Club".

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](mailto:membership@sdbc.org)

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



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