



**WEEKLY UPDATE**

for members of the  
San Diego Bicycle Club



## President's Message

We have lots of exciting things happening in SDBC.... the board agreed to hire an executive race director for BLGP!! This is an amazing move and we hope to draw participants from more areas as well as streamline our race production process. Also, the men's and women's race teams have hired a coach for 2023. This is something SDBC has been discussing for a few years, and this was the right time to do it. We've had small, focused groups on both the executive race director project as well as the coaching project, and everyone came through with great recommendations and a solid path forward. These are both important moves to keep our club on a progressive path forward into 2023 and beyond.

Please consider joining some of your club mates for the 2022 Borrego Springs Ride and Camping Weekend! Lots of details have been sent via email and are available here: [Borrego](#) and below.

Last, but not least, our annual meeting is December 13th. **Please plan to attend this meeting.**

We will be voting for a new:

- president
- vice president
- treasurer
- weekly newsletter editor
- and other director positions

Of the 12 board meetings, **this is the most important one to attend** . It will be held over Zoom. Watch for the details in the newsletter.

Have a great weekend!

Cheers,

**Vali Holroyd**

President SDBC

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



# Borrego Springs Ride and Camp Weekend

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

Spots are filling quickly, register today to not miss out!

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

Josh Bonnici  
josh@bonnicilawgroup.com



David Pfannenstiel and daughter Evelyn in the finish chute of FITT  
(photo: the grandparents)

## Fiesta Island Time Trials

The Final FITT for the year was a great success thanks to everyone who participated. It was especially great to have so many first time participants!

See the full results here: [WebScorer.com](https://www.webscorer.com)

Enjoy the following pictures submitted by Jeff Gracik and checkout his Instagram for more of his amazing photography:  
[@jeffreylanphoto](https://www.instagram.com/jeffreylanphoto)

Michael Karres | Weekly Editor





## SDBC KITS



Jersey Front



Bib Front



Jersey Back



Bib Back

STORE CLOSÉS

OCTOBER

16

EST. DELIVERY

NOVEMBER

21

<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)

## SDBC Gear Bags

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



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

## SDBC Race Team Recruitment Ride

We are kicking off an abridged off-season training and recruitment series, starting this **Saturday, October 22nd**. Join us in North County, starting at **Starbucks on El Norte Parkway**, 302 W El Norte Pkwy, Escondido, CA 92026. The route will be a Rice/Couser canyon loop with Woods Valley/Wolford detour.

Meetup time is around 8:00 for coffee, with ride **start at 8:30 AM**. Hope to see you there!

<https://ridewithgps.com/routes/41156516>

Best,  
David Garcia  
David Gomaidy  
SDBC Men's Team Leadership



## SAVE THE DATE

SDBC Club and Kit Fit Night - 9 Nov  
Annual Holiday Toy Ride - 10 Dec  
Annual Meeting of the Members - 13 Dec  
SDBC Awards Banquet - 22 Jan (tentative)





## Rouleur North Park's One Year Anniversary Celebration

SDBC participated in all 3 days of Rouleur North Park's One Year Anniversary Celebration! It started with the Thursday Night Ride Anniversary, then Friday's Bicycle Industry Night, and finally the Saturday Anniversary Ride & Celebration which had a special release of very tasty new IPA: Ryde or Die.



Michael Pelkey  
SDBC Ride Leader



<https://www.teedeeuas.com>



## RACE REPORT

### 39th Annual Diablo Challenge

Sunday October 2, 2022

Danville, CA

10.94 miles, 3,290' of climbing. 5.7% average grade.

The course: The first mile is a twisting, narrow roller coaster road with multiple switchbacks that abruptly alternates between fast descents (I reached 32 MPH in this section) and steep climbs (over 10%). Sharing this road with 50 of my closest friends guaranteed curb to curb chaos. The course straightens out after this intense start and is followed by a 2.5 mile steady climb. This climb is then followed by the first of two flat and "false flat" sections of 1 mile+ with a climb in between them. After these two breaks in the climbing, the second half is a steady, consistent (up to 15%) climb with no chance to recover. The race finishes with "The Wall"; a 250 meter, up to 20%, climb to the summit.

The Race: Following the twisty, chaotic first mile, I started up the 2.5 mile steady climb. I found myself with just a few other dropped riders from the first lead group. As I settled into a consistent tempo, I rode away leaving me in "No Man's Land" between the fast disappearing lead group ahead and the fading riders behind. I rode the rest of the course solo. Unable to benefit from riding the two flat sections with a group, I used up too much energy in the first half and never had the chance to recover. When the second half climbing kicked in, my tank was running low and I could not ramp up my pace. At the end, I qualified for a coveted "under 1 hour finisher" t-shirt.

The Result: 65+- 2nd (of 28). 699 total riders.

Peter Dufour | SDBC Men's Cat 3

# CONGRATULATIONS FOR WINNING GOLD

Monica Starkey

RACE: 2022 Masters Track World Championships, Los Angeles, California

EVENT: 60-64 Women Pursuit Final- 2km – 8 laps

DATE: September 24, 2022

RESULT: Gold/1st place

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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".

## CLASSIFIEDS



### CycleOps/Saris Hammer H2 Smart Trainer

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>

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

Frank  
[fleherz.uwyo@gmail.com](mailto:flehnerz.uwyo@gmail.com)  
858-257-9530

## 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)



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

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