



President's Message

Here we are in November with the holidays and the end of the year coming very quickly. The board voted on the Best All Around award winners during our meeting this past Tuesday. We'll all find out who won during our awards banquet in January. More details to follow.

The next board meeting is certainly the most important one of the year. It's when you will vote your new board into office. If you have not volunteered for a position in 2023, please consider doing so. I know that we have several positions (Vice President, Weekly Newsletter, Membership, and Executive Race Director - BLGP) to fill and your help is needed!

We can't run the club without you, our members are the source of our volunteer board. Please consider stepping up and helping out for 2023! If you are interested in running, please contact me at president@sdbc.org.

Cheers,
Vali Holroyd
President SDBC
president@sdbc.org









SDBC KITS

The 2022 kit online store is now closed in anticipation of the 2023 kit online store opening in early December. We will be posting renderings of the new kit next week! Stay tuned. The first order will probably go in after Christmas, and the new kit will arrive in early February. Please attend our **Fit Kit Night on December 7th** at the La Jolla Village Square meeting room (where we used to have board meetings)! If you have any questions, please contact me at **clothing@sdbc.org**.

Cheers,
Vali Holroyd
Clothing Director
clothing@sdbc.org



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.





SAVE THE DATE

*** SDBC Club and Kit Fit Night - 7 Dec ***

Annual Holiday Toy Ride - 10 Dec

Annual Meeting of the Members - 13 Dec

SDBC Awards Banquet - 22 Jan (tentative)

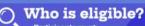






Cardiovascular Parameters Study

A study to test a wrist-mounted sensor that monitors heart rate, resp and blood pressure non-invasively.



Participants must:

Adults aged 18 years and over
 Be able to read, speak, understand, and give consent

in English

Have health insurance

Participants cannot:

- Have excessive scarring or tattooing or the wrist and chest
- Be pregnant
- Have a neurological disorder (such as seizures, epilepsy, loss of consciousness)
- Be on stimulant medication
- Be current smokers
- Be diagnosed with diabetes

What will you be asked

to do?

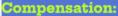
Visit 1 (remotely): Screening

- Eligibility assessment
- Consenting Demographic information

Visit 2:

You will be randomized to engage in aerobic or strength exercise

- protocols: Isometric exercise
- Your leg strength will be tested on a machine similar to a leg curl/leg extension.



\$15 for travel and time

\$85 for completion of study visit(s).

You will complete an aerobio exercise at moderate intensity on a stationary bike, treadmill or rowing machine

\$100 total

Interested?

EMAIL: eparc.rockley@gmail.com PHONE: 858-523-8659





www.specialtyproduce.com





https://www.teedeeuas.com







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

CLASSIFIEDS

Wanted

Road bike frame. 62cm or XL. rim brakes. Thanks for any leads. Peter Dufour | (858)625-1725 | du46@aol.com



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/20 19/01/cycleops-h2-hammer-2-trainer-indepth-review.html

\$500 \$450 OBO. Retails new for >\$800

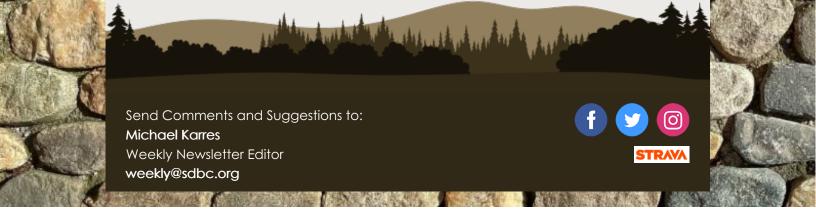
Frank flehnerz.uwyo@gmail.com 858-257-9530

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



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

Unsubscribe weekly@sdbc.org

Update Profile | Constant Contact Data Notice

Sent byweekly@sdbc.orgin collaboration with



Try email marketing for free today!