



WEEKLY UPDATE

for members of the
San Diego Bicycle Club



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, respiration, and blood pressure non-invasively.



Who is eligible?

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 on 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.

- Aerobic exercise

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

Compensation:

\$15 for travel and time

AND

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

\$100 total

Interested?

Contact us at:

EMAIL: eparc_rockley@gmail.com PHONE: 858-523-8659



<https://www.teedeemas.com>



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/2019/01/cycleops-h2-hammer-2-trainer-in-depth-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

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



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