



WEEKLY UPDATE

for members of the
San Diego Bicycle Club



President's Message

Welcome to the lull between the excitement of the Holidays and the challenge of a New Year. The first challenge, of course, being the battle against the expansion of the waistline most of us are experiencing. To add to the struggles, our biggest club event, the 74th Banquet of Champions will take place on **Sunday, January 22, 2023**, 5:00 PM 8:30 PM, at the Old Spaghetti Factory.

Please join the Club to celebrate our accomplishments during 2022 and kick-off our 77th year of bicycle racing! You can register for the banquet directly through the webpage, and I hope to see you there.

<https://www.sdbc.org/events/sdbc-annual-banquet-of-champions>

The best medicine is to keep riding, so please join us for the usual Saturday ride, as well as our New Year's Day Metric Century (<https://www.sdbc.org/new-years-day-ride>). Thanks again to Ralph Elliott for organizing both the New Year ride and the Christmas Day Orphan Ride.

See you on the roads,
Simon Bott-Suzuki
President SDBC
president@sdbc.org

So Long, and Thanks for All the Fish

Thank you for joining me each week with the Weekly Update this past year. My goal for 2022 was to increase the spirit of community among SDBC members by providing an engaging newsletter. And from all of the wonderful feedback I received throughout the year, I think we achieved that. I would especially like to thank **Vali** for her support and weekly collaboration with getting important messages out to the club. **Michael Pelkey** for sharing his enjoyment for the articles as well as providing many great suggestions. And **Charlie Sykes** for promoting the newsletter during his Saturday announcements.

For a neat recap of the year, check out the pictures that were submitted to the Weekly here: <https://sdbcweekly.imgbb.com>

And lastly, thank you to John Keturi for volunteering to become the 2023 Weekly Update editor! He has been with the club for 4 years and mostly rides with the B and C groups. Make sure to introduce yourself and send him articles throughout the year about your cycling adventures!

Enjoy the holiday season. I look forward to riding with you in 2023!

Michael Karres
SDBC Ride Leader
mkarres@gmail.com



30th Annual Christmas Day Orphan Ride

More than 37 attended on this beautiful day. Thank you Ralph for hosting and everyone who brought the delicious snacks. More photo's from Richard Lee here. <https://flic.kr/s/aHBqjAkxWB>



From the Secretary

Head's Up: The next meeting of the Board of Directors will be on Tuesday, **January 10, 2023 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
Secretary
secretary@sdbc.org



SDBC KITS

Stay tuned!!! The clothing store is not up and running yet, but I'll put out an email to let everyone know when it is open and how to order your kit.

Please let me know if you have any questions!

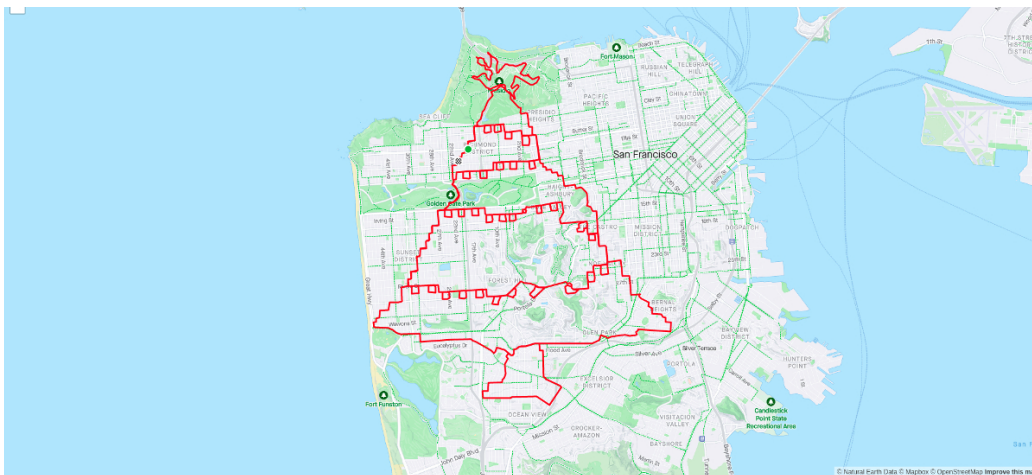
Cheers,
Vali Holroyd
Clothing Director
clothing@sdbc.org



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>.



Tiger's Christmas Day Route

After 5 hours and 60 miles of intervals, Tiger created this amazing piece of art. <https://www.strava.com/activities/8291137864>

Michael Karres

**SOURCE
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Source Endurance is offering some amazing SDBC Member benefits: [click here for the details](#)



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**PLANT
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FAST FOOD

74th Banquet of Champions

Come celebrate our accomplishments during 2022
and kick-off our 77th year of bicycle racing!

The Old Spaghetti Factory – Downtown San Diego
275 5th Ave, San Diego, CA 92101
Sunday, January 22, 2023
5 PM to 8:30 PM

Adults \$40
Juniors \$25

Register online by January 18, 2023 at:
[2022 Banquet of Champions](#)

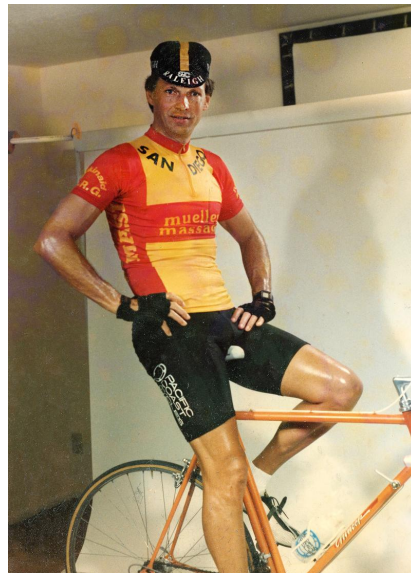
Peter Livingston
Special Events Director
speialevents@sdbc.org



SDBC Community

Throughout this past year I had many wonderful discussions with fellow SDBC'ers about our club. One of the exceptional stories was from long time member Karen Messer. She met her husband, Bob Turner, on an SDBC ride in the 80's! I asked Bob for details and he sent this terrific peek into our club history! Enjoy the pictures and story below.

Michael Karres



Karen and I met in the early season of 1984 on an 80 mile SDBC Sunday ride that started on the UCSD campus and looped up through Bonsall and West Lilac Rd. We've been riding together through thick and thin ever since. There were long Sunday club rides every week (often to Ramona) at that time, ridden mostly by



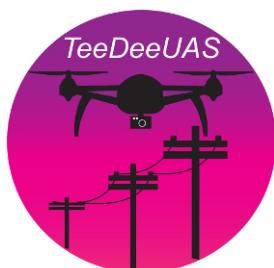
riders who were actively racing. And of course, we did the standard Saturday SDBC rides religiously as well. There was only one group back then, no A, B, C, D, as today and it was quite competitive. The route was almost the same as today with the addition of the climb up the first two of the "Three Witches" on San Dieguito Rd. At that time the road dead-ended at a barricade after the second "witch". Charlie Meredith, who now lives and rides in North Carolina, was our best climber and typically the first to the top. We turned around there, descended, and continued on around through Stud

Loop and the rest of the current route. We also had the sprint to the sign at the top of the riser coming into Solana Beach, but no coffee stops coming down the coast. And the finish up Torrey Pines was something of an informal "club race". We averaged about 25-30 Saturday riders each week with maybe six or seven women.

As for race results, Karen won the Southern California/Nevada championship in 1984 on the old Boulevard road race course. My best result was probably a second place Cat3/Veterans (all Masters raced together as "Veterans") 1985 on the Nest Mountain road course in the Santa Monica Mountains. A very "climby" course with white-knuckle descents.

Karen and I look forward to riding with you all in 2023.
Bob

Robert Turner ~ Photographs
www.robertturnerphoto.com
Instagram: rturner_photo_art



<https://www.teedeuas.com>

CLASSIFIEDS



For Sale Louis Garneau, Women's Multi Air Flex II Bike Shoes for indoor cycling, commuting and mtb, SPD cleat compatible with mtb and road pedals, Dark Night color, size 40.

Used for three rides by my wife. Like new-- clean and ready to go. \$75/obo.

Contact Steve @ 858-735-6570



Want to make donations to SDBC at no cost to you? Shop at 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](#).

Membership Director
membership@sdbc.org

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



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