



WEEKLY UPDATE

for members of the
San Diego Bicycle Club



NOTICE TO THE MEMBERS

Meeting of the Board of Directors

Tuesday, February 14, 2023
(Note Corrected Date)

6:30 PM - 8:30 PM (PDT)

Everyone is welcome!
More info coming Next Week!

Important Kit Update Please Read

The design has Changed. Before Ordering,

["Click Here"](#) for update!

Please let me know if you have any questions!

Cheers,
Vali Holroyd
Clothing Director
clothing@sdbc.org



January 29th, 2023



FITT RESULTS

Congratulations to our SDBC Top 3 Finishers

David Garcia - Winner Mens 35+

Jason Ryan - Winner Men 45+

Doug Small - 2nd place, Men 45+

Matthew Normand - 2nd place, Men Cat 4/5

Michael Morrison - 3rd place, Merckx Open Male

Katriona Kolb - 3rd place, Merckx Open Female

Kevin Festini - 3rd place, Men Pro/1/2/3

Abigail Moe - Winner Junior Girls 15-16

SDBC Women's Team - Winner Open TTT - 4 Person

David Pfannenstiel & daughter - 3rd place, Tandem Open

Courtesy of WebScorer

[FITT Full Results Here](#)

[FITT Spreadsheet](#)

Other Results

CBR # 1/Dominguez Hills

Criterion: Sunday Jan. 22, 2023 – [Schedule](#)
Part of the [2023 CBR Premier Criterium Series](#)

Doug Small, 37th place, Men Cat 1/2/3 50+
Simon Bott Suzuki, 20th place, Men Cat 5
Simon Bott Suzuki, 49th place, Men Cat 4/5
Scott Walters, 66th place, Men Cat 4/5
Scott Walters, 62nd place, Men Cat 4

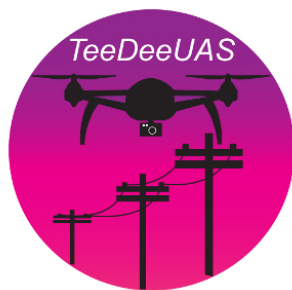
GRAVEL AND WHINE JANUARY 28 - 2023

Gravel Bike Racing
Lorimar Vineyard and Winery
39990 Anza Road
Temecula, CA 92591

Michael Morrison, 12th place
David Morrison, 14th place

Be Sure to Check out all of our [2023 Sponsors](#)

Click on Banner to access their Website



PACTIMO

[Visit our Website](#)

SDBC Club Awards

Perpetual Awards

Cyclist of the Year - Charlie Sykes
Teammate of the Year - David Gomaidy
Ride Leader of the Year - Tony Lowery

Best All-Around Rider (BAR) Awards

BAR - Men - David Morrison

BAR - Women - Karina Esqueda

BAR - Most Improved - Matt Norman

BAR - Veteran 35+ Esther Walker

BAR - Master 45+ Steve Burge

BAR - Master 55+ Robert Davies

BAR - Junior (16-18) Natalie Wang

BAR - Junior (13-15) Sofia Rossi

BAR - Junior (12 and under) Aaron Wang

SDBC Events Calendar

Here you can find SDBC events for both the Current and Future Months.

Looking for Cycling Events around San Diego

[Look Here!](#)



SUNDAY, FEBRUARY 5, 2023 AT 2 PM

Come join us for the first Try the Track of the year!

In this two hour class you will learn all the basics you need to ride a bike safely on the velodrome. We will give you the skills and information on taking the next steps toward more fun, learning and even racing. We think you will all want that!!! We provide the track bike*, water, snacks, and two hours of velodrome basics. All you need is a pair of closed toe shoes, a bike helmet, and a good attitude!

For more information, follow the link below or email

whitney.despain@gmail.com

[Try the Track Registration](#)

CAFÉ LaTERRE
— FOR THE LOVE OF COFFEE —





The Smart Cycling Program is a great opportunity to learn how to ride your bike safely! League-Certified instructors will share their wealth of knowledge and make sure you leave feeling comfortable riding on the road and in traffic.

February 7 @ 6:00 pm - 9:00 pm (Free)

[Registration](#)

**SOURCE
ENDURANCE**

R.I.S.E.
Physical Therapy

RISE Physical Therapy stands for Revolution In Self Evolution. To us, that means the journey of strengthening the mind, body, and spirit



Tour de Palm Springs Registration

25th Annual Tour de Palm Springs in Coachella Valley

February 11, 2023

"Honoring Military, First Responders, and Veterans"



As San Diego's #1 destination for beautiful skin and 100,000+ satisfied patients, [Cosmetic Laser Dermatology](#) has been a leader in the art and science of skin rejuvenation for more than 30 years.



SDBC Gear Bags

SDBC Gear bags are still available from the Pedal Industries' SDBC store! Click on [SDBC Collection](#) to see all the available items.



CLASSIFIEDS

Final Call on Spinergy Wheel Sets

Remaining 2019 Wheel Sets for Sale to SDBC Members
Pricing and Inventory: All Excellent Condition

Used, Carbon Disc, thru axle, 12x100mm, 6 bolts

Qty 3 - FCC 47mm (Retail \$1399), Sale Price \$629

Qty 1 - FCC 32mm (Retail \$1199), Sale Price \$489

Used, Carbon, Rim Brake less skewers

Qty 1 - FCC 32mm (Retail \$1199), Sale Price \$479

New (in Boxes) Aluminum Rim Brake w/Skewers
Qty 1 - Z Lite 24mm (Retail \$739), Sale Price \$369

Buyer purchases as-is, no warranty, and assumes all liability. No refunds or exchanges. Wheel Set purchases are payable by check made out to SDBC

Contact Michael Pelkey
equipment@sdbc.org



Shipping Box for sale

Cleaning house. Shipping box for sale. \$20.00
Rod Stubbs
rods2001@aol.com
303.907.5229



For Sale - 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:

Review

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

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



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



amazonsmile
You shop. Amazon gives.

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

Newsletter Submissions

Newsletter Submissions and Suggestions are encouraged. Deadline by Tuesday Evenings. You may submit them to the SDBC Weekly Update Editor at:

weekly@sdbc.org



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



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

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