



WEEKLY UPDATE
for members of the
San Diego Bicycle Club



President's Message

Good morning all,

We have a special message today from our Title sponsor, racer, and all-round SDBC superstar Josh Bonnici. As many of you know, Bonnici Law Group provides many specialist services for cyclists, borne out of a desire to make sure we are better informed, protected and represented when the unfortunate happens. Josh has put together a brief summary of how auto insurance coverage and particularly Under/Uninsured Motorist coverage should be considered as we partake in our hobby. A link to the article is below, and contact Josh using the details given if you'd like more information:

([Bonnici Law Group.pdf](#))

See you on the roads,
Cheers,

Simon Bott-Suzuki
President SDBC
president@sdbc.org





The clothing store is up and running!
Click on Link below!

SDBC Clothing Store

The Password is: [sdbc2023](#)

Our first 2023 SDBC team store is now closed and on order. The second store is already open and will close March 5th. If you have ANY questions about SDBC custom kit, please DO not call Pactimo! They are not set up to answer the multiple teams' questions and choose to work with clothing directors to handle inquiries from the team members. If you ever have any questions about SDBC kit, please reach out to me.

Cheers,
Vali Holroyd
Clothing Director
clothing@sdbc.org

STORE CLOSÉS

EST. DELIVERY

MARCH

5

APRIL

17



PACTIMO

Race Results

[Crystal Lake Hillclimb/Duarte, CA/Sat 2/18/2023](#)

4th Place - Peter Dufour / 40+

24 miles, 4,800' elevation gain. Start at Encanto Park in Duarte, CA, finishes at Crystal Lake Recreation Area.

Mass start but 40+ scored separately. Cold and hard, especially when your chain falls off multiple times. A frustrating day in the saddle.

[Pine Flat RR / Sanger, CA, Sun 2/19/2023](#)

5th Place - Peter Dufour / 65+

62 miles. 4,500' elevation gain. Located at the entrance to Sequoia National Forest. 60+ and 65+ raced together, scored separately. A course with a bit of everything: Climbs, descents, straight flat TT stretches, rollers and a summit finish topping off at 17% grade. The first half starts with an out and back roller coaster along the coastline of Pine Flat Lake, followed by a lengthy relatively flat section with the last 7 miles a series of climbs leading to the summit finish. 10 of us were left in the lead group as we headed toward the final 7 miles of climbing. I had four other 65+ and five 60+ riders. The cumulative effect of the first 50+ miles of hard racing, along with the previous day's hillclimb, left me with an empty tank. I was dropped and resigned myself to a lonely ride to the finish as my four competitors rode away to battle it out for the victory.

I'd also like to thank Mike Pelkey and SDBC. Thanks to his quick response, I was able to purchase the SDBC Spinergy wheels at the last minute to replace my broken back wheel. Without Mike's last minute assistance, I would not have been able to race. Thanks, Mike. I appreciate it.

Peter Dufour

Congratulations Peter and thank you for the race report. Also thank you to Michael Pelkey.

David Gomaidy

Men's Cat 1-2-3-4-5/Masters

CAFÉ La TERRE
— FOR THE LOVE OF COFFEE —



**SOURCE
ENDURANCE**

Hi SDBC Members,

As we kick off a new 2023 riding season there's a few sponsor updates that we want to make you aware of. We're fortunate and thankful to have many returning sponsors from 2022 but we're also welcoming 3 new sponsors this year, Switchback Velo, R.I.S.E. Physical Therapy, and Source Endurance. As a member of SDBC, our sponsors offer our members discounts on their products and services. Below are changes in member discounts and member discounts from our new sponsors for 2023.

Changes:

- **UC Cyclery** is still an SDBC sponsor, but **SDBC members no longer receive a 10% discount**
- **Switchback Velo** (a local bike shop in Bird Rock) offers **SDBC members with a 20% discount on bike fits and 10% discount on parts and labor on all bike repairs**
- **R.I.S.E. Physical Therapy** will provide a 10% discount on services
- **Source Endurance** is offering discounts on their coaching packages and bike fits

You'll continue to receive a **10% discount** at **Café La Terre**.

In Touch Chiropractic, The Physical Therapy Effect, Plant Power, and Rouleur are not sponsors for the 2023 riding season so any discounts received in 2022 are no longer valid.

Our sponsors support our club so if you find yourself in need of their services please consider supporting their business as a thank you for sponsoring us.

If you have any questions about sponsor discounts please reach out to sponsorship@sdbc.org

Thank you,
Candice Wyatt
Director of Sponsorships

R.I.S.E.
Physical Therapy

PADRES PEDAL THE CAUSE

3.18.23
AT PETCO PARK

For any questions or concerns, contact the individual below who is in charge of the event. SDBC is volunteering to help provide assistance. Thank you.

Megan Waddell

Curebound | Director, Padres Pedal the Cause
9191 Towne Centre Drive, Suite 310, San Diego, CA 92122
Direct: 619.314.5556 | Cell: 775.450.6894
Email: megan@curebound.org | Web: www.curebound.org

Volunteer signup

SAG Mechanics:

Need 10 mechanics

Paid \$150 for the day plus a wristband for food and beverage at Petco Park.

Call time scheduled for 6am at Petco Park (some may start later) – could be up to an 8-hour shift depending on course assignment
Tubes, tires, CO2, and bike pump would be provided in the car – we would ask that mechanics bring other bike tools they feel necessary to use.

Any major mechanical issue will result in the rider being transported back to Petco Park.

Ride Marshals:

Marshal the course of your choice by registering to volunteer. (40 marshals needed on different courses – 25, 55, and 75 miles)

Victor Vargas
Volunteer Coordinator - San Diego Bicycle Club
volunteer@sdbc.org



Specialty Produce is a family owned and operated food service and retail fresh produce supplier located in San Diego, CA. A premium provider for more than thirty years, Specialty Produce continues to be a leader in service, product quality and technology.



We are excited to announce our ambitious 2023 agenda and a bold framework that will guide our efforts throughout 2023: the Invest/Divest Campaign. We'll challenge California policymakers and state transportation agencies to divest from regressive road-building and destructive freeway expansion and instead invest in complete streets, thriving and just communities, and a brighter, more sustainable transportation future.

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!](#)

Only 2 Months left to get Ready!!



2023 RACE DAY

SUN APR

16

North City

255 Redel Road, San
Marcos, CA. 92078



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.

 **Switchback Velo**

CLASSIFIEDS

For Sale - CycleOps/Saris Hammer H2 Smart Trainer

Compatible with Zwift and the other major training apps/ecosystems.

Review located here:

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

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

Classifieds are not Just somewhere to Sell,
but, if you're "Looking to Buy"

Send your request to Weekly@sdbc.org

LOOKING TO BUY

Feedback Trainer **OMINIUM ZERO DRIVE** With Bag

mstarkey@san.rr.com
Monica Buchanan Starkey

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

FLUID

Membership

Come ride with us! SDBC has a lot to offer. Joining or Renewing your Membership is quick and easy! Join or Renew today!

Benefits of Membership

Members of the San Diego Bicycling Club enjoy many benefits, including:

- Free weekend club and training rides
- Discounts from our sponsors, including [Fluid Performance Drinks](#) and more!
- Membership to the [SDBC Team Clothing Store](#), where club kit and other clothing can be purchased
- Discounts on nutrition products, glasses and other sponsor items
- Special Event rides like:
 - [New Year's Day Metric Century](#)
 - [Gordy Shields and Cecy Krone Memorial rides](#)
 - ["Light up a Life Holiday" Toy Ride](#)
- Membership in the [San Diego County Bicycle Coalition](#).

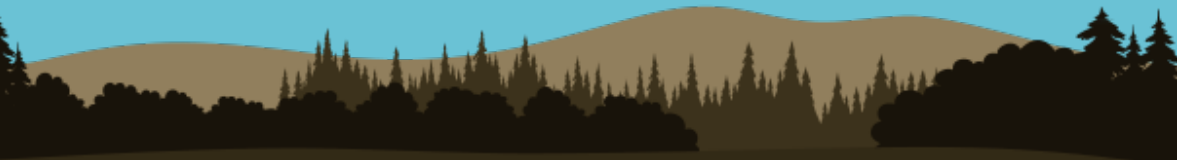
SDBC Membership satisfies the USA Cycling (USAC) club affiliation requirements, allowing you to race in qualified Southern California Nevada Cycling Association (SCNCA) and USAC. All members receive the full benefit of club activities and equipment discounts. Included in membership dues is a weekly electronic news update containing invaluable information on training sessions, club races and events, regional races and up-to-the minute racing information.

Michael, your support makes a difference! Thank you!

If you need to renew or join, do it today at [SDBC Membership](#).

Your membership expires on:
Not A Member :(Please join today using the SDBC Membership link below!

Membership Director
membership@sdbc.org



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



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