



WEEKLY UPDATE

for members of the
San Diego Bicycle Club



President's Message

Good morning all,

I hope you are all avoiding the rain, wind, and snow. Our rides and races continue regardless, and I hope to see you all for our Saturday ride this week. With a bit of luck, all those who ordered their brand new SDBC kit will receive it this week! Mine is on the way, and I'm very excited for new kit day.

If you've not ordered yet, our clothing store closes on Sunday March 5, so get your orders in for delivery in mid-April.

[\(link to clothing page\)](#)

See you on the roads,
Cheers,

Simon Bott-Suzuki
President SDBC
president@sdbc.org

NOTICE TO THE MEMBERS

Meeting of the Board of Directors

Tuesday, March 14, 2023

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

Everyone is welcome!

More info coming Next Week!



Insurance Coverage

Every Cyclist needs to Know!

From BLG



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 CLOSURES	EST. DELIVERY
MARCH	APRIL
5	17



PACTIMO



SDBC Racers in the 2023 Kits!



Race Results

(Casa Grande, AZ, 02/17-19/2023)

Valley of the Sun Stage Race - Time Trial

Matthew Normand, 29th place, Cat 4
Joshua Bonnici, 32nd place, M35+
Doug Small, 19th place, M35+
Jason Ryan, 6th place, M35+
David Garcia, 5th place, M35+

Valley of the Sun Stage Race - Road Race

Matthew Normand, 36th place, Cat 4
Joshua Bonnici, 31st place, M35+
Doug Small, 30th place, M35+
Jason Ryan, 14th place, M35+
David Garcia, 4th place, M35+

Valley of the Sun Stage Race - Criterium

Matthew Normand, 20th place, Cat 4
Joshua Bonnici, 32nd place, M35+
Doug Small, 25th place, M35+
Jason Ryan, 27th place, M35+
David Garcia, 17th place, M35+

Valley of the Sun Stage Race - General Classification

Matthew Normand, 31st place, Cat 4

Joshua Bonnici, 32nd place, M35+

Doug Small, 30th place, M35+

Jason Ryan, 8th place, M35+

David Garcia, 3th place, M35+

Read the [Race Report](#) from David Garcia:

David Gomaidy

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

CAFÉ LaTERRE
— FOR THE LOVE OF COFFEE —



**SOURCE
ENDURANCE**



CALBIKE
CALIFORNIA BICYCLE COALITION

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.

R.J.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



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!



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

- [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.**

CLASSIFIEDS

LOOKING TO BUY

Feedback Trainer **OMINIUM ZERO DRIVE** With Bag

mstarkey@san.rr.com

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. Retail new for >\$800

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



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
- Access to Classifieds, where you can find quality cycling gear at a discount!
- 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



[Update Profile](#) | [Constant Contact Data Notice](#)
Sent byweekly@sdbc.orgin collaboration
with



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