



I'm looking for brave souls to *join us on the Board of Directors*. There are 2 particularly vital jobs, I and the club really need help with to keep the SDBC ship pointing in the right direction. These are *Sponsorship Director and Membership Director*, which form much of the basis of the club's income during the year. Whilst they can be involved jobs, previous Directors who have served in these roles are around and can help you get started, and during your term. We try to make your life as a Director, as simple as possible, and help you enjoy volunteering your time with us. If you are interested please contact me at [president@sdbc.org](mailto:president@sdbc.org), give me a call/text at 858 361 2162, or come and find me before the Saturday rides (or on the B-ride).

Cheers, and see you on the roads,

**Simon Bott-Suzuki**  
President SDBC  
[president@sdbc.org](mailto:president@sdbc.org)



**JOSHUA BONNICI**  
Managing Attorney



**PACTIMO**

***SDBC Events***

**Volunteer  
Appreciation Party**



- Thursday, August 10, 2023
- 5:00 PM - 8:00 PM
- Alesmith Brewing Company
- 9990 AleSmith Court San Diego, CA, 92126



If you've donated your time or talents to our Club during the last 12 months then you're invited to our All Volunteer Thank You Party! Whether it was at Barrio Logan last month, or leading/whipping/supporting a Saturday ride, or you're on our BoD, drove racers to a race, or were a goodwill ambassador by helping someone out on a ride or event or...  
*Simply put...If you helped our Club in any way, you are invited, even if you're not a member of SDBC. All who gave of their time are welcome!*

*Follow SDBC on Social Media*



**STRAVA**

**Save the Date**



## Borrego Springs Ride and Camp

### Quick Facts

For SDBC Members-Ride from San Diego to Borrego Springs to camp, then ride home the next day. Volunteers will transport your camping gear and provide dinner and breakfast, you are responsible for the ride to and from the desert. Approximately 75 miles each way, with 6,000 feet of climbing. D2 fitness recommended.

### Dates

*October 28:* depart from Mira Mesa at 8am - camp in desert overnight

*October 29:* depart from desert at 8am - arrive back in San Diego

**Registration coming soon! Capped at 60 people total - first come first served - including riders and volunteers.**

SDBC Borrego Springs Ride info Page

[Link](#)

CAFÉ LaTERRE  
— FOR THE LOVE OF COFFEE —



## Race Results



## 2023 USA Cycling Junior, Elite and Para Track National Championships

July 5 to July 9

Team Pursuit, Men Junior 15-18  
Aaron Wang, 5th

Omni Scratch Race, Men Junior 15-18  
Aaron Wang, 10th

SPR (Sprint), Men Junior 15-18  
Aaron Wang, 9th



## Other events around San Diego

Looking for Cycling Events around San Diego

[□ Look Here!](#)

The logo for SOURCE ENDURANCE, with "SOURCE" in white on a dark blue background and "ENDURANCE" in white on a lighter blue background.

The logo for Switchback Velo, featuring a stylized bicycle icon and the text "Switchback Velo" in a bold, black, sans-serif font.

STORE CLOSURES

JULY

17

EST. DELIVERY

AUGUST

29

### SDBC Clothing Store

Our current 2023 SDBC team store is  
**OPEN**

<https://teamstore.pactimo.com/stores/select>

The Password is: **sdbc2023**



If you have ANY questions about SDBC custom kit, **DO not call Pactimo**, but please reach out to me. Assume that your order will take a minimum of 4 to 6 weeks! You can check to see if there is any FedEx shipping information on your personal order in your SDBC Pactimo store login.

Gavin Gatta  
 Clothing Director  
[clothing@sdbc.org](mailto:clothing@sdbc.org)



## TDF Fun Facts

- The Tour de France has been held since 1903
- Number of teams: 22
- Number of riders: 176 (eight per team)
- Number of stages: 21

### The **steepest climb**

Alpe d'Huez. This 13.2 km brutal climb sees a gradient of 8.1%.

Total kilometres to race: **3,405.6**

Total vertical metres to race up: 56,467 or **6.38 times up Mount Everest**

Most used bike brand: **Specialized**. This brand is used by three teams: BORA-hansgrohe, Soudal-QuickStep and TotalEnergies

Next most used bike brand: **Canyon**. This brand is used by two teams, Alpecin-Deceuninck and Movistar

### **Bike technology**

The first Tour de France bikes were built of wood and steel and weighed 40 lbs.

Carbon bikes of today are around 15 lbs.

Over **800 tires blow out** every year.

The **average cost** of each Tour de France bike is **between \$13,000-\$17,000**.

The country to win the most Tour de France titles, unsurprisingly, is France with 36.

Most **popular brand of sunglasses: 100%**. This brand is used by four teams, BORA-hansgrohe, Lidl-Trek, Movistar and TotalEnergies

Most popular **data collection and navigation device: Garmin**. This brand is used by 11 teams. *Wahoo* is used by nine

Team with the highest UCI ranking one week before the start of the Tour **UAE Team Emirates hold the number one UCI ranking**

### The **Most wins**

The cycling legend Eddy Merckx of Belgium holds the record for the most stage wins with 34. Tied with 34 is British legend Mark Cavendish.

### **Prize money**

Winner of the TDF takes home €500,000 (**\$535,000**)

### Jerseys

The leader of the overall race will be in **yellow**. The best sprinter wears **green**. The best rider under-25 wears white. The best climber wears red and white polka dots!

### **Calories burned**

The average rider will burn around **7,000 calories per stage**.



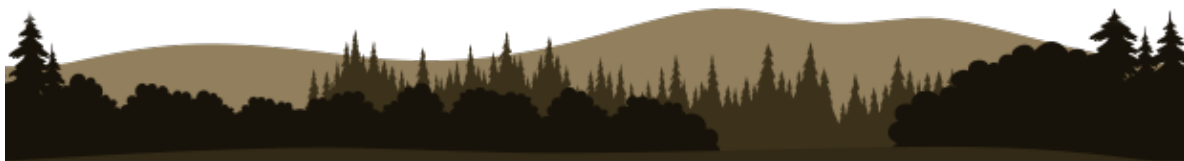
## Membership

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](mailto:membership@sdbc.org)



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