



A relatively quiet month for club activities, but a great time to get your non-riding friends involved with the Saturday rides and the club. The ride leaders pride themselves on welcoming new folks to the rides, and in helping them improve and find their level amongst our regulars. They do a spectacular job every week, and are always on hand with advice for newcomers. Find a friend and bring them along on Saturday!

Just a note that with the hot weather around (and very hot out in the desert) make sure you carry enough liquids and ride with your cell phone and friends. On your travels, look out for fellow cyclists in trouble. Let's keep each other safe.

Cheers, and see you on the roads,

Simon Bott-Suzuki
President SDBC
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



Friday Night Racing Velodrome, 7/14/23

Men's C, Aaron Wang, 2nd

R.I.S.E.
Physical Therapy

STORE CLOSÉS

AUGUST

1

EST. DELIVERY

SEPTEMBER

13

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



Hidden Valley Cyclist

Valuable history of the cycling community and the San Diego Bicycle Club in your YouTube channel. Click on Image.

Other events around San Diego

Looking for Cycling Events around San Diego

[Look Here!](#)

**SOURCE
ENDURANCE**

Switchback Velo



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

Calories burned

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

Number of Water Bottles used **42,000**

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

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

Want to see more- [Click Here!](#)



July
2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

July 2023 calendar with event details:

- 18: Close Lanes @ 5:00 PM - SDBC Group @ Calaveras St. Rd. Rates
- 22: Close Lanes @ 5:00 PM - SDBC Group @ Calaveras St. Rd. Rates
- 23: Fruits Used: Monday & Tuesday - SDBC Group @ Calaveras St. Rd. Rates
- 24: Fruits Used: Monday & Tuesday - SDBC Group @ Calaveras St. Rd. Rates
- 25: Fruits Used: Monday & Tuesday - SDBC Group @ Calaveras St. Rd. Rates
- 26: Close Lanes @ 5:00 PM - SDBC Group @ Calaveras St. Rd. Rates
- 27: Close Lanes @ 5:00 PM - SDBC Group @ Calaveras St. Rd. Rates
- 28: Close Lanes @ 5:00 PM - SDBC Group @ Calaveras St. Rd. Rates

SDBC & Much more News

Check out other events and SDBC News Click on the Calendar!

SDBC Wheel Sale



Click on "Image" to see the availability of Wheels!
contact equipment@sdbc.org if interested



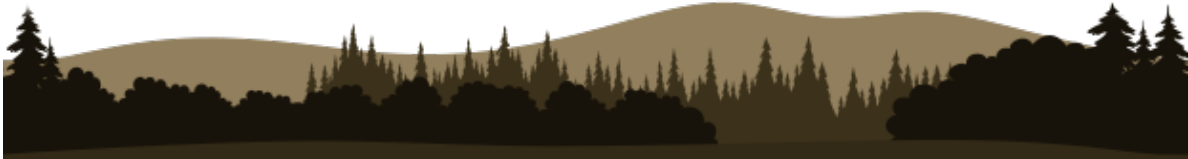
Membership

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



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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