



Let all of us at SDBC, wish Monica Starkey, all the best in her endeavor at the 2023 Masters Track World Championships in Manchester, Great Britain.

Cheers, and see you on the roads,

Simon Bott-Suzuki
President SDBC
president@sdbc.org



Head's Up

The next meeting of the Board of Directors will be on **Tuesday, October, 10th, 2023 @ 6:30 p.m. via Zoom**. The formal notice and Zoom link information will be in next week's Weekly Update. Board meetings are open to everyone - SDBC members, and the general public. We encourage you to join in and take part.

Mike McLaughlin
Secretary
secretary@sdbc.org



JOSHUA BONNICI
Managing Attorney

*We are San Diego's bicycle,
injury, and disability legal
team.*

SDBC Racing

Mt Baldy Hill Climb Time Trial, Upland, CA, Sat 9/23/23

Peter Dufour, 1st place, Masters 65+

12.4 miles, 4,200' of climbing.

Following last month's time trial, I adjusted my approach. The first 7.7 miles to Baldy Village **averages 5% gradient** and is a series of climbs mixed in with some flat and downhill sections. The steeper, finishing climb from Baldy Village to the ski lift parking lot is **4.7 miles of steady uphill averaging 8.6%**. Last month, I had approached the flat and downhills as an opportunity to catch my breath and save energy for the final steeper climb from Baldy Village. This time, when I approached the flat and downhill sections, I shifted quicker to the big ring and pushed the pace while still trying to maintain a steady climbing pace when the road tilted back up. I felt that focusing on saving energy for the final 4.7 mile climb was not worth the time loss on such a relatively short race. The challenge to maintain a steady tempo on the final climb to the finish was not going to benefit from brief moments of recovery on the the first 7.7 miles up to Baldy Village. With weather conditions relatively the same as last months race, I was pleased to reduce my time by almost 3 minutes and look forward to (hopefully) a faster time on my next attempt.



San Diego, California

Dear Board Members & SDBC

I am truly honored to be going to Manchester, England tomorrow to compete in the Masters Track World Championships 2023 wearing your skinsuit (and jersey and hat, gloves).

This is a "bucket list item/ once in a lifetime" event that I am privileged & proud to participate in because of the support of the San Diego Bicycle Club at age 64.

Monica Starkey.

USA - Masters Track World Championships 2023

The 2023 championships will take place over 8 days at the National Cycling Centre in Manchester from September 30th through to October 7th

The the livestream is on youtube at <https://www.youtube.com/playlist?list=PLrLknd-Sw-B7jpJGjx2F-SIC4zH4ONLY2> and the schedule is at <http://www.cyclingmasters.com/site/10-latest-news/480-2023-championships-schedule>

San Diego Bicycle Club: Summer 2023 Recap

By: Taylor Warren



PACTIMO

"Public safety message"

Pirelli Tire Recalls P ZERO Race TLR Bicycle Tires Due to Fall Hazard

https://www.cpsc.gov/Recalls/2023/Pirelli-Tire-Recalls-P-ZERO-Race-TLR-Bicycle-Tires-Due-to-Fall-Hazard?utm_medium=email&utm_source=govdelivery

Thank you to Dan Goese for this update!

Follow SDBC on Social Media



STRAVA

CAFÉ LaTERRE

— FOR THE LOVE OF COFFEE —



Shimano Recalls Cranksets for Bicycles Due to Crash Hazard

Name of Product: 11-Speed Bonded Hollowtech II Road Cranksets
Hazard: The recalled bonded crank parts can separate and break, posing a crash hazard to consumers.

Remedy: Inspect / Replace

Recall Date: September 21, 2023

Click on Image for more info!



SDBC Clothing Store

Our current 2023 SDBC team store is

Closed!

New dates TBA



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

**SOURCE
ENDURANCE**

R.I.S.E.
Physical Therapy

Other events around San Diego

Looking for Cycling Events around San Diego

[□ Look Here!](#)



- offers SDBC members with a **20% discount on bike fits and 10% discount on parts and labor** on all bike repairs

Non-SDBC sponsored, but you will see many SDBC riders on these Weekday Rides

So often we are asked, "does SDBC do any other rides besides Saturday?" Officially, no, but riders getting together for the rides will further enhance SDBC camaraderie, and will encourage others to check in with each other and get out and ride more.

[Click here to see Entire List!](#)

***SDBC
Wheel
Sale***

SDBC Wheel Sale

Sale is Open to ALL!

Pricing has been Reduced to Move!

These are **GREAT DEALS** on some Great

Wheels! **Once Gone. They're Gone!**



47 mm, carbon, Disc, thru-axle, 12x100, 6 bolts
Qty 2 - \$554.00 - FCC 4.7 (47 mm) - USED, VG condition - White decal/
Red outline, white spokes, 2 red - TUBELESS CAPABLE - (#5 and 5.5)

Click on "Image" to see the availability of Wheels!

contact equipment@sdbc.org if interested



For Sale

Two Cyclops trainers for sale

\$40 or best offer.

Contact: Trish Kimper

trishfish1@hotmail.com





Fluid Sports Nutrition Online Store

Order your favorite Fluid products online. Free shipping on package deals and low flat rate shipping on everything else. Automatically save 15% when you sign up

store.livefluid.com

The **club deal is good for 30% off any order** & orders will ship directly to each individual (NOT UC Cyclery). Free shipping applies on orders over \$39, plus one free tube of electrolyte tablets on all orders over \$50.

Discount Code SDBC2023-3

East Village OktoberFest - Tabling September 30th 1:00pm - 7:00pm

Quartyard and the East Village Association are hosting the East Village Oktoberfest where guests will enjoy eight San Diego based craft breweries with a emphasis on lagers and pilsners, traditional Oktoberfest faire, and Oktoberfest music and games!

SDCBC will be there!!



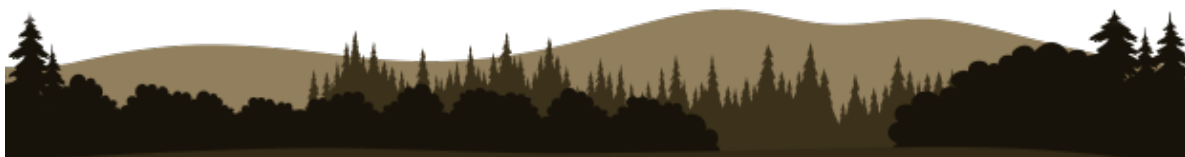
Membership

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 SDDBC Membership link below!

Membership Director
membership@sdbc.org



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



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