



**WEEKLY UPDATE**  
for members of the  
San Diego Bicycle Club



SDBC Borrego Ride was last weekend! Check the [Link here](#) to see photo's and comments. Thanks to all the Volunteers and Riders for making this the great event it was. This Saturday, we'll all be back at UCC, see you there!

Cheers, and see you on the roads,

**Simon Bott-Suzuki**

President SDBC

[president@sdbc.org](mailto:president@sdbc.org)

## Head's Up

The next meeting of the Board of Directors will be on **Tuesday, November, 14th, 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](mailto:secretary@sdbc.org)



**JOSHUA BONNICI**  
Managing Attorney

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



## Racing Report

Mt Baldy Hill Climb,  
Upland, CA - 10/28/2023

**Peter Dufour, 1<sup>st</sup> place, Masters 65+**

12.4 miles, 4,200' of climbing.

A clear sky overnight with Santa Ana winds developing made for a brisk and windy early morning start. Later, when I downloaded the ride from my Garmin, I saw the low temperature recorded was 39 degrees; and during the ascent to the ski lift parking lot it certainly didn't feel like it warmed up much. Mt Baldy is a challenging climb and there are certainly riders a lot faster than me but fortunately, for me, none were in my age category.

It looks like this was my final race this year. In the course of the 2023 racing season, some results were not what I hoped for but no matter the result, I am always proud to represent SDBC. Thank you, David and SDBC. I appreciate all your support. It's amazing no matter where I race, from New England to Hawaii, and points in between, the number of positive comments I receive from people about SDBC.

## San Diego Bicycle Club Fit Kit Night

**(OPEN TO SDBC MEMBERS ONLY! Join or Renew today)**

We will be introducing our 2024 SDBC kit designs. Changing rooms will be available to try on sample clothing to confirm your sizing.

**Date:** Thursday, November 16, 2023

**Time:** 5-8 PM

**Location:** Switchback Velo, 5699 La Jolla Blvd, La Jolla, CA 92037

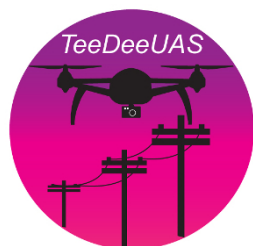
**Parking:** Nearby street parking is available

There will be free pizza, beer, wine, soft drinks and give-aways

Meet our SDBC vendors, including Switchback Velo  
([www.switchbackvelo.com](http://www.switchbackvelo.com))

Peter Livingston

SDBC Special Events Director



**PACTIMO**

*Follow SDBC on Social Media*



**STRAVA**

# CAFÉ LATERRRE

— FOR THE LOVE OF COFFEE —



## SDBC Clothing Store

Our current 2023 SDBC team store is

**Closed!**

New dates TBA

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**

## 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 below and check out these rides!

### 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 shown below have the potential to draw more folks to SDBC, and will encourage others to check in with each other and get out and ride more.

Contact Michael Pelkey at [equipment@sdbc.org](mailto:equipment@sdbc.org) with additional ride ideas.

**Daylight saving is November 5th. Check with riders you know as this may affect some of the early evening rides.**

**Sunday morning:** Sunday morning: SDBC bike shop sponsor Switchback Velo hosts a ride that changes weekly leaving from their shop at 5699 La Jolla Blvd in Birdrock/La Jolla with a typical stop at Coffee Cycle in PB on the way back. 8:45 meetup, 9:00 roll out. Bring fresh legs, but typically no-drop. Contact Ian Campbell 858-230-6484, M-F: 8-6 or email [ian@switchbackvelo.com](mailto:ian@switchbackvelo.com)

#### Switchback Velo One Year Anniversary Party

On Saturday, Nov 14, SDBC sponsor bike shop, Switchback Velo, hosted a celebratory event in honor of their first anniversary.

Included was a brisk morning ride to Oceanside and back; a fun 2:00 Alley Cat ride with participants taking a selfie at each of the unique spots chosen; and lastly, at 4:00, the actual party with pizza, snacks, and beer freely available, along with raffle prizes, and awards to those with most pics taken on the Alley Cat ride.



Owner Ian Campbell, and his trusty mates Corey Jameson, and Max Haggard were the charming hosts. All who attended, and I was one, had a great time! Swing on down to Bird Rock and check them out

# 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 5.75)

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

contact [equipment@sdbc.org](mailto:equipment@sdbc.org) if interested



## For Sale

**Cervelo R5 2021, size 56, Dark Green frame set.**

Brand new in the box never been built. Still in bubble wrap with seat post and fork, disc ready!

**Asking \$3500**

Shipping fee is negotiable. Contact : [derikesmith@icloud.com](mailto:derikesmith@icloud.com)



# FLUID

## Fluid Sports Nutrition Online Store

Order your favorite Fluid products online. Free shipping on package deals and low flat rate shipping on everything else. The current SDBC discount period is over. Discounted rates are offered 4x/yr and will be posted here when the next discount period begins. Automatically save 15% when you sign up [store.livefluid.com](http://store.livefluid.com)



## Membership

Michael, your support makes a difference! Thank you!

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

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

Membership Director  
[membership@sdbc.org](mailto:membership@sdbc.org)

Send Comments and Suggestions to:  
Weekly Newsletter Editor  
[weekly@sdbc.org](mailto:weekly@sdbc.org)



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