



WEEKLY UPDATE

for members of the
San Diego Bicycle Club



Dear all,

This year's Board of Directors has been officially welcomed. Thanks to all the volunteers' hard work, we move into the new year with sustained enthusiasm and renewed vigor. We are open to new ideas, review past practices and strive to continue the SDBC Club in the direction that all of you have come to know and appreciate. As a reminder, the Banquet of Champions is Sunday the 28th of this month. See below for information on location, menu and registration. There are also, numerous Volunteer opportunities. Click on the link to sign-up. Your help is always appreciated.

Cheers!

Simon Bott-Suzuki

President SDBC

president@sdbc.org



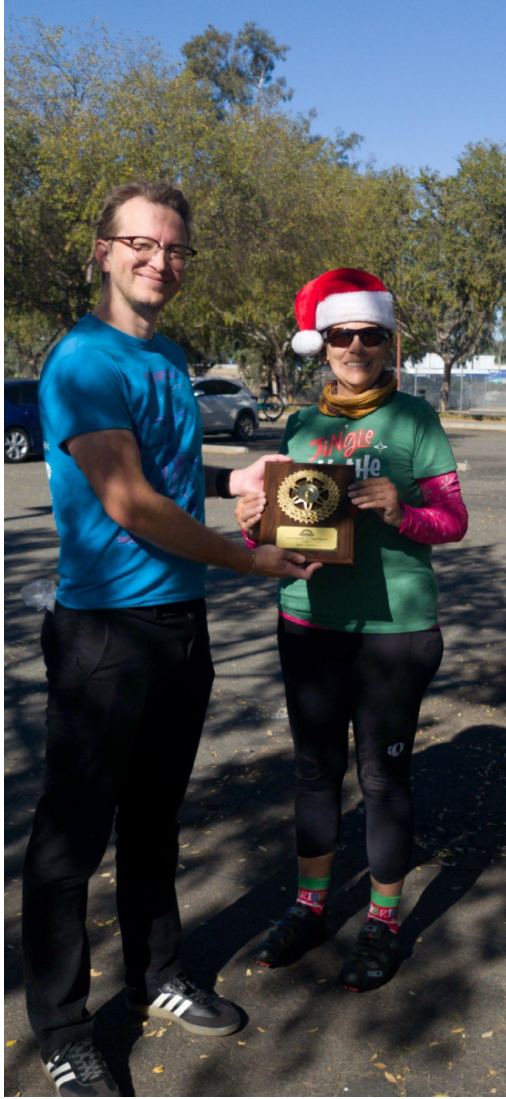
JOSHUA BONNICI

Managing Attorney

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

Barb Trenchi, SDBC Development Ride Leader, received the Golden Spoke award from the San Diego County Bicycle Coalition for 2023. The award is for the **Educator of the Year**. Kevin Baross is the guy presenting the award. He is the Education Programs Manager for SDCBC.

Congratulations Barb



Racing

6 Hour

Name	Gender	Country	Age	Division	Bike Type	Distance	Year
Tyler McCormick	Male	USA	U 20	Solo	Standard	104.4	2021
Ryan Collins	Male	USA	20-29	Solo	Standard	145.2	2019
Dana Skriver	Male	USA	30-39	Solo	Standard	142.2	2013
James McNaughton**	Male	CAN	40-49	Solo	Standard	150	2019**
Louie Amelburu	Male	USA	50-59	Solo	Standard	145.2	2022
Louie Amelburu	Male	USA	60-69	Solo	Standard	140.4	2023
David Evans	Male	UK	70+	Solo	Standard	122.4	2022
Caleb Cline	Male	USA	30-39	Solo	Recumbent	104.4	2022
Sven Jorgensen	Male	USA	40-49	Solo	Recumbent	122.4	2016
Clifford Federspiel	Male	USA	50-59	Solo	Recumbent	145.2	2019
John McWhee	Male	USA	60-69	Solo	Recumbent	104.4	2023
Marshall Cooperson	Male	USA	70+	Solo	Recumbent	109.2	2022
Tony Gillet	Male	USA	40-49	Solo	Fixed Gear	99.6	2017
Ivan Murat Altinbasak	Male	TUR	50-59	Solo	Fixed Gear	118.8	2023
Jeff Seckendorf	Male	USA	60-69	Solo	Fixed Gear	114	2022



6 -12-24 Hour World Time Trial Championships Borrego Springs CA - 11/4/2023

Ivan Murat Altinbasak, 1st place & 6 hour record holder), Men 50-59 (fixed gear, 6 hour solo)

Jason Ryan, 1st place, Men 40-49 (6 hour solo)

HOME | WTTTC2023
(24hrworlds.com)

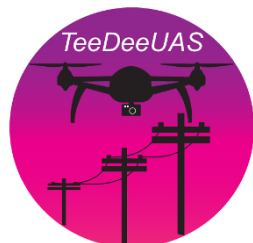
Tips for a successful SoCal racing

Pre-race Preparation

Successful SoCal racing starts well before the gun goes off. Set yourself up for success by **preparing** before race day. Click on the Link below to see more.

<https://source-e.net/rider-resources/tips-for-successful-social-racing/>

Taylor Warren BSED
Senior Consultant
USAC Level 1 coach
Source Endurance





STORE CLOSÉS	EST. DELIVERY
JANUARY	FEBRUARY
22	27

This year, we will have two kits available (white or black). All kits ordered by 11/29, were eligible for the 30% discount, which is already reflected in the pricing on the team store. Updates will be coming regarding any future discounts

SDBC Clothing Store

Our current 2023 SDBC team store is

Open!

You should have received a Clothing update with **ALL** the info on Monday November 13th. **Click on the image above to access store, no passcode required!**

Gavin Gatta
Clothing Director
clothing@sdbc.org

CAFÉ La TERRE

— FOR THE LOVE OF COFFEE —

Good Afternoon –

“If you have ordered the cargo bibs and they have white mesh pockets on the back, please reach out to the clothing director for a replacement pair, as this was an error in the manufacturing process.”

I just wanted to clarify that the only item impacted was the cargo bibs (which is only a few orders). Thanks!

Gavin Gatta
Clothing Director
clothing@sdbc.org

SOURCE ENDURANCE

Click for exclusive SDBC Member Benefits

74th Banquet of Champions



Sunday, January 28th, 2024
5:00 PM 8:30 PM

Please join the San Diego Bicycle Club for our annual banquet to celebrate our accomplishments during 2023 and kick-off our 78th year of bicycle racing!

Where

The Captains Room - Marina Village (1936 Quivira Way, San Diego 92109)

Registration

<https://www.sdbc.org/store/banquet-of-champions>

Online registration closes at noon on January 26, 2024

Questions

Contact our Special Events Director specialevents@sdbc.org

Adult - \$50.00

Junior - \$30.00

Banquet Registration includes:

Appetizers - Spinach and Artichoke Dip, Olive Tapenade and Sicilian Garlic Cheese Bread

Entree - Choice of Marinara Sauce Pasta, Rich Meat Sauce Pasta, Spinach and Cheese Ravioli or Baked (Meat) Lasagna with Bread and Butter

Dessert - Cake and Ice Cream

Drinks - Beer, Wine, Soda and Water

Opportunity Drawing Ticket

Free Parking

Note: I need to have a count on the different entrees, so the **registration requires a**

choice.

Peter Livingston

Volunteer opportunities for "2024 SDBC AWARDS BANQUET" are now open. Please click on the following web link to go to the signup sheet:

[volunteersignup](#)

To sign up, just follow the instructions on the page. It only takes a few seconds to do.

Thank you for volunteering!

Victor Vargas
Volunteer Coordinator
San Diego Bicycle Club
volunteer@sdbc.org



Other events around San Diego

Looking for Cycling Events around San Diego

[□ Look Here!](#)



Non-SDBC sponsored, Rides during the week

So often we are asked, "does SDBC do any other rides besides Saturday?" Officially, no, but SDBC riders do many rides and CrossFit during the week. **Click on the Logo and check them all out!** Lots of good info including Virtual Rides that many of you do to supplement your road rides.

John K
weekly@sdbc.org
Weekly Update Director



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

For Sale

Like New 2022 Norco gravel bike

Only 230 miles on it, never ridden in rain, never crashed,

*Reynolds 725 steel frame.
Shimano GRX drive train group.
Dropper post.*

Bike is Out of stock from Norco. Easily the finest bike I've owned, simply not riding. Currently set up with more road tires but I will include the new knobby tires. I also have PDX steel fenders for it. I will include fenders and Shimano XT pedals with a full price offer.

Top tube is 59.5 ctc
\$3000 OBO

Contact Scott
scott.pierce@gmail.com
541-660-4057



For Sale

2018 Specialized S-Works Tarmac

52 cm. Full Dura-Ace, electronic shifting with integrated power meter. This bike has been well maintained and is in great condition! (Pedals are not

included)

If interested or if you have questions please reach out to Cathy Wagner at [856-430-8592](tel:856-430-8592).

Thank you,
Renee



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

Send Comments and Suggestions to:
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