



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



Dear all,

Race season is upon us, and our Fiesta Island Time Trial series is coming up fast. Our first date is Feb 25th, so dust off that aero wheelset, or Merckx-it-up and come and race yourself and the best in SoCal. See below for more info!

Cheers!

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



**JOSHUA  
BONNICI**  
Managing Attorney

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



**PACTIMO**

## Fiesta Island Time Trial

- Sunday, February 25, 2024
- 6:00 AM - 9:00 AM
- Fiesta Island

- San Diego, CA



[Click here to register](#)



[Click here to go to the SDBC FITT Site](#)

Hello everyone,

Volunteer opportunities for "Fiesta Island Time Trial #1, February 25, 2024" are now open. Please click on the following web link (or copy it into your web browser if clicking doesn't work) to go to the signup sheet:

[volunteersignup.org/XKKPL](https://volunteersignup.org/XKKPL)

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

## How to PR the Fiesta Island Time Trial

By: Coach Taylor

<https://source-e.net/rider-resources/how-to-pr-your-next-fiesta-island-time-trial/>

Adam Mills MEd, RCEP  
*Source Endurance*  
*USA Cycling Level 1 Coach*  
*USA Cycling Coach Developer*

[amills@source-e.net](mailto:amills@source-e.net)  
O: 877.729.0911

# CAFÉ LATERRRE

— FOR THE LOVE OF COFFEE —



STORE CLOSÉS	EST. DELIVERY
MARCH	APRIL
5	10

This year you have your choice of either a white or black kit - or buy them both!

Gavin Gatta  
Clothing Director  
clothing@sdbc.org

## SDBC Clothing Store

Our current 2023 SDBC team store is

**Open!**

Click on the image above to access store, no passcode required!

Team socks are available for purchase online at [SDBC Socks](#). They are available for pickup at Switchback Velo in Bird Rock. Please make sure to **bring a digital copy of your receipt**.

## **SOURCE ENDURANCE**

Click for exclusive SDBC Member Benefits

## *Other events around San Diego*

Looking for Cycling Events around San Diego

[□ Look Here!](#)



## The 16th Annual GranFondo San Diego - Sunday April 21st, 2024



### **SDBC Riders doing their Thing!**

#### **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 HERE](#), and check them all out! Lots of good info including Virtual Rides that many of you do to supplement your road rides. See photo's from the "Tour de Palm Springs". Around 30 SDBC riders rode the 100 miles in headwinds and puddles!

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](http://store.livefluid.com)

# For Sale



AMERICA'S MOST  
TRUSTED  
COSMETIC  
DERMATOLOGISTS

EVERY FRUIT  
HAS A STORY

## Bontrager Aeolus RSL Integrated Handlebar/Stem

VR-C x OCLV Carbon  
42CM Wide x 110MM Length x -7degree  
100MM Reach x 124MM Drop x 0degree Flare  
Sale Price **\$295.00**

Please let me know if you have any questions.

Regards, Ric Ladt [270.559.6223](tel:270.559.6223) (Cell), [858.750.2213](tel:858.750.2213) (Home)

2336 King Arthur Court  
La Jolla, CA 92037-7302

[fcladt@gmail.com](mailto:fcladt@gmail.com)



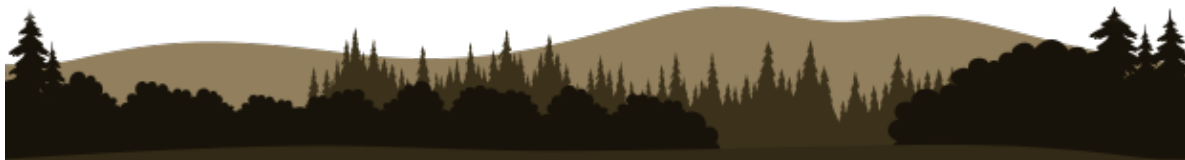
## Membership

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)



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



San Diego Bicycle Club | PO Box 80562, San Diego, CA 92138

[Unsubscribe weekly@sdbc.org](#)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [weekly@sdbc.org](mailto:weekly@sdbc.org) powered by



Try email marketing for free today!