



WEEKLY UPDATE

for members of the
San Diego Bicycle Club



Dear all,

Last weekend we kicked off the 2024 Fiesta Island Time Trial series with a bang! Nearly 130 riders took to the early morning start line to test their power and cheer on their co-competitors. Thanks for all those who took part, as well as to our FITT team and volunteers for putting on a great first race for SDBC this year. Setting a new record requires not only exceptional physical prowess but also meticulous preparation and strategy. Cyclists must navigate the course with precision, optimizing their aerodynamics and pacing to achieve peak performance. The fact that **two records were broken** last weekend underscores the level of competition and highlights the relentless pursuit of excellence. It's a celebration of athleticism, perseverance, and the thrill of pushing the boundaries of human potential on two wheels. See below for full results and details of our new record holders.

The second date is coming up fast - **Saturday April 23** - so keep up that training and we'll see you there!

Cheers!

Simon Bott-Suzuki
President SDBC
president@sdbc.org

Head's Up

The next meeting of the Board of Directors will be on **Tuesday, March, 12th, 2024 @ 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.*



February 25th Results
are in!

Final Results!

We had a great turn out for our first FITT of 2024. We had 120 entries that included three four person teams and three tandems. Among the participants, John Howard a cycling legend, Amy Dixon who is on her way to Para-Cycling Track Cycling World Championships in late March and on her way to Paris, and Michael Davis fresh from his podium in the Para-cycling World Cup in Australia.

There were two new records. Max Haggard broke his own record for the 40k for a 49:57.3. Elisa Lou broke Ester Walker's long standing record for Women's Open Merckx at 30:33.5. There were also several other records in danger of being broken. I'm expecting to see more records set this year.

Thank you to all of the participants that came out to race - what a great group of cyclists. Thank you to our volunteers, without them, we can't put this event on. We did have a problem with our time software, a bug that will be fixed before the next FITT. Special thanks to Krista Silvers and Rafael Valente who helped with timing and then calculated race times for the awards ceremony. That was no easy task.

The next FITT is on **Saturday, April 13**. [Register here.](https://www.webscorer.com/registerseries?seriesid=340481)

Best,
doug



PACTIMO

PADRESPEDAL THE CAUSE

A World
Without
Cancer

Join SDBC at Pedal the Cause

Padres Pedal the Cause is a local nonprofit that seeks to fund cancer research that will lead to increased survivorship and ultimately, cures for cancer. Their biggest fundraising effort is an annual cycling event at Petco Park.

Click [here](#) for more information about [Pedal the Cause](#)

Padres Pedal the Cause is looking for volunteer mechanics and ride marshals on the course :

Mechanics - Looking for mechanics to accompany our SAG vehicles on the course. We have driving and cars so we would just need to mechanic to ride along and help along the way. We offer \$150 and free lunch/ beer at Petco Park at the end of the course!

Ride Marshals - Looking for ride marshals on all 3 courses (25, 55, and 75 miles) to ride along and represent the organization by helping with flats and ensuring people feel safe.

- **Sunday, April 7, 2024**
- 6:00 AM - 4:00 PM
- Petco Park
- 100 Park Blvd San Diego, CA 92101 ([map](#))

Megan Parker

Padres Pedal the Cause

9191 Towne Center Dr. Suite 310 | San Diego, CA 92122

megan@curebound.org

CAFÉ LaTERRE

— FOR THE LOVE OF COFFEE —

Solana Beach Hours:

Sunday / Monday: 10:30 am - 3:00 pm

Tuesday - Saturday: 8:00 am - 4:00 pm

Sunday: CLOSED



STORE CLOSSES	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

If you haven't yet opened this side Newsletter, You're missing out of a big portion of SDBC Riders, "doing their Thing"! So **OPEN it**. 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, Videos & photos from the SDBC Saturday Rides taken by Riders! **If you have photo's or Video's to share, submit them to weekly@sdbc.org. Love to share them with SDBC!**

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

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)

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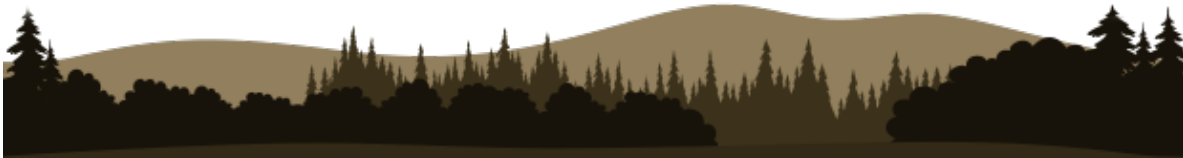
Membership

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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