



WEEKLY UPDATE

for members of the
San Diego Bicycle Club



Dear all,

April is **SDBC Membership drive month**. Supporting SDBC can be a fantastic way to foster community engagement, promote healthy lifestyles, and advocate for cycling infrastructure. By supporting the San Diego Bicycle Club, you can contribute to creating a more vibrant cycling community and help make San Diego a safer and more enjoyable place to ride.

The upcoming racing season promises to be an exciting time for members of SDBC, offering opportunities for growth, camaraderie, and competitive cycling experiences.

In addition, the second FITT date is coming up fast - **Saturday April 13** - so keep up that training and we'll see you there!

Cheers!

Simon Bott-Suzuki

President SDBC

president@sdbc.org



**JOSHUA
BONNICI**
Managing Attorney

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





Fiesta Island Time Trial

CA, 04/13/24

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

Volunteer opportunities for "Fiesta Island Time Trial #2, April 13, 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. To sign up, just follow the instructions on the page. It only takes a few seconds to do. Thank you for volunteering!

volunteersignup.org/XKKPL

Victor Vargas
Volunteer Coordinator
volunteer@sdbc.org

Folks,
I've put together a gallery of photos from the FITT event a couple of Sundays ago, with some emphasis on riders in SDBC kits:



<https://jadecoastphoto.com/events/fiesta-island-tt-2024-02>

Feel free to publish the gallery link and/or embed some photos in the Weekly Update and Website. See attached for a couple of sample images.

Best,
Willie Sakai
SDBC Member + Volunteer Photographer
Jade Coast Photography
(858) 442-1770



Hello SDBC Racers,

Next Saturday, March 30th, we will be holding a race clinic led by Source Endurance. The event will be on the Huennekens street race course where the UCSD criterium will be held in May, right off Mira Mesa Boulevard, and led by Source Endurance. Source will likely have three coaches present: Coaches Adam, Taylor and Sophia.

Please follow the link below to the Source Endurance website where you can sign up and fill a brief survey that will help Source plan the event.

The event will start at 9 AM, however a number of us will be meeting from the start of the SDBC ride and heading over around 8:30. There will be participation from both Men's and Women's teams during the event, which will feature mock races, drills and other skills oriented training.

Please attending this event if you are available! Whether you are a new racer or experienced racer looking to sharpen skills from actual pros and coaches – this event is for you. Lets show up en masse and make this a great clinic.

The estimated duration of the event is 90 minutes, ending around 10:30. More details to come in the weeks to follow. After the clinic, there will be an optional chill-pace ride up the coast with participations from the Men's and Women's teams.

See you there! If you're racing Sagebrush MTB – you get a hall pass. Otherwise, I hope to see you!

-David Garcia

P.S. please indicate participation on TS and at the link below!

<https://source-e.net/sdbc-member-benefits/>



PACTIMO

PADRES PEDAL

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 La TERRE

— 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
25	30

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!**

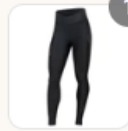
John K
weekly@sdbc.org
Weekly Update Director



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



Women's Sugar Thermal Cycling Tights
BLACK / L

\$50.00

Subtotal	\$50.00
Shipping	\$8.99
Taxes	\$3.88
Total	USD \$62.87

Will take \$50, even though I paid more with shipping/taxes. On sale. Unable to return.

Barb

DESCRIPTION

This cold weather women's tight gives up nothing in performance while adding shoulder-season style. Featuring one of the softest materials we use, this thermal tight employs a wide waist band for comfort and two side pockets for a debit card, ID or phone. Our breathable Women's SELECT Escape chamois provides on-the-bike comfort and performance. Large BioViz® reflective prints appear on the calves as well as the hip and front-right. PLEASE NOTE: This product runs small. We recommend sizing up from your normal preferred size.

FABRIC

Main Body: 61% recycled polyester, 33% polyester, 6% elastane Pocket: 95% nylon, 5% elastane

FEATURES

- Pedal to Zero™: Going by bike 32mi / 36km offsets the climate impact of this garment
- Ultra-soft Thermal fleece fabric for pedaling comfort and thermal regulation; made with recycled content
- Two side pockets to stash accessories
- Women's SELECT Escape 1:1® Chamois pad is smooth next to skin with blended edge-free cushioning for maximum comfort
- BioViz® reflective elements for low-light visibility
- PLEASE NOTE: This product runs small. We recommend sizing up from your normal preferred size.

Will take \$50, even though I paid more with shipping/taxes. On sale. Unable to return.

Barb



AMERICA'S MOST
TRUSTED
COSMETIC
DERMATOLOGISTS

EVERY FRUIT
HAS A STORY



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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