

At 85, Bonita Cyclist Jacobo Melcer Inspires a New Era of Healthy Aging, Motivating South Bay, San Diego Communities

At 85, Bonita, CA. resident Jacobo Melcer is inspiring a regional health movement through cycling. Preparing to break the Hour Record at the San Diego Velodrome, Melcer's mission goes beyond personal achievement.



Attempt Inspires Community Action and a Renewed Focus on Men's Wellness in South Bay, San Diego

As chronic illness, isolation, and inactivity rise among older adults, **Jacobo Melcer, an 85-year-old cyclist and Bonita resident**, is taking a bold stand—not in a hospital, but on two wheels.

This fall, Melcer will attempt one of the most grueling challenges in endurance sports: the Hour Record. The goal? Ride over 32 kilometers in 60 minutes at the San Diego Velodrome. If successful, Melcer will become one of the oldest cyclists in history to achieve the feat.

But this isn't just about setting records. It's about setting an example. "This isn't about medals—it's about momentum," says Melcer. "If my ride gets even one man moving again, if it reminds someone they're not too old to care about their health, then I've already won."

A Local Life with Public Health Power

The need for role models like Jacobo couldn't be more urgent. According to the CDC, men over 60 face significantly higher risks of preventable diseases such as heart disease, type 2 diabetes, and depression. And in parts of **South Bay San Diego**, particularly **Bonita, Chula Vista**, and National City, those risks are compounded by a lack of access to wellness programs and a growing senior population. Melcer's visibility—on the road, in the community, and through local cycling clubs—has made him more than a rider. He's become a symbol of proactive aging and a reminder that health is not just a medical issue—it's a cultural one.

"Jacobo isn't just aging well—he's helping the entire region reimagine what healthy aging looks like," says Dr. Elena Ramirez, a preventive care specialist at Scripps Health. "He shows that wellness doesn't require perfection—just participation, visibility, and consistency."

Why Movement Matters

Jacobo's story is backed by science. A 2022 study published in *Circulation* found that older adults who regularly engage in aerobic exercise—like cycling—have a 35% lower risk of all-cause mortality. Other studies show regular movement improves mental focus, mobility, and immune function while reducing the risk of cognitive decline. Cycling, in particular, offers a rare combination of benefits: it's low-impact, socially engaging, and highly adaptable. It's become Jacobo's daily medicine—and now, his method for activating a wider public conversation.

After returning to the sport in his 60s, Jacobo has competed in six national and world championships, earned eight California State Champion titles, and become a respected member and mentor within the San Diego Cyclo-Vets.

South Bay Joins the Ride

Jacobo's upcoming Hour Record attempt is now mobilizing regional health leaders, nonprofit groups, and fitness organizations to act. In partnership with community groups, the "Ride for Longevity: The Jacobo Melcer Challenge" will take place this fall alongside his record attempt. The event will feature:

A community bike ride open to all ages

Free health screenings and wellness resources

Educational talks on men's health, nutrition, and injury prevention

Mentorship and peer-support meetups for men 50+

“Jacobó reminds us that health isn’t something you retire from,” says Manuel Ortiz, wellness director at the South Bay YMCA. “He’s helping us spark a much-needed dialogue about aging, purpose, and prevention—and giving people a reason to believe in their second act.”

The Road Ahead

When Jacobó Melcer takes the track at the San Diego Velodrome this fall, he’ll be racing more than the clock—he’ll be racing against cultural inertia, against assumptions about aging, and against the silence that too often surrounds men’s health in later life.

And he won’t be alone. He’ll carry with him the momentum of a region beginning to move again, toward better health, a stronger community, and a vision of aging that celebrates action instead of decline.

About Jacobó Melcer

Jacobó Melcer is an 85-year-old competitive cyclist, retired engineer, and wellness advocate based in **Bonita, California**. A longtime member of the San Diego Cyclo-Vets, he uses cycling as a tool for promoting health, longevity, and purpose through movement and community connection.



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