



August 2024

## Monthly Newsletter

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### Quick News

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**Member Birthdays - August**

## August Ride Calendar

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**8/3 - Saturday - R5 Group Ride - Route #4**

(7:45am Stage21 Start)

Long: <https://www.strava.com/routes/3090344839164057058>

Short: <https://www.strava.com/routes/3200554215299907236>

**8/7 - Wednesday - R5 Hill Repeat Ride**

(5:55pm - Board n Brew: 27000 Alicia Pkwy, Laguna Niguel)

<https://www.strava.com/routes/2933172616742190706>

**8/10- Saturday - R5 Group Ride - Route #5**

(7:45am Irvine Start)

Long: <https://www.strava.com/routes/3090345876211004550>

Short: <https://www.strava.com/routes/3200556107391070884>

**8/14 - Wednesday - R5 Hill Repeat Ride**

(5:55pm Board n Brew: 27000 Alicia Pkwy, Laguna Niguel)

<https://www.strava.com/routes/2933172616742190706>

**8/17 - Saturday - SUMMER REMOTE RIDE!! LET'S KEEP IT COOL ON THE COAST! Torrey Pines and back. Shorter route options will likely be a choice of turning around early, or riding into San Diego and taking the train back. Details to follow.**

**8/21 - Wednesday - R5 Hill Repeat Ride**

(5:55pm Board n Brew: 27000 Alicia Pkwy, Laguna Niguel)

<https://www.strava.com/routes/2933172616742190706>

**8/24 - Saturday - R5 Group Ride - Route #1**

(7:45am Irvine Start)

Long: <https://www.strava.com/routes/3090344538865412230>

Short: <https://www.strava.com/routes/3200549201982265212>

**8/28 - Wednesday - R5 Hill Repeat Ride**

(5:55pm Board n Brew: 27000 Alicia Pkwy, Laguna Niguel)

<https://www.strava.com/routes/2933172616742190706>

**8/31 - Saturday - R5 Group Ride - Route #2**

(7:45am Irvine Start)

Long: <https://www.strava.com/routes/3090345570297272454>

Short: <https://www.strava.com/routes/3200551387161896612>

## Tour de Big Bear (tomorrow!)

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Who's doing the Tour de Big Bear?? If you haven't already registered, it's not too late! They have registration tomorrow right before the ride! Here's the weekend schedule:

### Saturday, August 3rd

#### Tour de Big Bear Late Check-In and Late Registration

6 am to 9 am

#### Road Ride Start Times

- 100 Mile – Purple – 7:00 am
- 70 Mile – Red – 8:00 am
- 50 Mile – Blue – 9:00 am
- 25 Mile – Green – 10:00 am
- Family Ride – Pink – 11:00 am

#### Dirty Bear/Dirty Cub Gravel Start Times

- 50 Mile Gravel Ride – Yellow – 8:30 am
- 25 Mile Gravel Ride – Aqua – 8:30 am

#### Big Bear Cycling Expo – Open to the Public

9 am to 5 pm

Live Music  
10 am to 11:45 am: Matt & Emily  
Noon to 2 pm: MadB  
3 pm to 5 pm: MadB

Food & Libations  
11 am to 5 pm

Beer Tasting *(additional charge)*  
11 am to 5 pm

<https://bigbearcycling.com/tour-de-big-bear>

## Summer Remote Ride August 17th

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**We're keeping it coastal to stay cool! Let's head out on Saturday August 17th, from Dana Point to Torrey Pines. Those that want to make it a century can turn around and head back. Those that want to go shorter can either ride to San Diego and take the train back, or turn around anywhere along the route. We'll post route options in the coming weeks.**

## Etiquette and Safety

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Thank you to everyone on our Saturday and Wednesday rides, for being safety conscious, riding with a steady wheel, and calling out all obstacles all the way down the line. Let's continue to model great bike safety and group ride etiquette to everyone around us, on every ride. Those club members who are knowledgeable and comfortable in a group ride setting should mentor others in a kind and respectful way.

## Bike Maintenance

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Have you serviced your bike this summer? It may be time to take it in to our sponsors, Stage21, and have a tune-up or a safety-check at the least. Fresh tires, proper tire pressure, sealant if you're tubeless, brake pads and a clean and lubed drivetrain are among the essentials to keep you safe out on the road. If you're unsure what your bike needs, the guys at Stage21 are great at what they do!



Stage 21 Bikes, Inc.  
23582 Moulton Pkwy.  
Suite 111  
Laguna Woods, CA  
92637

## Year-Round Kit Store

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**The R5CICLISMO YEAR-ROUND KIT STORE\* IS OPEN for all 2024 Members.**

The Kit Store Link is available on the R5CICLISMO MEMBER'S ONLY Facebook Page, or by emailing Elaine at [elaine.gronberg@r5ciclismo.com](mailto:elaine.gronberg@r5ciclismo.com)

**NOT A MEMBER BUT WANT A COOL KIT? The R5CICLISMO 2024 Registration is still open! Please email our Vice President/Membership guru, Susan, at [susan.sloan-velez@r5ciclismo.com](mailto:susan.sloan-velez@r5ciclismo.com)**

## Ride Waiver

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EVERYONE must sign a new [Ride Waiver for 2024](#) before taking part in any of our rides. If you have signed up as a Member for 2024, you have already signed the waiver. If not, please sign up, or at the least, complete R5CICLISMO's electronic waiver using the link below. Cycling waivers are required by all participants to acknowledge the inherent risks in cycling, to release R5CICLISMO from liability, and to provide informed consent. The Waiver offers legal protection, documents participants' awareness, and promotes safety during cycling activities.

## R5CICLISMO Ride Waiver Link

# Wednesday Hill Repeats

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Our Wednesday night, R5CICLISMO Hill Repeat Ride is going strong and you can join any time you want! This is a "NO DROP RIDE", and all riders are welcome. It's a great workout for everyone no matter what level you are!

Meet at Board n Brew: 27000 Alicia Pkwy, Laguna Niguel.  
6:00 pm sharp roll out!

Route:

<https://www.strava.com/routes/2933172616742190706>

We ride easy between hills as a group, hit the hills hard, and re-group after each hill. We re-group at the bottom of the 1st hill (Highlands), 3rd hill (PID S.), and the optional hill (Clubhouse), but re-group at the top of the 2nd hill (Niguel Rd) and the last hill (PID N.) before heading back to the finish all together. To keep the waiting to a minimum, you'll turn around and descend once the first rider to reach the top goes past you on their way down. Trust us, this mid-week workout is great for everyone!

# August Birthdays

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Join us in wishing your clubmates a  
Happy August Birthday!

Maria Szewinska 1  
Mila Allinson 1  
Walter Myers 2  
Mendi Kessler 3  
Thomas Roche 13  
Peter Allen 19  
David Wu 21  
Susan Sloan-Velez 29

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**Visit our Social Media Platforms:**



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