

R5CICLIS

July 2024

Monthly Newsletter



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July Ride Calendar

**7/6 - Saturday - R5 Group Ride - Route #6
(7:45am Stage21 Start)**

Long: <https://www.strava.com/routes/3090346146602952838>

Short: <https://www.strava.com/routes/3200559938236172156>

7/10 - Wednesday - R5 Hill Repeat Ride

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

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

7/13 - Saturday - R5 Group Ride - Route #1

(7:45am Irvine Start)

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

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

7/17 - Wednesday - R5 Hill Repeat Ride

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

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

7/20 - Saturday - R5 Group Ride - Route #2

(7:45am Stage21 Start)

Long: <https://strava.app.link/U2GK mz1k4Gb>

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

7/24 - Wednesday - R5 Hill Repeat Ride

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

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

7/27 - Saturday - R5 Group Ride - Route #3

(7:45am Irvine Start)

Long: <https://www.strava.com/routes/3090343929522208226>

Short: <https://www.strava.com/routes/3200553680986243964>

7/31 - Wednesday - R5 Hill Repeat Ride

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

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

Tour de Big Bear



Several club members have signed up for the Tour de Big Bear on August 3rd and would love you to join them! There are events for everyone including 100, 70, 50 and 25 mile road rides, plus 25 and 50 mile gravel rides. There is even a 2.78 Family Fun Ride for those with kids. Info and registration at:

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

Etiquette and Safety

Keep yourself and your clubmates safe by calling out obstacles in the road. A verbal warning is usually the most effective, as pointing to an obstacle can often not be seen two rows behind you, and in many circumstances its better to keep your hands securely on your handlebars. It is every riders responsibility to call out objects, **ALL THE WAY DOWN THE LINE.**

Please remember to stay to the far right of the road, in the bike lane. Ride two-by-two if there is room, single file if the bike lane is narrow or there is no bike lane at all. When climbing, leave lots of room between you and the climber in front of you, in case that person slows or stops suddenly. Climb single-file when there is little to no bike lane. When descending, stay toward the right side of the road, being careful to watch for oncoming cars in the turns. Be aware of your speed, stay in control, and be aware of any obstacles in the road. One small rock or some sand on the road could be dangerous.

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, sealant, brake pads and a clean and lubed drivetrain are among the essentials to keep you safe out on the road.

Year-Round Kit Store

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

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

Ride Waiver

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

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!

July Birthdays

Join us in wishing your clubmates a
Happy July Birthday!

JASON HUANG, 7/14
GREG CARLTON, 7/27
ADAM TORRES, 7/29
STEVE ROOTEN, 7/31

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