

R5CICLISMO

June 2024

Monthly Newsletter



Some of the original R5CICLISMO Team with founder Craig Mannino during a GMR training workshop led by Italian former pro cyclist Federico Canuti.

Quick News

June Ride Calendar

Remote Ride This Saturday!!

Etiquette and Safety

2024 Team Kit Store Open!

Ride Waiver

Wednesday Night Hill Repeats

Member Birthdays - June

June Ride Calendar

6/1 - Saturday - R5 REMOTE Ride - GMR!

(7:45am meet at Glendora High School)

<https://www.strava.com/routes/1516434>

6/5 - Wednesday - R5 Hill Repeat Ride

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

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

6/8 - Saturday - R5 Group Ride - Route #2

(7:45am Stage 21 Start)

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

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

6/12 - Wednesday - R5 Hill Repeat Ride

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

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

6/15 - Saturday - R5 Group Ride - Route #3

(7:45am Starbucks @ Woodbury Town Center)

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

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

6/19 - Wednesday - R5 Hill Repeat Ride

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

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

6/22 - Saturday - R5 Group Ride - Route #4

(7:45am Stage 21 Start)

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

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

6/26 - Wednesday - R5 Hill Repeat Ride

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

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

6/29 - Saturday - RE Group Ride - Route #5

(7:45am Starbucks @ Woodbury Town Center)

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

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

Remote Ride This Saturday!!

Heading for the Hills

June 1st

Meet: 7:45am

Ride Info: 7:55am

Roll: 8am sharp

Since this is an Out and Back ride, there are multiple route options for you to choose from, and you can go as long or short as you like.

We start at Glendora High School and head toward the Glendora Mountain Road switchbacks. The regular GMR route heads all the way up Glendora Mountain Road, continues onto Glendora Ridge Road, and then down to Baldy Village where there are bothrooms, food and hydration. Regular Route, GMR to GRR to Baldy Village OAB = 45.75 miles (6500 ft).

Along the way, you can choose from several add-on options:

1. At the top of GMR, descend down the back side of GMR (make a left before Glendora Ridge Road) to East Fork Rd. Turn around and head back up GMR, left on GRR, and continue the regular route to the Village and back. This EAST FORK Option adds about 10 miles and 1600' of elevation to the Regular Route.

2. After replenishing at the Village, head up to the Baldy Ski Lifts, then back to the Village to continue the regular route back. This SKI LIFTS Option adds about 10 miles and another 2400' of elevation.
3. Do all the Options!! GRR to East Fork, AND Village to Ski Lifts! The All the Options Route will bring your total mileage to 65.5 miles and 10,400' of climbing!! The following route shows the ride with ALL the options added on: <https://www.strava.com/routes/1516434>

You're welcome to pick whichever route you prefer, but please let a Ride Leader know which route you're taking and when/if you turn around.

SAFETY

Please remember to stay to the far right on these roads as there is no bike lane and rarely any shoulder. When climbing, leave lots of room between you and the climber in front of you, in case that person slows or stops suddenly. When descending, stay on the right side of the road, being careful to watch for oncoming cars in the turns. Be aware of your speed and control.

PREP

Please make sure you have well-maintained brakes and that your tires are fresh and pumped to the appropriate pressure. ALWAYS carry your own spare tube (or two), CO2, multitool, identification, insurance card, emergency cash and a fully-charged cell phone. *Riding with a friend is preferable on remote rides, especially in the mountains.*

NUTRITION

Depending on your chosen route options, it could be 23-33 miles of climbing before you reach a place to fill bottles. With this in mind, bring TWO large bottles with a hydration fluid, and your own nutrition. I suggest a minimum of 2-3 bars or gels for example.

CLOTHING

It will be colder as you climb the mountain, and you will be very wet with sweat. ALWAYS bring arm warmers and a wind vest AT THE MINIMUM, as you're likely to get cold at the turn-around/rest-break, and the descent can be quite cold.

WEATHER

Keep an eye out for predicted temps for Mt Baldy

California. https://www.google.com/search?q=mt.+baldy+village%2C+california+forecast+temperature+10am+saturday+june+1&rlz=1C5CHFA_enUS886US886&oq=mt.+baldy+village%2C+california+forecast+temperature+10am+saturday+june+1&gs_lcrp=EgZjaHJvbWUyBggAEEUYOdIBCTE5OTM5ajBqOagCALACAQ&sourceid=chrome&ie=UTF-8

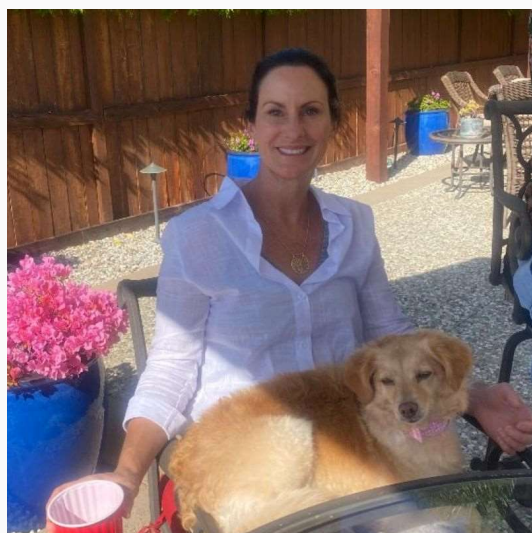
Etiquette and Safety

IMPORTANT TIPS FOR CLIMBING AND ACTUALLY, JUST IN GENERAL!

Please remember to stay to the far right of the road, in the bike lane, and especially if there is no to little shoulder. When climbing, *leave lots of room between you and the climber in front of you, in case that person slows or stops suddenly.* When descending, *stay on 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 have a negative effect.*

Thank You!

Thank you to all Members and their Guests who came out to our Cinco de Mayo Fiesta!! And a ***huge, heartfelt Thank You, to Scott and Nancy Poulalion*** for generously opening their home, amazing home-cooked food, and for all they do for R5CICLISMO.



2024 Team Kit Store Is Open!

The R5CICLISMO TEAM STORE* IS OPEN for all 2024 Members from now until June 15th, with approximate delivery July 1st.

This is the best time to order, when *JAKROO's Dynamic Pricing* is active! With JAKROO's Dynamic Price Drop, everyone wins! The starting discount level for all team members is 20%. As team members place their orders and reach the next discount level, the price automatically drops for everyone, even for those who placed their order before the drop.

Final pricing for each item will be based on the highest discount level achieved for that item. Payment is processed after the close of the order period so everyone receives the same low price, regardless of when your order was placed. Yes, it's that cool!

The Team Store Link is available on the R5CICLISMO MEMBER'S ONLY Facebook Page, or by emailing Elaine at elaine.gronberg@r5ciclismo.com

*A White Long-Sleeve, and a White Nova Pro (race fit) Jersey will be added in about a week. Keep an eye on the team store if you're interested in those items.

The Store will close at MIDNIGHT, on Saturday, June 15th!

NOT A MEMBER BUT WANT TO 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 - Part of the registration process is the signing of our Ride Waiver for all new and returning members. Anyone joining a ride before registering (and guests), will be asked to sign a waiver that will be good for all of 2024.

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!

June Birthdays

**Join us in wishing your clubmates a
Happy June Birthday!**

JOSE VELEZ, 6/4

SUZIE GIVEN, 6/7

HUNG NGUYEN, 6/10

TERENCE KORITZ, 6/11

KENAN REILLY, 6/20

RAFFAELE SPENNATO, 6/25

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