

R5CICLIS

November 2024

Monthly Newsletter



Fall Remote Ride - the group at the bottom of the first descent out of Oak Glen.

Quick News

November Ride Calendar

Black Friday Ride

Etiquette and Safety

Member Survey-not too late!

2025 Membership Discount

Ride Waiver

Member Birthdays - November

November Ride Calendar

RIDE CALENDAR on WEBSITE

11/2 - Saturday - R5 Group Ride - Route #4

(7:45am Stage21 Start)

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

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

11/9 - Saturday - R5 Group Ride - Route #5

(7:45am Irvine Start)

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

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

11/16 - Saturday - R5 Group Ride - Route #6

(7:45am Stage21 Start)

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

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

11/23 - Saturday - R5 Group Ride - Route #1

(7:45am Irvine Start)

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

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

11/29 - Black Friday Ride - SANTIAGO CLOCKWISE

(8:45am Irvine Start)

<https://www.strava.com/routes/3162148733208698384>

1/30 - Saturday R5 Group Ride - Route #2

(7:45am Stage21 Start)

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

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

Black Friday Ride

**Need to Burn Off Your Thanksgiving Feast?
Come Ride the Canyon With Us**

Friday, November 29th

MEET: 8:45am

PRE-RIDE INFO: 8:55am

ROLL: 9:00am

Start Location: Panera Bread (Woodbury Town Center)

6372 Irvine Blvd, Irvine, CA 92620

<https://maps.app.goo.gl/58UDiyXTQWCC1wRc7>

Tempo / Rolling Hills

30.91 mi

1,938 ft

<https://www.strava.com/routes/3162148733208698384>

Skip the shopping crowds and join us on Friday morning for a 31 mile clockwise loop through Santiago Canyon. This will be a tempo ride with some hard efforts up the climbs. We may split up into A/B groups depending on who shows up. Expect to ride 16-20 mph and maybe 25-30 mph on some of the down hills before heading back to the Start/Finish.

After the ride, we can all grab lunch together at one of the many food choices available in Woodbury Town Center.

Etiquette and Safety

PLEASE READ

- Bicyclists are obligated to follow the same 'Rules of the Road' as automobiles are, by law. This includes stopping at all stop signs, obeying traffic lights, giving the correct 'right of way', and yielding to pedestrians, etc.
- Keep your hands on your handlebars, fingers wrapped around the bars or hoods at all times, and preferably not on top of the bars (unless climbing).
- Never ride 'hands-free' in a group as a single pebble or bump could cause you to lose control of your bike and wobble or crash, along with many behind you.
- Keep braking to a minimum on a group ride. Do not automatically brake when you see an obstacle, as this is dangerous and unpredictable for the riders behind you.
- When you have to brake, always call out 'slowing!' or 'stopping!' or 'light up!' first, then give enough pause so the riders behind you have time to react. Understandably, this is not always possible, but everyone must make their best effort to warn the cyclists behind them when they must slow or stop.
- **All voice and hand signaling needs to continue LOUDLY ALL the way down the line of riders to keep those in the back safe too. This is an absolute. There can never be too many people calling out a warning. Everyone needs to call out.**
- **Be a 'steady wheel'. This means that you should consciously try to keep your front wheel steady and smooth. This makes it easier and safer for those riding behind and around you - remember 'predictability'!**

**Member Survey
There's Still Time!**

Thank you to everyone who has filled out our Member Survey! If you haven't filled it out yet, we would really appreciate your doing so. The Board would like everyone's input and ideas, so that R5CICLISMO can continue to develop and improve! Email Elaine if you need her to resend your Survey.

elaine.gronberg@r5ciclismo.com

The E-Bike Epidemic

The E-Bike Epidemic

<http://The E-Bike Epidemic: Bridging the Regulatory Gaps in Orange County, CA>

*An Article by Mark Strohman
Bike Legal COO and avid cyclist advocating for sharing the road responsibly.*

**Bike Legal is the title sponsor of /r5CICLISMO CYCLING CLUB*

**2025
Club Membership Drive
Discount**

2025 R5CICLISMO Cycling Club Membership Registration will open on November 15th. Take advantage of the discounted price of \$35 if you register before December 31st, 2024. Benefits of Membership will be highlighted in the upcoming weeks. Watch for emails and social media posts with links to register.

Ride Waiver

We kindly ask all cyclists joining our rides to sign our Ride Waiver. This is required by 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. Once signed, your waiver is valid for the calendar year in which you signed.

**R5CICLISMO RIDE WAIVER
LINK**

November Birthdays

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

| | | |
|---------|---------|----|
| Sue | Buck | 6 |
| Holly | Gabel | 7 |
| Carlos | Azalde | 9 |
| shelley | grebner | 10 |

rick grebner 13
Kenneth Bagley 14
Mark Denney 16
Jose Aguirre 25
Alex Lim 29

Visit our Social Media Platforms:



Copyright © 2024 R5CICLISMO, All rights reserved.
You are receiving this email because you opted in via our website.

For any questions, email us at info@r5ciclismo.com

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

