



October 2024

# Monthly Newsletter

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## Quick News

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# October Ride Calendar

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**10/5 - Saturday - R5 Group Ride - Route #1 *ROUTE MAY BE CHANGED DUE TO THE AIR SHOW IN HUNTINGTON BEACH. KEEP AN EYE ON OUR FACEBOOK PAGES OR STRAVA FOR UPDATES***

**(7:45am Stage21 Start)**

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

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

**10/12 - Saturday - R5 Group Ride - Route #2**

**(7:45am Irvine Start)**

**Long: <https://strava.app.link/U2GKmz1k4Gb>**

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

**10/19 - Saturday - R5 Group Ride - Route #3**

**(7:45am Irvine Start)**

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

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

## Newsletter Change

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As a reminder, we have discontinued the *Weekly* Newsletters. We will continue to have the Monthly Newsletters, however, and in addition to this newsletter we will send out informational emails when we have upcoming events, remote rides, ride changes, etc.

Remember, you can also find our Monthly Ride Calendar on the R5CICILISMO website or by clicking the Ride Calendar tab below:

**RIDE CALENDAR**

## Fall Remote Ride to Riley's Farm!

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**SAVE THE DATE - OCTOBER 26th**

**Think PIE! We'll start and finish at Riley's Farm in Oak Glen so we can indulge ourselves in some delicious, fresh pie when the ride is over! Riley's Farm also has U-Pick Apples, Pumpkins and Indian Corn this time of year.**



**Our Long Route will take us through Cherry Valley, Calimesa, Loma Linda, Redlands, Highland, and through Yucaipa back up to Oak Glen, for a total of 66 miles and 5300' of climbing. There are 2 available short cuts in the route. The first cuts off 7 miles around Loma Linda and the second short cut removes 13 additional miles by not looping around Highland. So plenty of options for everyone! Most of the climbing is at the end, back up to Oak Glen and Riley's Farm where your pie awaits! More details to come in a separate email and on our Facebook pages. **Save the date and get ready for Fall fun!****

# Etiquette and Safety

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## 2-by-2 Riding in a Group / Pacing

- Most of our rides can be considered 'tempo' rides, with occasional challenge areas where we pick up the pace.
- Please ride 2-by-2 unless the Ride Leader signals or calls out to 'single up' (usually when the road or bike lane narrows). Staying in the 2-by-2 formation helps make the group more predictable to automobile drivers, as well as to each other, thus keeping the group safer.
- Maintain your place in the line/group, even at stop lights. This means that you stay in the same 2-by-2 formation that you have been in during the ride. There is no reason to bunch up at stop lights, to try to move to a different position in the group, or to weave your way through cars to get to the front.
- No unnecessary passing or accelerating past the group. We have an 'A' group for those needing a faster pace!
- In the peloton, if you feel like the pace is too slow, it's often because you're drafting in a large group! Ask the Ride Leader if you can work up front with him/her...and help pull the group! It's harder work up front, in the wind, and a good exercise in holding a solid pace. Only set a pace that is equal to the Ride Leader and the group's pace. This is not an opportunity to go faster or raise the pace of the group.
- If you still feel the pace is not challenging, try the 'A' group on the next ride!

*Anyone interested in our Club's entire safety and group ride etiquette document can email Elaine at [elaine.gronberg@r5ciclismo.com](mailto:elaine.gronberg@r5ciclismo.com).*

## Member Survey

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All 2024 Club Members will be emailed a Member Survey in the next few weeks. The Board would like everyone's input and ideas, so that R5CICLISMO can continue to develop and improve!

# 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**

## October Birthdays

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Join us in wishing your clubmates a  
Happy October Birthday!

Dale Lahodny 5  
Dave Dorr 20

Visit our Social Media Platforms:



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