



September 2024

Monthly Newsletter

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September Ride Calendar

9/14 - Saturday - R5 Group Ride - Route #4

(7:45am Stage21 Start)

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

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

9/21 - Saturday - R5 Group Ride - Route #5

(7:45am Irvine Start)

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

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

9/28 - Saturday - R5 Group Ride - Route #6

(7:45am Irvine Start)

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

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

Newsletter Announcement

Starting this month, we will discontinue the *Weekly* Newsletter. We *will* continue to have the Monthly Newsletter, 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 at the following link:

<https://r5ciclismo.com/ride-and-event-calendar/>,

or by clicking on the link below!

Ride Calendar

Fall Remote Ride

Coming Late October or Early November!

It's going to be a fun and different one! Keep an eye out for an R5 email or on one of our Facebook pages!



Etiquette and Safety

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.

Anyone interested in our Club's safety and group ride etiquette document can email Elaine at elaine.gronberg@r5ciclismo.com.

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**

September Birthdays

Join us in wishing your clubmates a Happy September Birthday!

Shane Ellis 2
Alfred Real 3
Elaine Gronberg 4
Jeff Dye 11
Mitchell Thomas 21
Michael Cady 23
Joe Elwood 27
Nancy Poulalion 29

Visit our Social Media Platforms:



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