

# R5CICLIS

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Awesome turn-out for the Las Pulgas ride!!!

## Quick News

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**Honoring Jill Hampton's Legacy!**

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**Volunteer for the Board and Shape the Future of R5CICLISMO! Nominations Now Open – Make a Difference Today!**

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**Saturday's Ride to Silverado Canyon Route #3.**

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**Etiquette and Safety: Maintaining Spacing while Climbing Uphill.**

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**Limited Time Offer: Get a \$25 Membership for 2023!**

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**September 16th: Mark Your Calendars for Our Members-Only BBQ Get-Together!**

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**Tour de Big Bear 2023: Southern California's Ultimate Cycling Adventure is this Weekend!**

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**Sponsors and Partners: Fi'zi:k - Enhancing Performance and Comfort for Cyclists.**

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**Honoring Jill  
Hampton's Legacy**

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## Honoring Jill's Legacy: Delivering Bikes to Belén's Isolated Communities

In a heartfelt tribute to the memory of Jill, a compassionate individual who deeply cared for the welfare of others, a group of kind-hearted volunteers gathered last week to deliver 20 bikes to the remote native communities of Belén in the Paraguayan Chaco. The initiative

sought to make a positive impact on the lives of those living in isolated regions where bikes are often the sole means of transportation.

The Paraguayan Chaco is a land of natural beauty, but its isolated native communities face numerous challenges due to limited access to modern amenities and infrastructure. Among these communities, Belén stands as a beacon of hope, but the lack of accessible transportation has been a recurring issue for its inhabitants.

Through the generous donations received from friends, family, and the cycling community, the Project Bike Love team embarked on a mission to provide practical and sustainable solutions for the people of Belén. They recognized that bikes could play a vital role in easing the daily struggles faced by these communities.

The bike donation project could not have been more fitting for Belén, where alternative modes of transportation are scarce. Apart from a few shared trucks and motorcycles utilized by community leaders, bikes are the primary mode of travel for residents. With the addition of these 20 bikes, the lives of countless families in the region have been positively impacted.

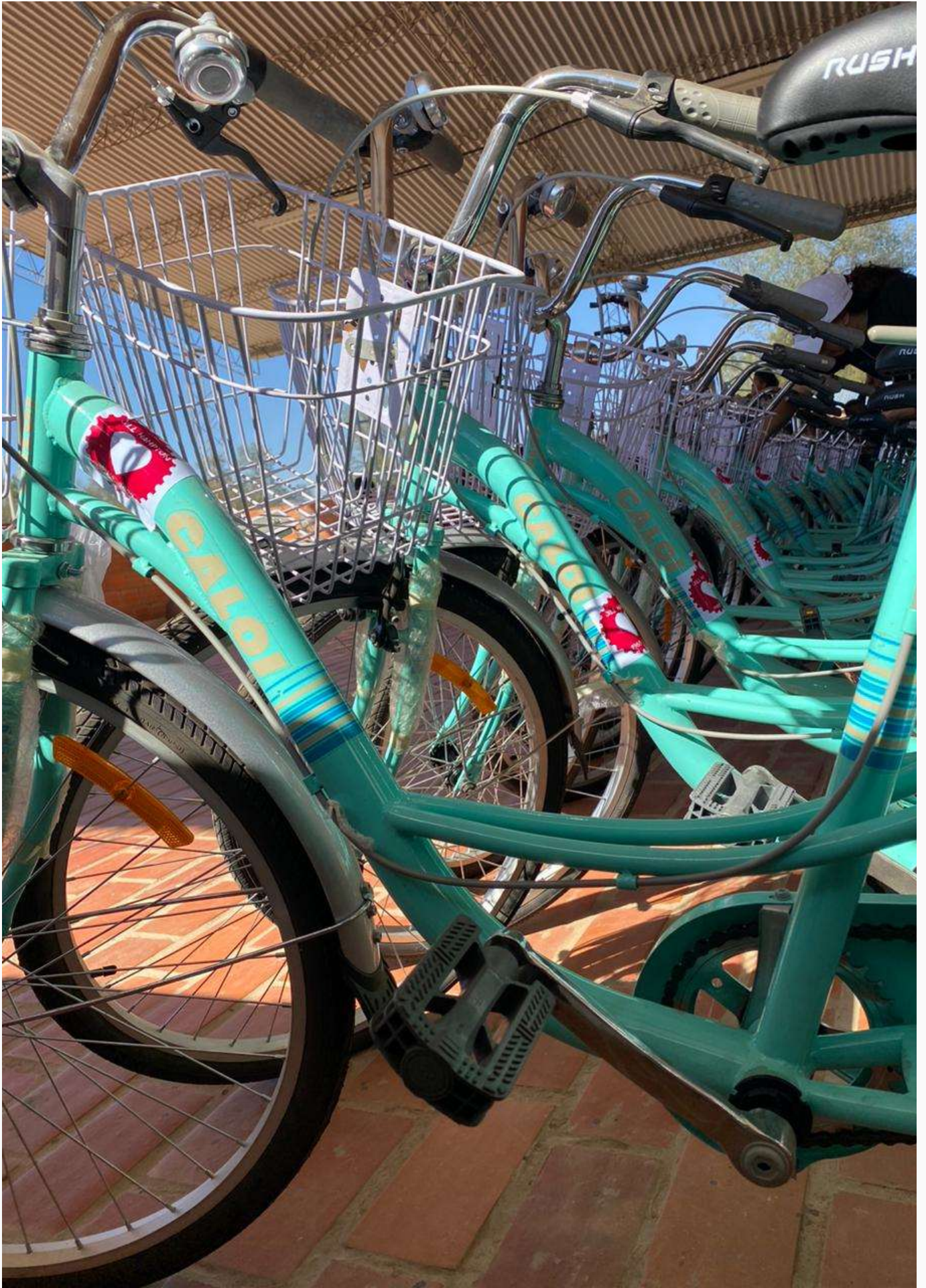
The impact of this initiative goes beyond just providing a means of transportation. For the locals, bikes have become indispensable tools, shortening travel distances and facilitating the transportation of essential resources such as wood, water, and craft-making tools. Moreover, the sense of freedom and mobility that these bikes have brought to the community is immeasurable.

The sight of happy faces and children beaming with joy as they took their new bikes for a spin was a testament to the power of generosity and the enduring impact Jill's legacy will have on these communities. The volunteers and donors are humbled by the opportunity to make a real difference in the lives of those in need, and they plan to continue supporting Belén and its people in any way possible.

As we reflect on this heartwarming event, we are reminded of the immense impact one individual can make. Jill's spirit of compassion and kindness will live on in the smiles of the people of Belén, who now have a glimmer of hope for a brighter future.

The bike donation project serves as a reminder that even in the most isolated corners of the world, acts of kindness and selflessness can create ripples of positive change. Together, let us continue to embrace the spirit of giving and make a lasting difference in the lives of those who need it most.







# Board Members Election

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## R5CICLISMO Board Members Nominations

Nominations for R5CICLISMO Board Members are now open until August 18th, 2023. To submit your nominations, simply email [info@r5ciclismo.com](mailto:info@r5ciclismo.com). We encourage you to consider nominating yourself for a position within the board. If you wish to nominate someone else from the club, please ensure they are willing to dedicate the necessary time and effort.

Please note the following eligibility criteria:

- All nominees must be 18 years old or above.
- For President or Vice President positions, a minimum of one year of membership in the Club is required.

This is your chance to make a difference and contribute to the growth and success of R5CICLISMO. Act now and participate in shaping the future of our cycling community!

[Submit Your Nomination](#)

# Club BBQ Get-Together

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Mark your calendar for our Members-only BBQ Get-Together on Saturday evening, September 16th, 2023! Each member can bring one guest. Stay tuned for more details coming soon!

# Memberships

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## Exclusive Offer: Join our community for the remainder of 2023 at a reduced rate!

Membership registration fees have been lowered from \$35 to just \$25 for the rest of the year. Don't miss out on the exclusive benefits and opportunities that come with being a part of our group.

To streamline the process, we're using BikeReg for convenient dues and waivers collection in one place. Please be aware that BikeReg charges a small fee, which will be added to the \$25 registration fee. Don't wait any longer to sign up and seize this exclusive offer!

[R5CICLISMO 2023 Member Registration](#)

# Etiquette and Safety

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## Maintaining spacing while climbing uphill is crucial for several reasons:

- 1. Safety:** Uphill cycling requires increased effort and concentration, making it essential to have sufficient space between riders. Keeping a safe distance helps prevent accidents and collisions, reducing the risk of injury to the cyclists.
- 2. Avoiding Drafting:** When riding uphill, the speed is generally slower, and drafting (riding close behind another rider to reduce wind resistance) becomes less effective. Riding too closely together can lead to frequent braking, which is inefficient and tiring for all cyclists involved.
- 3. Better Visibility:** Uphill climbs often involve sharp turns and changes in gradient, limiting the line of sight for cyclists. By maintaining spacing, each rider can have a better view of the road ahead and anticipate any obstacles or hazards.
- 4. Individual Pace:** Different cyclists have varying climbing abilities and fitness levels. Maintaining spacing allows each cyclist to climb at their own pace without feeling pressured to keep up with others, thus preventing burnout and exhaustion.
- 5. Reduced Mental Stress:** Uphill climbs can be mentally demanding due to the sustained effort required. Riding too close to others may cause unnecessary stress and hinder focus, leading to mistakes or mishaps.
- 6. Respect for Other Road Users:** When cyclists maintain proper spacing, it allows other road users, such as motorists or pedestrians, to pass safely, improving overall road etiquette.

7. **Minimizing Road Blockages:** Keeping spacing between cyclists prevents the formation of a tight pack, reducing the risk of blocking the road for other users or impeding traffic flow.

8. **Group Cohesion:** Although maintaining spacing is essential, it is also crucial for the cycling group to remain together as a cohesive unit. Cyclists can communicate, share encouragement, and help each other during challenging climbs without compromising safety.

In summary, maintaining spacing while climbing uphill ensures the safety, efficiency, and overall enjoyment of the cycling experience for all group members. It promotes responsible cycling practices and fosters a positive cycling community.

# This Saturday's Ride

**R5CICLIS**  **ROUTE #3**  
**Saturday Group Ride** **SANTIAGO & SILVERADO**

**Route#3 - R5**  
**Santiago/Silverado**  
**(R&R Irvine Start)**

Cycling Route

★ Saved Duplicate

Details

54.86 mi 3,558 ft

5:04:48

R&R Irvine...Irvine Blvd to Margarite to Oso Pkwy to Antonio to Empressa...Santiago Cyn...Silverado Cyn...Back to R&R Irvine

CREATED BY  
Scott Poulalion  
May 7, 2023 · Public

**ROCK N ROAD**  
**IRVINE**  
**START**

**Rock Road**  
**CYCLERY**

**Starting at 8:00am - Saturday, August 5th, 2023**

**Ride Start: Rock N Road - Irvine (Woodbury Town Center)**

**Irvine Start – #3 Santiago/Silverado Route**

This cycling route starts at Rock N Road in Irvine and winds its way in a counterclockwise direction towards Lake Forest and Mission Viejo. From there, the route continues upwards towards Rancho Santa Margarita, then veers over to Cooks Corner for a brief regrouping stop. The ride then proceeds towards the challenging Silverado Canyon climb via Santiago Canyon Road before looping back to the starting point at Irvine's Rock N Road.

### Irvine Start – #3 Santiago/Silverado Route

Distance – 56 miles

Elevation Gain – 3593 ft

Starting Point Address:

Rock 'N Road Cyclery – Irvine

LEVEL: Intermediate-Advanced

Avg 16-19mph

You do NOT have to be a member of R5 to ride with us.

# August Birthdays

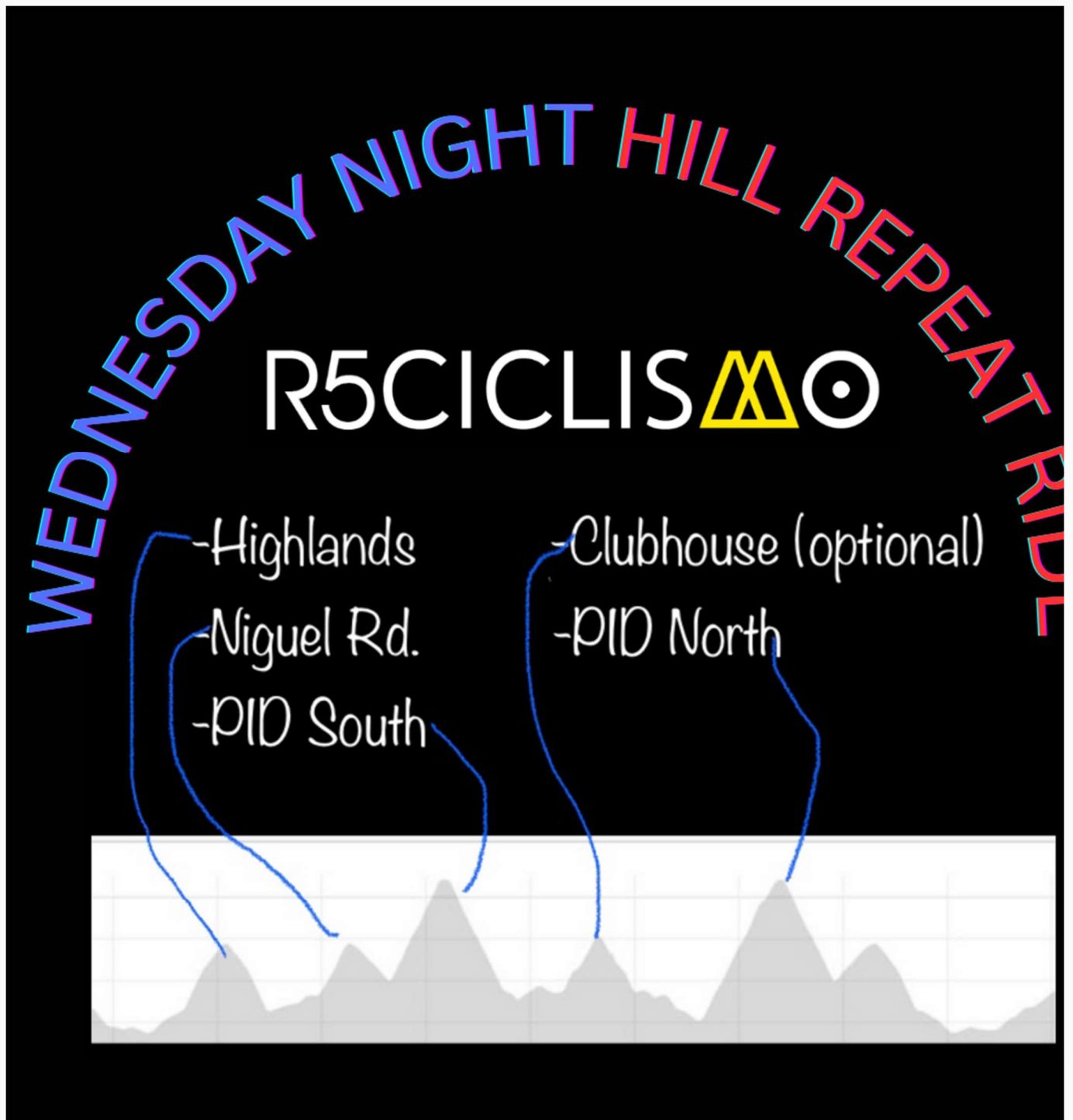
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**Join Us in Wishing These Members a Happy Birthday!!!**

- David Wu
- Maria Szweminska
- Mark Snow
- Mendi Kessler
- Mila Allinson
- Peter Allen
- Susan Sloan-Velez
- Thomas Roche
- Walter Myers

# Weekday Ride

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**Starting at 6:00pm - 7:30pm Every Wednesday Night  
(Daylight Saving Time)**

## **Wednesday Night Hill Repeat Ride**

We will depart promptly at 6 pm and finish by 7:30 pm, riding as a cohesive group. All levels of riders are welcome (Men, Women & Juniors). This is a great workout for everyone no matter what level you are.

We ride together, hitting hills hard and regrouping after each one. Regroup points: bottom of

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