

# R5CICLIS

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## October 2023

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## Welcome to your October Newsletter!

In lieu of a Weekly Newsletter, the Board has voted for a comprehensive Monthly Newsletter on the first week of each month, followed by weekly updates on rides and other important information in the subsequent weeks.

# October Ride Calendar

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**Saturday 10/7** - [Laguna Niguel Start – #6 La Pata North/Antonio/Live Oak Route](#)

**Saturday 10/14** - [Irvine Start – #1 Seal Beach Route](#)

**Saturday 10/21** - [Laguna Niguel Start – #2 La Pata South /San Clemente/Las Pulgas Route](#)

**Saturday 10/28** - [Fall Remote Ride to Mt. Wilson](#)

**Discover New Adventures: Find upcoming rides and routes on the R5CICLISMO website. Explore now!**

[Ride and Event Calendar](#)

[Route Descriptions and GPX](#)

# Fall Remote Ride!

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## Remote Ride to the Top: Mt. Wilson's Fall Challenge & Summit Treat!

Come join us for our Fall Remote Ride up Mt. Wilson!

A challenging but beautiful ride (and a popsicle reward awaits at the top)!

**Date:** October 28, 2023

**Start Location:** Starbucks at 475 Foothill Blvd. La Cañada Flintridge, CA

**Start Time:** Rolling out at 8 am

**Drive Time:** Approximately 1 to 1.5 hours

**Return Time:** Allow for an additional 30 minutes

**Route:** Check out the route on [RideWithGPS](#) or [Strava](#).

**Distance:** Approximately 39 miles with nearly 5000' of elevation gain

- **Food and Water:**

- Starbucks and other local markets offer water and food in Flintridge
- There is no food or water available until arrival at the observatory, so please be prepared with 2 large bottles of hydration liquid and plenty of nutrition
- Cosmic Cafe offers popsicles as well as other food at the top

- **Facilities:**

- Restrooms near the start are located at Starbucks and nearby gas stations
- Outhouses are available along the route starting about halfway up the climb
- Restrooms are available at the observatory

- **Clothing:**

- Check the weather report the morning of, and dress accordingly
- We suggest bringing layers as it can often be warm climbing, and chilly on the way down. A vest and arm warmers are always good for the descent

# Etiquette and Safety

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We want to express our gratitude to everyone for their commitment to riding within our group's safety guidelines. Each week, our rides become safer and more enjoyable as we maintain our consistency and predictability as riders. Thank you!

## Reminders for Saturday Group Rides:

- Arrive by 7:45 am
- Briefing on route and safety at 7:50 am
- Ready to start riding at 8:00 am
- Everyone should understand and follow the etiquette, safety guidelines, and relevant weekly topics.

## Be Attentive:

- Please listen to Ride Leaders and follow their instructions. They are trying to keep the group safe.
- Pay attention to the wheel in front of you, and the cars and riders around you.
- Call out all obstacles.
- Keep your hands on your handlebars at all times, hands secure in the hoods or drops, and fingers wrapped around the handlebar.
- Clothing adjustments are made only at lights or rest stops, please.
- Be careful while eating and drinking. It is best to eat at stop lights and rest stops for everyone's safety. If you must eat while moving, please do so cautiously, making sure you can quickly put your food hand down on the handlebars if necessary. Always keep your eyes up while taking your bottle in and out of the bottle cage and drinking.
- Get to know the rider next to you while keeping your eyes forward.

# The Board Needs Your Help!

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## The R5 Board is looking for the following help:

- We are looking for individuals to assist with updating the R5CICLISMO website as needed. Some website experience is required.
- Ride Leaders to support our current Ride leaders. You do not need to be present at every single ride, as we will provide training to help you excel in this role!

Email us at [info@r5ciclismo.com](mailto:info@r5ciclismo.com) if you're interested in helping with one of the above tasks, or in any other way. Thank you!

# Water Bottle and T-Shirt Pickup

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All R5 Members receive a free club water bottle and t-shirt with their membership! If you weren't able to pick yours up at the R5 BBQ, Elaine and Anders will have them available before the Saturday group rides on 9/30, 10/7, and 10/14. If you can't make these dates, please email Elaine at [elaine.gronberg@r5ciclismo.com](mailto:elaine.gronberg@r5ciclismo.com) to set up a pickup at their home.

Please note that because the t-shirts run small, everyone will receive a size larger than they had indicated on Bike Reg. However, you may switch to a different size while supplies last.

# Year-Round Kit Store

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## For Members-Only:

Elevate your cycling gear year-round with R5CICLISMO kits and accessories. Contact us at [kits@r5ciclismo.com](mailto:kits@r5ciclismo.com) to explore the collection.

# Sponsors and Partners

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Explore our Sponsors and Partners on the R5CICLISMO website!

[Visit our Sponsors and Partners](#)

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# Guest Ride Waiver

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For non-members, please complete R5CICLISMO's new electronic Waiver. Cycling waivers are required by non-member participants to acknowledge the inherent risks in cycling, release R5CICLISMO from liability, and provide informed consent. The Waiver offers legal protection, document participants' awareness, and promote safety during cycling activities.

[Complete R5CICLISMO Waiver](#)

## This Saturday's Ride

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**Starting at 8:00am - Saturday, October 7, 2023**

**Ride Start: Rock N Road - Laguna Niguel**

**Laguna Niguel Start - #6 La Pata North/Antonio/Live Oak**

Join us on a Saturday group ride starting at Rock N Road in Laguna Niguel. We'll go counterclockwise towards Dana Point, ride along the coastline to San Clemente, and then climb La Pata Ave and Antonio Parkway up to Rancho Santa Margarita Pkwy (with regroupings along the way). From there, we'll turn right onto Plano Trabuco Dr, left onto Trabuco Canyon Rd, and tackle the scenic Live Oak Canyon Road. After regrouping at Cooks Corner, we'll enjoy some easy downhill via El Toro and Los Alisos Blvd before making our way back to Rock N Road Laguna Niguel on Aliso Viejo Pkwy and Aliso Creek Rd. This route offers spectacular views. Don't miss out!

For safety, please ride single file while cycling on Live Oak Canyon Road.

**Laguna Niguel Start - #6 La Pata North/Antonio/Live Oak Route**

Distance - 52 miles

Elevation Gain - 3493 ft

Starting Point Address:

**Rock 'N Road Cyclery Laguna Niguel**

LEVEL: Intermediate-Advanced

Avg 16-19mph

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

Prior to participating in our group ride, we kindly ask all non-members to click on the [Rider's Waiver](#) link and complete the waiver.

# October Birthdays

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

- Belinda Kouche
- Dale Lahodny
- Darion Jackson
- Geraldine Decker
- Dave Dorr

# R5CICLISMO Photo Gallery

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Dive into R5CICLISMO's story through stunning photos. Experience our rides, events, and community in action with our photo gallery.

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# R5CICLISMO Photo Gallery

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Visit our Social Media Platforms:



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For any questions, email us at [info@r5ciclismo.com](mailto:info@r5ciclismo.com)

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