

November 2023

[View this email in your browser](#)



Quick News

[Updated Routes](#)

[November Ride Calendar](#)

Thanksgiving Day Social Ride

Mt. Wilson Recap

Group Ride Etiquette and Safety

Member T-Shirts and Bottles

Kit Store Update

Sponsors and Partners

Guest Ride Waiver

Saturday 11/4 Route

Member Birthdays - November

R5CICLISMO Photo Gallery

Updated Routes

Check out Strava for our Route Changes

- **Scott has made an update to what was Route #2 (La Pata South/San Clemente/Las Pulgas). It is now Route #4, an out-and-back route, and mostly flat.**
 - **Route #4** - <https://www.strava.com/routes/3090344839164057058>
- **What was Route #4 now becomes Route #2 (Dana Point/Patrones/Rancho Santa Margarita)**
 - **Route #2** - <https://www.strava.com/routes/3090345570297272454>
- **Route 6 has been reversed, with one modification...going through Dove Canyon and up Oso before descending down Antonio. Then, up and over La Pata to San Clemente, and up the coast back to R&R Laguna Niguel. We will likely stop at the park on Pico, just before we reach the Seven/11 in San Clemente, as our water fill-up/bathroom break.**
 - **Route #6** - <https://www.strava.com/routes/3090346146602952838>
- **Anders and Scott are keeping the routes the same for Route #1 (Seal Beach), Route #3 (Santiago/Silverado), and Route #5 (Back Bay/PCH/LCR/RSM)**

November

Ride Calendar

Saturday 11/4 - Irvine start - Route #3

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

Saturday 11/11 - Laguna Niguel start - Route #4

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

Saturday 11/18 - Irvine start - Route #5

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

Saturday 11/25 - Laguna Niguel start - Route #6

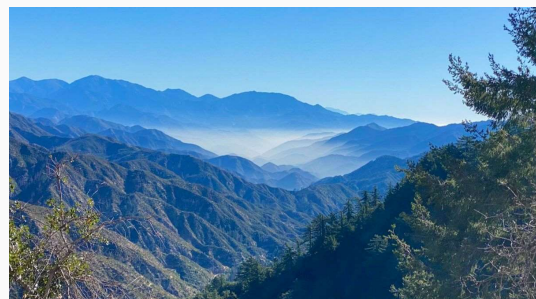
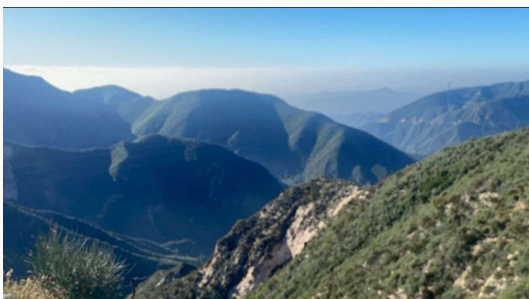
<https://www.strava.com/routes/3090346146602952838>

Our website will be updated with the route changes soon.

Thanksgiving Day Social Ride

We are working on a Thanksgiving Day Social Ride and are open to any suggestions you may have! Our initial thoughts are that it will be 30-40 miles, social paced, with a coffee stop. Email Scott at scott.poulalion@r5ciclismo.com with any suggestions. Details will come out in the following newsletters.

Mt. Wilson Recap



A big Thank You to John Condia for coming up with the Mt. Wilson ride idea! It was wonderful to get out of town and try something new (for some) and challenging. It was not an easy climb...not steep, but very long. The views were gorgeous both on the way up and at the very top, where we were actually above the clouds! We had to dig out our knee warmers and jackets as it was quite cold (low 50's) at the start of the ride, and very chilly at the top. Hot chocolate was had by a few, but the famous popsicles will have to wait until a warmer day. Thank you to everyone who came out!

Etiquette and Safety

This Saturday, our route takes us through Santiago Canyon and up Silverado Canyon. Because of the climbing and narrow roads, please abide by the following safety rules:

- On single-lane roads or narrow roads without a shoulder or bike lane, always ride single file, as far to the right as safely possible.
- Watch the bike in front of you, and protect your own front wheel. This is your safety zone and your responsibility. Stay directly behind the bike in front of you, following the same path that they do, within a safe, braking distance. For less experienced riders this could be several yards.
- When climbing, please leave a greater distance between you and the rider in front of you, in case that rider gets up out of the saddle. This can often cause them to slow initially, causing you to hit them from behind.
- No half-wheeling. If either rider swerves, turns, or gets out of the saddle for climbing, the above-mentioned wheels may rub or hit each other, most often causing the rider behind to go down.

Reminders for Saturday Group Rides:

- Arrive by 7:45 am
- Briefing on route and safety at 7:55 am
- Ready to roll at 8:00 am
- Everyone should understand and follow the etiquette, safety guidelines, and relevant weekly topics.

Member T-Shirts and Bottles

Please contact Elaine at elaine.gronberg@r5ciclismo.com to arrange pickup of your Member water bottle and t-shirt if you haven't already received them. Remember, every 2023 Member receives these items free with their membership!

Team Kit Store Update

We are currently working on new items for the Team Kit Store, including a long-sleeved jersey, jackets, neck gaiter, base layer, etc. The jersey/bib designs will stay the same, with the exception of some sponsor details. Please be patient while we finalize these items with Jakroo. We will then re-open the Team Store for a 2-week period, with the 'dynamic price drop' so everyone can order together and get the best pricing possible. Jakroo's Dynamic Price Drop is described below.

With JAKROO's Dynamic Price Drop, everyone wins!

The starting discount level for all team members is 20%. As team members place their orders and reach the next discount level, the price automatically drops for everyone, even for those who placed their order before the drop.

Final pricing for each item will be based on the highest discount level achieved for that item. Payment is processed after the close of the order period so everyone receives the same low price, regardless of when your order was placed. Yes, it's that cool!

Sponsors and

Partners

Explore our Sponsors and Partners on the R5CICLISMO website!

[Visit our Sponsors and Partners](#)

Guest Ride Waiver

Non-members, please complete R5CICLISMO's new electronic Waiver. Cycling waivers are required by non-member 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.

[Complete R5CICLISMO Waiver](#)

This Saturday's

Ride

Irvine Start – #3 Santiago/Silverado Canyon

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.

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.

November Birthdays

Lots of November Birthdays! Join us in wishing your clubmates a Happy Birthday!

Sue

Buck

11/6

Hans	Vandongeren	11/7
Holly	Gabel	11/7
Carlos	Azalde	11/9
Richard	Houng	11/9
shelley	grebner	11/10
rick	grebner	11/13
Kenneth	Bagley	11/14
Jose	Aguirre	11/25
Alex	Lim	11/29
Becky	Doppmann	11/30

R5CICLISMO

Photo Gallery

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

[R5CICLISMO Photo Gallery](#)

Visit our Social Media Platforms:



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](#).

