

# R5CICLIS

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## December 2023



## Quick News

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# December

# Ride Calendar

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## **Saturday 12/2**

[Irvine Start – #1 Seal Beach Route](#)

## **Saturday 12/9**

[Laguna Niguel Start - #2 Dana Point/Patrones/Santa Margarita Route](#)

## **Saturday 12/16**

[Irvine Start - #3 Santiago/Silverado Route](#)

## **Saturday 12/23**

[Laguna Niguel Start - #4 Las Pulgas OAB](#)

## **Saturday 12/30**

**DECEMBER CENTURY - Dana Point to Torrey Pines. More information below.** <https://www.strava.com/routes/3164838809190575778>

**View the Routes and Ride Calendar  
on [R5CICLISMO.COM](https://www.r5ciclismo.com)**

# December Century!

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What better way to end 2023 than a 100-miler with friends? Join us on December 30th for our December Century, from Dana Point to the top of Torrey Pines and back! We will meet in Dana Point near the Ocean Institute. Just **before** you arrive at the Ocean Institute there are FREE

parking lots on either side of Dana Point Harbor Drive (do NOT park in the Ocean Institute parking lot). There is also a bathroom building and water, which is where we will meet and roll from.

**Parking:** <http://24000-24198 Dana Point Harbor Dr, Dana Point, CA 92629>

**Meeting Location:** Restrooms at 24200 Dana Point Harbor Drive. <https://www.google.com/maps/place/Restrooms/@33.4620547,-117.7071584,85m/data=!3m1!1e3!4m6!3m5!1s0x80dcf19e8104792f:0xc2e1bf5b9281bf79!8m2!3d33.4620317!4d-117.7069021!16s%2Fg%2F11rws5fdqw?authuser=0&entry=ttu>

**Route:** <http://https://www.strava.com/routes/3164838809190575778>

**Meet:** 7:45am

**Pre-Ride Info:** 7:55am

**Roll:** 8:00am

**Be Prepared:** with a tuned-up bike, extra tubes and CO2, extra hydration, and nutrition.

#### **Ride Information:**

- We will take the freeway on this ride, as Camp Pendleton is no longer renewing base passes. Traffic is usually moving slower than riders on Saturday mornings, so it feels much safer. The ride leaders will talk about safety before the ride.
- We can do the 1<sup>st</sup> bathroom stop when we get to Oceanside, or the last bathroom in San Onofre if people need to go before.
- There is a liquor store/deli that has great sandwiches (split or order half sandwich) in Del Mar after we descend Torrey Pines where we usually stop for a 15 -20 minute rest. Some nice benches to sit on, but no bathroom there, but a Starbucks about 25 yards further north.
- Another bathroom break in Oceanside before getting back on the freeway or plenty of other places to stop if we need to beforehand and also when we get to San Onofre.

**Alternate Rain Date:** If rain is predicted, we will not ride. We will move the century to the following Saturday, January 6th instead.

# Etiquette and Safety

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Let's end the year safe and sound!

- Please remember to call out all obstacles on the road, small or large, and remember, **EVERYONE** needs to call them out, *all the way down the line of riders*. Obstacles need to be called out ahead of time, giving riders behind you enough time to see the obstacle and maneuver out of the way. Riders in the front need to keep their eyes ahead of them on the road and call out as soon as they see something that could be of danger to the group.
- Protect your front wheel. Never cross wheels with the riders in front of you. Be sure to stay at a safe, braking distance from those in front of you, and follow their path.
- Ride 2-by-2. Stay in a 2-by-2 formation, unless the ride leader asks the group to 'single up' if the bike lane is too small. This makes us predictable to each other and to the cars around us.

## Member T-Shirts and Bottles - FREE!

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Please contact Elaine at [elaine.gronberg@r5ciclismo.com](mailto: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

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We've been unable to open the team kit store yet, as we're finalizing some Sponsor changes. We will then re-open it 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!

## ATAQ Deal!

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**Sadly, our Sponsor (and friends) over at ATAQ Fuels are shutting down their business at the end of the year. They wanted to let us know that they have killer prices right now until 12/24 available here: <https://ataqfuel.com/collections/all-products>**

# Sponsors and Partners

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Explore our Sponsors and Partners on the R5CICLISMO website!

[Visit our Sponsors and Partners](#)

# Guest Ride Waiver

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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

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**First Ride of December - Our Most Popular Ride - Seal Beach & Bogart's**

**Join Us on Saturday December 2nd!  
Irvine Start – #1 Seal Beach**

Starting at Rock N Road in Irvine. Our flattest route starts down Jefferey Road, goes to University and Campus Drive, and loops around Newport Back Bay via Dover Drive before reaching Pacific Coast Highway. The challenging section is going north from Seapoint to Warner through Bolsa Chica, where you can practice pacelining. After regrouping at the gas station, we ride to Seal Beach for coffee at Bogarts, then return via the Newport Back Bay path to Rock N Road.

[Irvine Start – #1 Seal Beach Route](#)

Distance – 59 miles

Elevation Gain – 1017 ft



**Starting Point Address:**

Rock 'N Road Cyclery – Irvine

LEVEL: Intermediate-Advanced

Avg 16-25mph

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.

# December Birthdays

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

Erin Ludwig	December 1st
Robert Campbell	December 1st
Kristin Harrer	December 6th
Roberta Chatard	December 10th
Charles Pope	December 18th
Kent Peppard	December 18th
Roger Davis	December 27th
Kris Sennesael	December 27th
Rick Lopes	December 31st

# 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.

[R5CICLISMO Photo Gallery](#)

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Visit our Social Media Platforms:



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