

R5CICLIS  

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HAPPY NEW YEAR

## Quick News - January 2024

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**This Saturday - New Year's Century! \***

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# **New For 2024 -**

# **New Shop Sponsor!**

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**Happy New Year R5 Members and Guests!**

**I hope everyone had a great holiday. I'm sure some of you have made New Year's resolutions...some of those might include cycling or other fitness commitments. This time of year it's often more difficult to get your weekly rides in, as days are shorter and temperatures lower. It**

takes me twice as long to get ready for a ride and twice as long to do all the laundry afterward! Perhaps it is good for your body to get a bit of rest from riding. It is a good opportunity to shift some of your training focus from daily rides to strength and flexibility training. I find that strength training helps my power and endurance during hard efforts.

I am looking forward to our San Diego ride this weekend! It looks like we will have a sunny day with temperatures between 45 and 62 degrees, so dress accordingly.

We will restart our Hill Repeats Ride in March and for anyone who has committed to ride stronger this year the hill repeat ride will get you in shape in no time! Scott did a great job last year as we saw the group grow and include riders of all levels.

Last, but most importantly...**WE ARE EXCITED TO ANNOUNCE OUR SPONSORSHIP WITH Stage21 Bikes!** **Benefits will include product discounts up to 15% off, and priority status on service.** Remember, please be respectful towards the shop, its owners, employees, and patrons! Be discrete about our discounts and privileges as other customers may not have the same deals, and be a good representative of Stage21 and our other sponsors. **Starting January 20th, all routes previously rolling from Laguna Niguel will be changed, rolling instead from Stage21 Bikes at 23582 Moulton Pkwy #111, Laguna Woods, CA 92637.**

God fortsättning på året! ('Have a good rest of the new year' in Swedish).

Anders

# Message From Stage21!

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**Happy New Year Team!**

**Stage21Bikes is excited to be part of the R5ciclismo family for 2024. We look forward to meeting the team as well as coming alongside you all to help support you through all your events and rides in 2024 and beyond. You will get priority status on service and product discounts up to 15%!**

**Excited to see what 2024 brings us! Letsgoooo!**

**Chris Sromalla  
Operations / eCommerce**

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**- Visit us online -**

[www.stage21cycling.com](http://www.stage21cycling.com)

**Instagram - Stage21\_cc  
Twitter - @Stage21**

**THIS SATURDAY!**

**New Year's Century\***

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New Year's Century this Saturday! Even if you aren't riding the whole 100, you can still join us. See options below.

## **Please read all information below (parking, meeting location, food, etc)!**

Meet: 7:45am

Pre-Ride Info: 7:55am

**Roll: 8:00am sharp**

What better way to start 2023 than a 100-miler with friends? Join us on January 6th for our New Year's 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 - you will be towed!). There is also a bathroom building and water, which is where we will meet and roll from.

Parking: [24198 Dana Point Harbor Dr, Dana Point, CA 92629](#)

Meeting Location: Restrooms at 24200 Dana Point Harbor Drive. [24200 Dana Point Harbor Dr, Dana Point, CA 92629](#)

Route: [R5 Hundy- Dana Point to Torrey Pines](#)

**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.

- **Elaine will drive a SAG vehicle and meet us at a few places along the route. In addition, the team will provide a food/lunch stop at about mile 61, (on our way back, just past Encinitas Blvd.) with sandwiches, fruit, nuts, chips, etc, and drink refills. PLEASE RSVP ON OUR EVENT PAGE ON FACEBOOK or send an email to [elaine.gronberg@r5ciclismo.com](mailto:elaine.gronberg@r5ciclismo.com), SO WE KNOW HOW MANY PEOPLE TO PROVIDE FOOD FOR!**
- 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.
- **ROUTE OPTIONS** - Folks wanting to do a shorter ride have several options:
  - Turn back at any time, or
  - Ride one direction and take the Amtrak train back (must book ticket and bike spot ahead of time on Amtrak.com), or
  - Contact Elaine and get a ride back (room for 2-3 people, but ONLY if you have pre-booked and confirmed with Elaine in advance- [elaine.gronberg@r5ciclismo.com](mailto:elaine.gronberg@r5ciclismo.com)). Also note, you will be required to stay with the group along the whole route, until we all get back to Dana Point as Elaine will be driving SAG for the cyclists. She will not drive back earlier.

Distance - 100 miles

Elevation Gain - 3196 ft

LEVEL: Intermediate-Advanced

Avg 16-22mph

You do NOT have to be a member of R5 to ride with us, however, we do ask that you sign our [Ride Waiver](#).

Our routes can also be found on our [Strava Club page](#), and on the [R5CICLISMO](#) website.

***\*possibility of some free swag happening along the route!***

# 2024 Registration, Team Store and Waivers

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R5CICLISMO 2024 Registration information will be arriving very soon in your inbox. Part of the registration process is the signing of our Ride Waiver for all new and returning members. Anyone joining a ride before registering (and guests), will be asked to sign a waiver that will be good for all of 2024. At the same time, the Team Store will be opening for 2024 team kits and gear. Stay tuned!

# Ride Etiquette and Safety

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Let's start 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.

# January Ride Calendar

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**Saturday 1/6 - NEW YEAR'S CENTURY - Dana Point to Torrey Pines. More information below.**

<https://www.strava.com/routes/3164838809190575778>

**Saturday 1/13**

[http://Route #5 – Back Bay/PCH/LCR/RSM \(Starbucks/Panera Bread @ Woodbury Town Center Start\):](http://Route #5 – Back Bay/PCH/LCR/RSM (Starbucks/Panera Bread @ Woodbury Town Center Start):)

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

**Saturday 1/20 - NEW START LOCATION! @Stage 21 in Laguna Woods**

[http://Route #6 – Cooks Corner/Live Oak/ Coto de Caza/La Pata South/ San Clemente \(Stage 21 Start\):](http://Route #6 – Cooks Corner/Live Oak/ Coto de Caza/La Pata South/ San Clemente (Stage 21 Start):)

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

**Saturday 1/27**

[http://Route #1 – Seal Beach \(Starbucks/Panera Bread @ Woodbury Town Center Start\):](http://Route #1 – Seal Beach (Starbucks/Panera Bread @ Woodbury Town Center Start):)

<https://www.strava.com/routes/3090344538865412230>



# Ride Waiver

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EVERYONE must sign a new ***Ride Waiver for 2024*** before taking part in any of our rides. Please 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.

[Complete R5CICLISMO Waiver](#)

## January

## Birthdays

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

Nick Nguyen	January 11
Vicki Chernoff	January 11
Alex Bingham	January 11
Anthony Arguija	January 16
Trevor Samhammer	January 19
Anthony Reguero	January 20

# 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:



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