



February 2024

Monthly Newsletter

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February Ride Calendar

Saturday 2/3 - Route #1: Irvine to Seal Beach and Bogart's.

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

Saturday 2/10 - Route #2: Stage21 to Dana Point/Patrones/Santa Margarita. <https://www.strava.com/routes/3090345570297272454>

Saturday 2/17 - Route #3: Irvine to

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

Saturday 2/24 - REMOTE RIDE in SAN DIEGO-NORTH COUNTY!!! MORE INFO COMING SOON!

2024

Registration/Kits

R5CICLISMO 2024 Registration - Information should have already arrived in your email inbox. If you have not received the link or have questions, please email our Vice President/Membership guru, Susan, at susan.sloan-velez@r5ciclismo.com

Ride Waiver - 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.

Team Kit Store - Our Team Kit Store through Jakroo is open year-round. Within a day or so from registering, you will receive a welcome email from Susan with the kit store link.

Etiquette and Safety

We've gone through many safety and etiquette tips over the last 6 months and below you can see some of them in *part* of our Group Ride Etiquette document. Please commit these rules to memory and put them into use on all group rides.

Basic Group Ride Etiquette

- **Ride two-by-two unless the Ride Leader signals or calls out to 'single up!'.**
- **Maintain your place in the line/group, even at stop lights. This means that you stay in the same 2-by-2 formation that you have been in during the ride. There is no reason to bunch up at stop lights, to try to move to a different position in the group, or weave your way through cars to get to the front. Staying in the 2-by-2 formation helps make the group more predictable to automobile drivers, as well as to each other, thus keeping the group safer.**
- **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 feet.**
- **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. Half-wheeling is when a rider's front wheel overlaps the rear wheel of the rider in front of them. 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.**
- **Keep your hands on your handlebars, fingers wrapped around the bars or hoods at all times, and preferably not on top of the bars (unless climbing).**
- **Never ride 'hands-free' in a group as a single pebble or bump could cause you to lose control of your bike and wobble or crash, along with many behind you.**
- **Keep braking to a minimum on a group ride. Do not automatically brake when you see an obstacle, as this is dangerous and unpredictable for the riders behind you.**
- **When you have to brake, always call out 'slowing!' or 'stopping!' or 'light up!' first, then give enough pause so the riders behind you have time to react. Understandably, this is not always possible, but everyone must make their best effort to warn the cyclists behind them when they must slow or stop.**
- **All voice and hand signaling needs to continue LOUDLY ALL the way down the line of riders to keep those in the back safe too. This is an absolute. There can never be too many people calling out a warning. Everyone needs to call out**
- **Each rider in the line of cyclists should follow the cyclist in front of them to avoid obstacles. For example, if a rider calls out "Door! Right Side!",**

both lines of riders should call out, give the hand signal if possible, and move left, following the riders in front of them, and avoiding the car door on the right side. Of course, always use caution if you must move outside of the bike lane (see below).

- Always stay in the bike lane or as far to the right side of the road as is safe, avoiding drains, asphalt/cement lips, parked cars, car doors, and other obstacles.
- The Ride Leader or rider in front should ask the group to 'take the lane' if the bike lane or shoulder is unsafe (debris, drain grates, too narrow, parked cars). This means to take the right-hand driving lane (when safe also). The whole group moves into that lane after individually making sure it is safe and clear of cars.
- 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.
- Use your peripheral vision to know what's going on around you with cars, pedestrians, lights, and other riders, while keeping your eyes forward on the bike in front of you. Signal to the rest of the group if you see anything coming up that hasn't been called out.
- Be a 'steady wheel'. This means that you should consciously try to keep your front wheel steady and smooth. This makes it easier and safer for those riding behind and around you - remember 'predictability'!

Ride Waiver

EVERYONE must sign a new **Ride Waiver for 2024** before taking part in any of our rides. If you have signed up as a Member for 2024, you have already signed the waiver. If not, please sign up, or at the least, 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](#)

THIS SATURDAY!

Seal Beach to Bogart's



Meet at 7:45am

Pre-Ride Info at 7:55

Roll at 8:00am sharp

Starting at Starbucks @ Woodbury Town Center 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 Woodbury Town Center.

Irvine Start – #1 Seal Beach Route

Distance – 59 miles

Elevation Gain – 1017 ft

Starting Point Address: Starbucks, 6364 Irvine Blvd, in the Woodbury Town Center.

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

LEVEL: Intermediate-Advanced

A- group: 16-20mph, **Fastest** group: 18-23+mph

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.

February Birthdays

Join us in wishing your clubmates a Happy February Birthday!

Nils Sandburg 2/8
Anders Gronberg 2/19
Luis Giordano. 2/22

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](#)

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