



March 2024

# Monthly Newsletter

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## Quick News

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**March Ride Calendar**

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**Hill Repeat Ride Starts March 20**

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**'Spring Tour of Hurricane' April 13th**

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**Palomar Anyone? April Remote Ride**

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**Spring R5 Social...Cinco de Mayo Fiesta?**

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**20% Off CeramicSpeed for R5CICLISMO Members!**

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**Etiquette and Safety**

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## 2024 Registration/Kits

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**Ride Waiver**

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**This Saturday - Las Pulgas Out and Back!**

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**Member Birthdays - March**

# March Ride

# Calendar

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**Saturday, 3/2 - Route#4 - R5 Las Pulgas OAB (Stage 21 Start)**

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

**Saturday 3/9 - Route #5 - Back Bay/PCH/ Laguna Canyon Road/RSM  
Route (Irvine Start)**

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

**Saturday 3/16 - #6 Cooks Corner/Live Oak/Coto de Caza/La Pata  
South/San Clemente (Stage21 Start)**

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

**Wednesday 3/20 - Hill Repeat Ride starts! Info to come.**

**Saturday 3/23 - Route #1 Seal Beach OAB**

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

**Saturday 3/30 - Route #2 Dana Point/Patrones/Santa Margarita**

**(Stage 21 Start) <https://www.strava.com/routes/3090345570297272454>**

# Hill Repeat Ride

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**Our R5CICLISMO Hill Repeat Ride starts for the season on Wednesday, March 20th! This is a weekly ride, following the old G2 Hill Repeat route. More info to come, but SAVE THE DATE!**

## 'Spring Tour of Hurricane'

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**On April 13, 2024. OG R5CICLISMO Member Holly Gabel is planning to do the Spring Tour of Hurricane in Utah and is hoping some of you will participate too!**

**They say that variety is the spice of life, Hurricane and St. George have a little bit of everything. Layered with red rocks that define the northern side of the city jutting above the valley, you get a look deep into the sandstone cliffs in Snow Canyon and top it off with the largest laccolith in the world, Pine Valley Mountain. The area is defined by these layers and accented by the green trees in the valleys and the cottonwoods around the Virgin and Santa Clara Rivers. There's a lot to see! The Tour of Hurricane gives you a guided tour of all those layers.**

**The Spring Tour offers lengths for every rider and fitness level. Pick either a 30+, 75 or 100 mile distance to tailor your tour to your abilities. With rolling sag and fully stocked and themed rest stops, all you need is your bike and the desire to pedal your way through all the layers.**

**<http://https://www.redrockbicycle.com/articles/spring-tour-of-hurricane-pg1350.htm>**

# Palomar, Anyone?

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**Our April Remote Ride will be Mt. Palomar! route and info to follow.**

# Spring Social in May

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**Tacos and Tequila coming your way? It's possible! More info to come!**

# 20% Off CeramicSpeed!

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**All Members have been offered 20% off CeramicSpeed by our sponsor, Stage21bikes! Hurry in for your best investment EVER!**

# Etiquette and Safety

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**KEEP UP THE GREAT WORK  
EVERYONE! WAY TO KEEP IT SAFE AND  
SOUND ON OUR RIDES!!**

## 2024

## Registration/Kits

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**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](mailto: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.**

# Ride Waiver

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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!

## Las Pulgas Out and Back

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Meet at 7:45am

Pre-Ride Info at 7:55

Roll at 8:00am sharp

Details:

66.68 mi

3,253 ft

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

Start at Stage 21 Cyclery...South on Moulton and work our way through Aliso Viejo and Laguna Niguel...to Crown Valley...to Camino

del Avion...to Niguel Rd down to PCH...Thru Dana Point and San Clemente...to Las Pulgas Out and Back to Stage 21 Cyclery

# March Birthdays

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Join us in wishing your clubmates a Happy March Birthday!

<i>CJ</i>	<i>3/2</i>
<i>John Condia</i>	<i>3/3</i>
<i>Chuck Golob</i>	<i>3/4</i>
<i>Jacob Hanna</i>	<i>3/20</i>

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