



April 2024

Monthly Newsletter

Quick News

[April Ride Calendar](#)

[Shorter Routes Now Available!](#)

[Wednesday Night Hill Repeat Ride](#)

[Palomar Anyone? Spring Remote Ride](#)

R5 Social...Cinco de Mayo Fiesta!

Etiquette and Safety

2024 Registration/Kits

Ride Waiver

This Saturday - Route #1 - Seal Beach

Member Birthdays - April

April Ride

Calendar

4/3 - Wednesday - R5 Hill Repeat Ride

(5:55pm - Board n Brew, 27000 Alicia Pkwy, Laguna Niguel)

<https://www.strava.com/routes/2933172616742190706>

4/6 - Saturday - R5 Group Ride - Route #1

(7:45am Starbucks @ Woodbury Town Center Start)

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

Short: <https://www.strava.com/routes/3200549201982265212>

4/10 - Wednesday - R5 Hill Repeat Ride

(5:55pm - Board n Brew: 27000 Alicia Pkwy, Laguna Niguel)

<https://www.strava.com/routes/2933172616742190706>

4/13 - Saturday - R5 Group Ride - Route #2

(7:45am Stage 21 Start)

Long: <https://www.strava.com/routes/3090345570297272454>

Short: <https://www.strava.com/routes/3200551387161896612>

4/17 - Wednesday - R5 Hill Repeat Ride

(5:55pm Board n Brew: 27000 Alicia Pkwy, Laguna Niguel)

<https://www.strava.com/routes/2933172616742190706>

4/20 - Saturday - R5 Group Ride - Route #3

(7:45am Starbucks @ Woodbury Town Center)

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

Short: <https://www.strava.com/routes/3200553680986243964>

4/24 - Wednesday - R5 Hill Repeat Ride

(5:55pm Board n Brew: 27000 Alicia Pkwy, Laguna Niguel)

<https://www.strava.com/routes/2933172616742190706>

Saturday 4/27 - [Spring Remote Ride](#) - Mt. Palomar!

[Long and short routes - coming soon!](#)

Shorter Routes!

You asked and we listened!!

We now have shorter route options available for each of our Saturday Group Ride routes! *(Will be added to Strava soon)*

These will be a great option for folks who want to go shorter for any reason (just like shorter rides, tired, injured, new to cycling, regular route is too hilly, need to get home sooner, regular group is too fast, you name it!).

Unless we get ride leaders for the short-routes, these will be self-led*, so make sure you download or study the route thoroughly.

**We are looking for leaders to help with the short-route options. You don't have to be an experienced leader, we'll prep you. You don't have to commit to every week, we'll take what we can get! Contact a Board Member if you're interested!*

TELL A FRIEND OR BRING A GROUP!

Hill Repeat Ride



Our Wednesday night, R5CICLISMO Hill Repeat Ride is going strong and you can join any time you want! This is a “NO DROP RIDE”, and all riders are welcome. It's a great workout for everyone no matter what level you are!

We ride easy between hills as a group, hit the hills hard, and re-group after each hill. We re-group at the bottom of the 1st hill (Highlands), 3rd hill (PID S.), and the optional hill (Clubhouse), but re-group at the top of the 2nd hill (Niguel Rd) and the last hill (PID N.) before heading back to the finish all together. To keep the waiting to a minimum, you'll turn around and descend once the first rider to reach the top goes past you on their way down. Trust us, this mid-week workout is great for everyone!

Palomar, Anyone?

Yes, Please!

SAVE THE DATE! Our April Remote Ride will be Mt. Palomar on 4/27! Route options (long and short) and more info to follow.

Cinco de Mayo Fiesta

YES! Tacos and tequila ARE coming your way on May 5 at 1:00pm! Look for an evite for all members coming soon. Not a member but don't want to miss out on all the fun? Get registered!

Etiquette and Safety

Please remember that ANYONE joining our rides, Member or not, must abide by ALL rules of the road and group ride safety and etiquette. You must stop at red lights and stop signs, give the right of way to pedestrians, respect the speed limit (and yes, this means the bike or multi-use-path speed limits, too), be cautious around kids, pets, recreational cyclists or vehicles, etc. You must signal (hand or verbal) so that those around you (bikes or cars) know your intentions and what obstacles exist.

We do this not only because it is the law, but also because it helps keep us safe, because we want to be good community-bike ambassadors, and because we must be excellent representatives of R5CICLISMO and its sponsors at all times.

We are happy to provide our entire Group Ride Safety and Etiquette document on request. Please email Elaine at elaine.gronberg@r5ciclismo.com if interested.

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.

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.

[R5CICLISMO Ride Waiver Link](#)

THIS SATURDAY!

Long Route: Seal Beach OAB

Short Route: HB Pier OAB

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.

Long: Route, 59

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

Short Route, 42

miles: <https://www.strava.com/routes/3200549201982265212>

See you there!

April Birthdays

Join us in wishing your clubmates a Happy April Birthday!

Ben Duo 4/1

Richard Hersey 4/8

David Blackwood 4/14

John Marshall 4/25

Visit our Social Media Platforms:



Copyright © 2024 R5CICLISMO, All rights reserved.

You are receiving this email because you opted in via our website.

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](#).

