

# R5CICLIS

May 2024

## Monthly Newsletter

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Gorgeous day for the Palomar Mountain Remote Ride 4/27/24

## Quick News

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May Ride Calendar

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Save the Date - Remote Ride

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Etiquette and Safety

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Cinco de Mayo Fiesta This Sunday!

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Shorter Routes Now Available

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2024 Registration/Kits

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This Saturday - Route #4

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Wednesday Night Hill Repeats

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Member Birthdays - May

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# May Ride

## Calendar

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5/1 - Wednesday - R5 Hill Repeat Ride

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

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

5/4 - Saturday - R5 Group Ride - Route #4

(7:45am Stage 21 Start)

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

Short: <https://www.strava.com/routes/3200554215299907236>

5/8 - Wednesday - R5 Hill Repeat Ride

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

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

5/11 - Saturday - R5 Group Ride - Route #5

(7:45am Starbucks @ Woodbury Town Center)

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

Short: <https://www.strava.com/routes/3200556107391070884>

5/15 - Wednesday - R5 Hill Repeat Ride

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

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

5/18 - Saturday - R5 Group Ride - Route #6

(7:45am Stage 21 Start)

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

Short: <https://www.strava.com/routes/3200559938236172156>

5/22 - Wednesday - R5 Hill Repeat Ride

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

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

5/25 - Saturday - R5 Group Ride - Route #1

(7:45am Starbucks @ Woodbury Town Center)

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

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

5/29 - Wednesday - R5 Hill Repeat Ride

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

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

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**SAVE THE DATE!**

**Our next Remote Ride will be  
GMR on June 1st! More info to  
follow.**

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**Etiquette and Safety**

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## **E-BIKES!?**

**Do we allow e-bikes on our group rides?**

**YES, but:**

- **The e-bike must be pedal-assist (meaning you must pedal for the electric motor to kick-in and assist your speed), and**
- **The e-bike must NOT have a throttle, and**
- **The e-bike must be meant as a ROAD cycling e-bike, and have similar dimensions and gearing as other bicycles on the group ride, and**
- **The e-bike rider must be an experienced cyclist, but must also be experienced and comfortable riding in a group/peloton, and**
- **The e-bike rider must know and abide by ALL Group Ride Etiquette and Safety measures put forth by R5CICLISMO Cycling Club, and**
- **The e-bike rider must NOT push the pace set by the Ride Leader, and**
- **The e-bike rider should stay at the front or the rear of the peloton for the safety of the rest of the group.**

**PLEASE NOTE: E-bikes are a new concept for most of us. We would like to be inclusive by allowing them on our group rides. However, we do know that e-bikes are heavier and can accelerate quickly and powerfully. This could, for example, feel unpredictable or frightening to riders on regular bikes. We ask that everyone, on both bikes and e-bikes alike, respect each other, communicate well and kindly, and ride with the utmost safety in mind.**

**If you have questions, please email Elaine at [elaine.gronberg@r5ciclismo.com](mailto:elaine.gronberg@r5ciclismo.com).**

## Cinco de Mayo Fiesta!

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**Members, this Sunday, May 5th, don't miss our Cinco de Mayo Fiesta! Evites went out last week. If you're a current member and haven't received an evite, please contact Susan at [susan.sloan-velez@r5ciclismo.com](mailto:susan.sloan-velez@r5ciclismo.com). Don't want to miss the fun? Also email Susan to join the Club! Hope to see you there!**

**T-Shirts and bottles for all NEW Members!!**

## Shorter Routes

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## You asked and we listened!!

We now have shorter route options available for each of our Saturday Group Ride routes!

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!**

# 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.

[\*\*R5CICLISMO Ride Waiver Link\*\*](#)

## THIS SATURDAY'S RIDE

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**Meet at 7:45am**

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

**Roll at 8:00am sharp**

**Route #4**

**LONG ROUTE (Las Pulgas**

**OAB): <https://www.strava.com/routes/3090344839164057058>**

**66.68 mi**

**3,253 ft**

**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.**

**LEVEL: Intermediate-Advanced**

**Avg 16-23mph**

**SHORT ROUTE (Trestles**

**OAB): <https://www.strava.com/routes/3200554215299907236>**

**46.14 mi**

**2,661 ft**

**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...Turn around Trestles Gate instead of Las Pulgas...Out and Back to Stage 21 Cyclery**

**See you there!**

# Wednesday Hill Repeats

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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!

## May Birthdays

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**Join us in wishing your clubmates a Happy May Birthday!**

**Efren Vasquez, 5/8**

**Eric Schrader, 5/10**

**Chelsea Lund, 5/18**

**Thomas Skelley, 5/20**

**Bruce Campbell, 5/23**

**Douglas Hamrin, 5/28**

**Jennifer O'Keefe, 5/23**

**James Shepherd, 5/31**

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# Palomar 4/27/24

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