

R5CICLIS

January 2025

Monthly Newsletter



R5 Group Ride - Saturday, Jan. 11th

Quick News

**New Year, New Start Location, New Routes,
New Rides!**

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**New Year, New Start
Location, New Routes,
New Rides!**

NEW START LOCATION ADDED: For 2025 we have added a 3rd Ride Start Location:

Board & Brew
27000 Alicia Pkwy B
Laguna Niguel, CA 92677
<https://maps.app.goo.gl/SjnRu152R4AUmcb28>

This is the same location where the seasonal Hill Repeat Ride starts, and just 5 minutes off the 5 frwy on Alicia Parkway. Folks living further North may consider riding in to the start and cutting out towards the end of the ride (depending on the route) to go back home. There are several south county members who do that for the Irvine rides, for example. Be on the lookout for the RIDE START locations on the ride calendar, Facebook Events, etc.

NEW ROUTES: We have added several new routes, and tweaked some old ones, so we will now have a total of ELEVEN Saturday Ride Routes! That means each route will only be ridden once every 3 months. **Be sure to download the new routes to your bike computers!**

NEW RIDES: **Remote Rides** will be every 2 months, on the last Saturday of the month, Our first one for this year will be Saturday, February 22nd. **Sunday Spin Rides** will be the last Sunday of each month, and will change locations and routes each time. These will be approximately 25-35 miles, at a chill, social pace. A coffee/donut/pastry stop may be included! **Ladies Rides and Gravel Rides** TBD.

January Ride Calendar

RIDE CALENDAR LINK (website)

PLEASE DOWNLOAD THE NEW ROUTES!

**1/4 - Saturday - R5 Group Ride - Route #1
(7:45am IRVINE Start) Seal Beach**

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

**1/11 - Saturday - R5 Group Ride - Route #2 NEW START
LOCATION**

(7:45am BOARD & BREW Start) Dana Point/Patrones/RSM

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

Short: *Start at Board & Brew in Laguna Niguel and down to Dana Point. Take the San Juan Capistrano Trail to Patrones Avenue, then proceed to Oso Parkway. From there, continue onto Marguerite Parkway, then onto La Paz Road. Turn onto Muirlands Boulevard, then onto Los Alisos Boulevard, before returning to Board & Brew.*

1/18 - Saturday - R5 Group Ride - Route #3

(7:45am STAGE 21 Start) Santiago Cyn CLOCKWISE/Coto de Caza

Long: <https://www.strava.com/routes/3295620652483846426>

Short: <https://www.strava.com/routes/3314496668081317306>

1/25 - Saturday - R5 Group Ride - Route #4

(7:45am IRVINE Start) Back Bay/PCH/Laguna Canyon Road/RSM

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

Short: <https://www.strava.com/routes/3314507099632486236>

1/26 - Sunday - R5 Sunday Spin - JD Flannel RT

(9:00am BOARD & BREW Start) Board & Brew/Alicia/Crown Valley Pkwy/Doheny/San Juan Crk Trail to JK Flannel and back.

<https://www.strava.com/routes/3314513731680510948>

Monthly Sunday Spin!

**FIRST SUNDAY SPIN!
JANUARY 26th
9:00am**

Join us for our first Sunday Spin! We'll be riding at a comfortable, social pace, from Board & Brew in Laguna Niguel to JD Flannel in San Juan Capistrano via Dana Point/Doheny.

Meet: 9:00am

Pre-Ride Info: 9:10am

Roll: 9:15am

Route: <https://www.strava.com/routes/3314513731680510948>

Start Location: Board & Brew, 27000 Alicia Pkwy B, Laguna Niguel, CA 92677

<https://maps.app.goo.gl/SjnRu152R4AUmcb28>

34.9 miles

1365 ft.

JD FLANNEL
DONUTS & COFFEE

JD Flannel can get very busy on weekends, and even sell out of their most popular flavors. Their menu changes monthly. See the January menu here:

<https://jdfannel.com/menu/>

Folks wishing to order their donuts ahead may do so by clicking the following link:

<https://jdfanneldonuts.square.site/#7>

Remote Ride Save the Date

**MARK YOUR CALENDARS!
SATURDAY, FEBRUARY 22nd**

The location and Remote Ride details will be announced in the February Newsletter, but save the date now!

Other Rides/Dates to Consider



TOUR DE PALM SPRINGS IN COACHELLA VALLEY

FEBRUARY 8, 2025

Honoring Military, First Responders, and Veterans

27th Annual Tour de Palm Springs in Coachella Valley



MARCH 8, 2025

Iconic Southern California century ride, previously hosted by SCOR-

Re-booted, Re-newed, Re-Vitalized by Planet Ultra!

LIMITED TO 1,000 RIDERS

Etiquette and Safety

KNOW WHEN TO 'TAKE THE LANE'

Excerpt from our Title Sponsor Bike Legal's Bicycle Etiquette Guide

Written by Mark Strohmman

Bike Legal COO and avid cyclist advocating for sharing the road responsibly



Taking the lane means riding closer to the center of the lane instead of hugging the right edge. While it may feel intimidating, taking the lane can prevent dangerous close-passing and put you in a more visible, predictable position.

When to Take the Lane:

- **Narrow Lanes:** If a lane isn't wide enough for both a car and a bike to travel side by side safely, it's safer for the cyclist to take the lane. This forces cars to move into the adjacent lane to pass.
- **Approaching Intersections:** In busy intersections or when crossing multiple lanes, positioning yourself in the center can make you more visible to drivers who may not expect a cyclist near the curb.
- **Avoiding Obstacles:** Hazards like potholes, debris, and parked cars can push you into traffic if you're riding too close to the edge. Moving into the lane allows you to navigate around obstacles more smoothly.

Legal Basis:

- According to many U.S. state laws (like California's CVC 21202), cyclists are allowed to take the lane when it is "reasonably necessary" to avoid unsafe conditions. This rule recognizes that cyclists sometimes need the full lane to stay safe.

READ ABOUT PHIL GAIMON'S ENCOUNTER WITH LAW ENFORCEMENT, REGARDING RIDING TWO-ABREAST
HERE:

<https://www.bikelegalfirm.com/phil-gaimons-traffic-citation>

READ BIKE LEGAL'S FULL ETIQUETTE GUIDE HERE:

<https://www.bikelegalfirm.com/bicycle-etiquette-guide>

2025 R5CICLISMO Membership

2025 R5CICLISMO Cycling Club
Membership
\$40

•2025•

**NEW ROUTES (MAKING 11 IN TOTAL) W/ VARIED
DISTANCES/ELEVATIONS/LOCATIONS
REMOTE RIDES EVERY OTHER MONTH
2 SOCIAL EVENTS/PARTIES PER YEAR
1-2 *SUPPORTED* CENTURIES PER YEAR
WOMEN'S RIDES FREQUENCY TBD
GRAVEL RIDES FREQUENCY TBD
SUNDAY COFFEE/SOCIAL RIDE MONTHLY
TRAVEL TRIP WEEKEND (OR LONGER!)
GENEROUS SPONSORS OFFERING US AMAZING
DEALS
CLUB KIT TEAM STORE OPEN NOW**

[2025 REGISTRATION LINK](#)

**Year-Round
Team Kit Store**

The R5CICLISMO Year-Round Team Kit Store is open now. We have a lightweight, packable vest, windbreaker, gloves and cycling cap now on offer!

Please see the RMCICLISMO MEMBER'S ONLY Facebook Group for login information, or email Elaine at elaine.gronberg@r5ciclismo.com for information.

Ride Waiver

We kindly ask ALL cyclists joining our rides to sign our Ride Waiver. This is required by 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. Once signed, your waiver is valid for the calendar year in which you signed. 2025 Members have signed the Waiver during the registration process.

RIDE WAIVER LINK

January Birthdays

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

Dori Lewis 15
Anthony Arguija 16
Scott Poulalion 30

Holiday Party Photos



Visit our Social Media Platforms:



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