

R5CICLIS

February 2025

Monthly Newsletter



Remember the Team Car?!

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February Ride Calendar

RIDE CALENDAR LINK (website)

PLEASE DOWNLOAD THE NEW ROUTES!

2/1 - Saturday - R5 Group Ride - Route #5 NEW ROUTE

(7:45am BOARD & BREW Start) Las Pulgas OAB

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

Short: *Short route riders can turn around at any time, rather than riding to Las Pulgas*

2/2 - Sunday - R5 Sunday Spin - JD Flannel RT *(postponed from 1/26)*

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

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

2/8 - Saturday - R5 Group Ride - Route #6

(7:45am STAGE 21 Start) Cooks Corner/Live Oak/Coto de Caza/La Pata South/San Clemente

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

Short: *The short route riders split from the group at Antonio and continue down Oso to Marguerite Pkwy...Take Marguerite to La Paz and make left...to Muirlands and make a right...On down to Los Alisos and back to Stage21 Cyclery.*

2/15 - Saturday - R5 Group Ride - Route #7 NEW ROUTE!

(7:45am IRVINE Start) Corona/Anaheim Hills/Orange/Villa Park

Long: <https://www.strava.com/routes/3304293468942709400>

Short: <https://www.strava.com/routes/3319934034918696386>

Short route skips Green River Rd and loops back onto the Santa Ana River Trail, E.La Palma Ave and the rest of the Long Route's way back.

2/22 - Saturday - R5 REMOTE RIDE - Carbon Canyon/Brea Canyon

(7:45am IRVINE Start)

Long: <https://strava.app.link/CjAV8yC7IQb>

Short: <https://www.strava.com/routes/3319940235313284674> *Short route has different Start/Finish location***

2/23 - Sunday - R5 Sunday Spin - Irvine to Orange Circle/Cafe Zocalo

(9:00am IRVINE Start) Mostly flat ride through Tustin to Downtown Orange 33 Miles, 1500' of climbing

<https://ridewithgps.com/routes/49525042>

Sunday Spin

**JANUARY SUNDAY SPIN
RESCHEDULED
2•2•25 (this Sunday!)
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>

34.9 miles

1365 ft.

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

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 menu here: <https://jdflannel.com/menu/>.

Folks wishing to order their donuts ahead may do so by clicking the following link: <https://jdflanneldonuts.square.site/#7>

**FEBRUARY SUNDAY SPIN
2•23•25
9:00am**

Join us for our Sunday Spin! We'll be riding at a comfortable, social pace, from Starbucks in Woodbury Town Center, Irvine, to Cafe Zocalo in Orange. This route is for riders of all levels, while offering interesting views of the area. Come join us on our Sunday Spin group ride!

Meet: 9:00am

Pre-Ride Info: 9:10am

Roll: 9:15am

Route: <https://ridewithgps.com/routes/49525042>

33.9 miles

1532 ft.

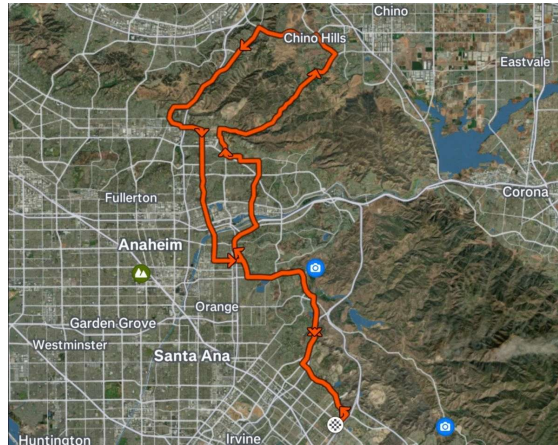
Start Location: Starbucks, 6364 Irvine Blvd, Irvine, CA 92620
<https://maps.app.goo.gl/9XU4ZsbrcoZ1x4y47>



Cafe Zocalo is located in the Circle of Orange in downtown Orange and offers lots of breakfast/lunch items along with pastries made onsite. Please visit their website [HERE](#) for a full menu.

Remote Ride

Carbon Canyon / Brea Canyon



SATURDAY, FEBRUARY 22
CARBON CANYON / BREA CANYON
(7:45am IRVINE Start)

Meet at 7:45am
Pre-Ride Info at 7:55
Roll at 8:00am sharp

LONG ROUTE:

<https://strava.app.link/CjAV8yC7IQb>

Starting at Starbucks at Woodbury Town Center, Irvine, this route takes you up into Orange and across the 91 Freeway, through Yorba Linda to climb in Carbon Canyon, then return through Brea Canyon.

69.39 mi
3,763 ft
Level: Intermediate-Advanced
18-25+ mph

SHORT ROUTE: **DIFFERENT START LOCATION!!**

<https://www.strava.com/routes/3319940235313284674>

Folks who want to do the SHORT route can park at Linda Vista Elementary School near the corner of Cannon and Santiago Canyon, and join the regular route from there. This shortens the route about 25 miles.

46.3 mi
2,543 ft
Avg Speed: Depends on riders that day. Self-Guided/Led ride.
Please download the route if unfamiliar. Bring a friend!

Other Rides/Dates to Consider



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



MAY 3, 2025

Limited to 300 riders.

- 100% of participants' fees go to the cause and they stay within about 15 miles of the event.
- Current focus is on curing, treating, and investing in community programs for breast cancer.
- **R5CICLISMO MAY BE PUTTING TOGETHER A 'TEAM'. MORE INFO TO COME!**

Bicycle Safety

Best Bicycle Safety Accessories and Technology for Safer Rides

Excerpt from our Title Sponsor *Bike Legal's* Article *The 16 Best Bicycle Safety Accessories and*

Technology for Safer Rides

Written by *Mark Strohman*

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



- **Helmets:** Reduce the risk of head injury with features like MIPS technology and integrated lighting.
- **Lights:** Front and rear lights improve visibility, reducing accidents, especially in low-light conditions.
- **Reflective Clothing:** Enhances visibility at night, making cyclists more noticeable to drivers.
- **Audible Devices:** Bells and horns alert pedestrians and other road users to your presence, improving safety in crowded areas.
- **Cycling Computers:** Track ride data and connect to apps like Strava for performance analysis and route planning.
- **Cameras:** Capture critical footage in case of accidents, helping identify hit-and-run drivers and provide crucial evidence.
- **Radar Systems:** Alert cyclists to approaching vehicles, increasing situational awareness of traffic.
- **Smart Helmets and Crash Sensors:** Provide built-in lights, turn signals, and emergency alerts to enhance safety.
- **Strava Beacon:** Shares real-time location with contacts, ensuring someone knows where you are during your ride.
- **Lighted Wheels and Clothing:** Improve visibility from all angles with integrated LEDs, making cyclists stand out in traffic.
- **Airbags:** Offer advanced protection by inflating around the head and neck during accidents, reducing the risk of serious injury.
- **See.Sense ICON3 Smart Bike Lights:** Provide 360° visibility with smart sensors that adapt to road conditions, ensuring optimal visibility at all times.
- **Bicycle Safety Apps:** Safety apps like Strava Beacon, Busby, and RoadID offer real-time location sharing, incident detection, and emergency alerts, helping cyclists stay connected and safer on the road.

READ THE FULL ARTICLE HERE:

<https://www.bikelegalfirm.com/best-bicycle-accessories>

Group Ride Etiquette



Stop-Lights / Stop-Light Plan

- **Never run red lights or stop signs.** It is against the law, extremely dangerous, and a bad representation of the Club and cyclists in general.
- In a group setting, the Ride Leaders need to be careful not to run 'yellow' lights, as this leaves the group behind them in the red light zone as they pass through the intersection.
- If the group ends up part way through the intersection as the light is changing to yellow, the Ride Leader should call out and signal 'rolling!' so the whole group makes it through the light together.
- If the peloton is drawn out in a long line or there is a gap in the group, riders in the rear group SHOULD NOT roll through the intersection if the light is already yellow (or red!). They should call out 'stopping!' (and all behind should call out too) and stop appropriately, so they do not find themselves in the middle of the intersection as the stop light turns red.
- Riders in the front group who are aware of a portion of the group getting split off due to the light changing, must communicate this up the line to the Ride Leader by calling out 'Split!'.
- Always pay attention as you're approaching a light, as the group may have to stop suddenly and you don't want to be caught off-guard. Listen and look for the signals, call out if you're stopping, and stop cautiously.
- Ride Leaders should yell out 'light up!' if they see the light ahead changing to yellow or red, and stop cautiously. The rest of the riders pass the 'light up!' message down the line and stop carefully as well. Remember, we stay in the same 2 by 2 or 1 by 1 formation at the light.
- Stop signs - In California, it is against the law for cyclists to ride through a stop sign without coming to a complete stop. This means that each cyclist in the group must stop, unclip, put their foot down, look in all traffic directions, and start again when it is their turn according to the right-of-way traffic rules.
- In cases where there is no stop sign, but the cross traffic has a stop sign, it is always a good idea for the Ride Leader to slow, check in both directions to make sure cross traffic is indeed stopping, then continue on. Each rider should do the same in turn. This is encouraged as an extra safety measure.

**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 along with the other kit items.

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](#)

February Birthdays

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

Pavel Georgiev 1
David Lever 6
Anders Gronberg 19
Nils Sandburg 22

Visit our Social Media Platforms:



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