

March 2025

Monthly Newsletter

Scott and Nancy Poulalion at the Palm Springs Century

Do you have ride/race/fondo photos? Send them to elaine.gronberg@r5ciclicmo.com so we can feature them in the newsletter!

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March Ride Calendar

[RIDE CALENDAR LINK \(website\)](#)

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PLEASE DOWNLOAD THE NEW ROUTES!

3/8 - Saturday - R5 Group Ride - Route #9 NEW ROUTE
(7:45am STAGE 21 Start) Newport Coast/Shady Cyn/Portola Climbs

Long: <https://www.strava.com/routes/3295640567001012542>

Short: <https://www.strava.com/routes/3332233386221888118>

3/15 - Saturday - R5 Group Ride - Route #10 NEW ROUTE
(7:45am IRVINE Start) Skyline/Cowan Heights/Anaheim Hills

Long: <https://www.strava.com/routes/3304334351914458230>

Short: <https://www.strava.com/routes/3332239064261625462>

3/22 - Saturday - R5 Group Ride - Route #11 NEW ROUTE
(7:45am BOARD&BREW Aliso Start) Aliso Viejo/Laguna Niguel Hill Repeats/Dana Point Cove Road

Long: <https://www.strava.com/routes/3295654505074123034>

Short: <https://www.strava.com/routes/3332243605826689044>

3/26 - Wednesday - R5 HILL REPEAT RIDE - Season Opener!
(6:00pm SHARP, Board&Brew Start)

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

****Bring lights the first few weeks! Join us for dinner afterwards!****

3/29 - Saturday - R5 Group Ride - Route #1
(7:45am IRVINE start) Seal Beach

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

Short: <https://www.strava.com/routes/3332256707019985526>

3/30 - Sunday - R5 Sunday Spin - Stage 21 to C'est Si Bon Bakery

(9:00am STAGE 21 Start) Social pace to the bakery and back, 38.49 mi - 1,118 ft.

<https://www.strava.com/routes/3331748250696351946>

Sunday Spin



MARCH SUNDAY SPIN

3/30/25

9:00am

Join us for our Sunday Spin! We'll be riding at a comfortable, social pace, from STAGE 21 Bike Shop to **C'est Si Bon Bakery in Newport Beach**, and back. This route is for riders of all levels. Come join us on our Sunday Spin group ride!

Meet: 9:00am

Pre-Ride Info: 9:10am

Roll: 9:15am

Route: <https://www.strava.com/routes/3331748250696351946>

38.49 miles

1118 ft.

Start Location: Stage 21 Bikes, [23582 Moulton Pkwy., Suite 111, Laguna Woods, CA 92637](https://maps.app.goo.gl/hVryHf8QjPwSKFgz9). <https://maps.app.goo.gl/hVryHf8QjPwSKFgz9>

C'est Si Bon Bakery was established in 1979 and became the first bakery in Newport Beach to introduce French baguettes, croissants and cafe lattes to the city.

Wednesday Night Hill Repeat Ride Season Starts March 26th!

The R5CICLISMO HILL REPEAT RIDE season starts on Wednesday, March 26th and runs through the beginning of September. Please arrive by 5:45pm, and be ready to roll at 6:00pm. We ride as a cohesive group. All levels of riders are welcome, as this is a great workout for everyone! Afterwards, join us for dinner at Board & Brew.

BRING LIGHTS the FIRST FEW WEEKS!

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

Distance – 17 miles

Elevation Gain – 2381 ft



Women's Ride!
All Levels, All Paces
SAVE THE DATE
Saturday, April 12th

R5CICLISMO

Club Charity Event

MAY 3, 2025

WE'RE MAKING THIS AN R5CICLISMO TEAM EVENT!!

- 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.
- The 90-mile, 4500' elev. "D-Cup" ride starts at the Irvine train station, and finishes at the Encinitas Park and Ride. This is a VERY challenging route which includes Elfin Forest and Rancho Santa Fe, and you need to ride at faster than an average of 16mph or you'll miss the busses/bike truck back.
- The 60-mile "C-Cup" ride goes directly to Encinitas
- The "B-Cup" ride is a U-turn route. Start with friends in the C or D groups, and turn around whenever you want. You do, however, miss the party at the end.
- Registration is \$90 + a \$30 fee for the charter bus home. WE HAVE A 10% OFF DISCOUNT CODE FOR R5 MEMBERS.
- Stay tuned for more info!
- **R5CICLISMO IS PUTTING TOGETHER A 'TEAM'. POSSIBLY MORE THAN ONE, DEPENDING ON RIDER PACES! MORE INFO TO COME!**

Bicycle Safety

Bicycle Light Lumens Guide: How Bright Should Your Lights Be?

Written by Mark Strohman

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

How Many Lumens Do You Need for a Bicycle Front Light?

Riding Condition	Recommended Lumens
City / Urban Cycling (Well-lit roads)	200–500 lumens
Suburban / Rural Roads (Minimal lighting)	500–1000 lumens
Trail / Mountain Biking (Complete darkness)	1000–2000+ lumens
High-speed riding (15+ mph)	700+ lumens
Foggy / Rainy Weather	500+ lumens

Selecting the right brightness for your bicycle's front light depends on several factors, including where and how you ride, your speed, and weather conditions.

How Bright Should a Rear Bicycle Light Be?

- **Nighttime Recommendations:** Rear lights typically range from 30 to 100 lumens. The lower end of this spectrum (30-50 lumens) is sufficient for city riding or areas with street lighting, while more powerful lights (50-100 lumens) are recommended for riding in rural areas or darker environments.
- **Daytime Running Lights (DRLs):** DRLs are designed to be brighter than standard night-time lights, typically ranging between 100 to 200 lumens. Many rear lights now feature daytime flash modes, specifically engineered to enhance visibility even in bright sunlight. If you ride in traffic-heavy areas or roads with fast-moving vehicles, a high-powered rear light with a flashing setting is crucial for your safety.

Steady vs. Flashing Modes:

- **Steady Mode:** Provides consistent visibility without distraction. It is especially useful for night riding or low-light conditions where a constant, solid light makes it easier for others to gauge your distance and speed.
- **Flashing Mode:** Highly effective for daytime riding, as intermittent light draws more focus from motorists and pedestrians. Research suggests that flashing lights significantly improve a cyclist's visibility compared to steady lights in daylight conditions.

READ THE FULL ARTICLE HERE:

<https://www.bikelegalfirm.com/bicycle-lights-lumens>

Bicycle Etiquette

Your Bicycle Etiquette Checklist

Cycling safely and respectfully isn't complicated, but it does require mindfulness and consistency. Here's a quick, easy-to-reference checklist of the top etiquette practices to follow every time you ride. These principles keep you and others safer, reduce conflicts, and create a smoother, more enjoyable ride for everyone involved. Each of these items is straightforward but critical for maintaining good cycling etiquette. Review this checklist before each ride and aim to practice each habit regularly.

1. Always Follow Traffic Laws

- Riding with cars means following the same rules as cars. Obey speed limits, yield signs, and traffic lights. Predictable behavior helps everyone on the road anticipate your movements and respond safely.

2. Use Hand Signals to Communicate

- Clear hand signals let drivers, pedestrians, and other cyclists know what you're about to do. For left turns, extend your left arm straight out. For right turns, raise your left arm to a 90-degree angle or extend your right arm out. To indicate stopping, point your left arm down with your palm open.

3. Stop at Signs and Lights

- This is more than just following the law; stopping at signs and lights reinforces that you're sharing the road responsibly. Many accidents happen at intersections, so make it a rule to stop fully, check your surroundings, and proceed only when it's safe.

4. Ride with the Flow of Traffic

- Riding with traffic (not against it) makes you more visible to drivers and aligns your actions with the natural flow of the road. Drivers are used to anticipating movement in their lane, so riding with traffic helps keep you predictable and safe.

5. Yield to Pedestrians

- Pedestrians always have the right of way, especially on shared paths and crosswalks. Slow down when approaching them, announce your presence if you're passing, and always give them extra space. Pedestrians might make sudden movements, so stay alert.

6. Announce Your Presence

- Use a friendly "On your left" or a bell to let pedestrians and other cyclists know you're passing. This prevents startling them and helps everyone adjust their movements smoothly. Make your announcement early—about 10-15 feet before you pass.

7. Stay Visible and Predictable

- Wear bright or reflective clothing, especially if you're riding in low light. Equip your bike with front and rear lights for visibility. Avoid sudden stops, lane changes, or erratic movements that other road users can't anticipate. The more predictable you are, the safer your ride will be.

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! We have a lightweight, packable vest, windbreaker, gloves and cycling cap now on offer along with the other kit items.

Please see the R5CICLISMO "MEMBER'S ONLY"
Facebook

Group <https://www.facebook.com/groups/r5ciclismo/> f
or 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](#)

March Birthdays

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

CJ Boyenger 2
Chuck Golob 4
Craig Rubenstein 13
David Cho 17
John Condia 20
Steve Bullard 20

**APOLOGIES TO CJ AND CHUCK WHOSE BIRTHDAYS HAD PASSED BEFORE
THE NEWSLETTER WAS PUBLISHED! Happy Belated Birthday!**

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