

# R5CICLIS

June 2025

## Monthly Newsletter

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### May Sunday Spin Group

*Do you have ride/race/fondo photos?*

*Send them to [elaine.gronberg@5ciclicmo.com](mailto:elaine.gronberg@5ciclicmo.com) so we can feature them in the newsletter!*

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# June Ride Calendar

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RIDE CALENDAR LINK (website)

**6/7 Saturday - DAWN NIDAY MEMORIAL RIDE**

(8:30am Meet for Donuts, 9:00am Roll)

<https://www.strava.com/routes/3354279411339313902>

Join us as we honor the life and memory of our beloved friend and former teammate, Dawn Niday.

**6/11 - Wednesday - R5 HILL REPEAT RIDE - all levels, all bikes**

(6:00pm SHARP, Board&Brew Start)

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

**\*\*Bring lights. Join us for dinner afterwards!\*\***

**6/14 - Saturday - R5 Group Ride - Route #10**

(7:45am IRVINE Start)

Skyline/Cowan Heights/Anaheim Hills

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

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

**6/18 - Wednesday - R5 HILL REPEAT RIDE - all levels, all bikes**

(6:00pm SHARP, Board&Brew Start)

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

**\*\*Bring lights. Join us for dinner afterwards!\*\***

**6/21 - Saturday - R5 Group Ride - Route #11**

**(7:45am BOARD&BREW Start) Aliso/Lag Nig Climbs/DP**

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

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

**6/25 - Wednesday - R5 HILL REPEAT RIDE - all levels, all bikes**

**(6:00pm SHARP, Board&Brew Start)**

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

**\*\*Bring lights. Join us for dinner afterwards!\*\***

**6/28 - Saturday - REMOTE RIDE**

**(7:45am GLENDORA HIGH SCHOOL PARKING LOT Start)**

**GMR/East Fork/Crystal Lake and back**

Long: <https://www.strava.com/routes/3352157257153045800>

Short: <https://www.strava.com/routes/3366184149460717400>

**6/29 - Sunday - SUNDAY SPIN - C'est Si Bon Bakery**

**(9:00am STAGE 21 Start)**

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

# **R5 June Remote Ride GMR/East Fork/Crystal Lake!**

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# JUNE REMOTE RIDE GMR/EAST FORK/CRYSTAL LAKE!

**6/28/25**

**Start/Parking is at Glendora High School parking lot: <https://maps.app.goo.gl/9JvfPNsLRPnsDpfR6>**

**Meet at 7:45am**

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

**Roll at 8:00am sharp**

**LONG ROUTE: <https://www.strava.com/routes/3352157257153045800>**

**70.0 mi**

**10,609 ft**

**\*\* There are few to no services on this ride until you reach the top, very little cell service, and only a water spigot or two, so you MUST be prepared with proper nutrition and hydration. Do not underestimate how much you'll need! There are one or two places to fill water, but if you don't know where they are, they're hard to find. Each cyclist must bring extra tubes and CO2!**

**Starting at the Glendora High School parking lot, we'll head to GMR. After climbing up the GMR switchbacks, we're rewarded with a fun descent down East Fork. There is a sharp left turn at the bottom to continue on East Fork.**

**When we reach Hwy 39 (Old San Gabriel Cyn Rd), we'll make a right and start the long ascent toward Crystal Lake. Shortly, at approximately mile 21.5 (the 'OHV Staging Area') the group will stop for the bathroom and**

water. This is also the turnaround point for the Short Route. It is approximately 13 miles up Hwy 39 before we make a right turn on Crystal Lake Road. We continue our climb until we reach the Crystal Lake Cafe and General Store. Here we'll stop for snacks and hydration, and regroup with the other riders. We then reverse the route, descending Hwy 39, left on East Fork, right onto the climb up East Fork, and then the fun descent down GMR.

**SHORT ROUTE:** <https://www.strava.com/routes/3366184149460717400>

42.97 mi

5,726 ft

The Short Route turns around at Hwy 39 and reverses the route.

**\*\*The Short Route is self-guided as there is no leader for this route. Please download the route if you're unfamiliar, bring all your own nutrition and hydration, extra tubes and CO2, and preferably ride with a friend.**

You don't have to be a member of R5 to ride with us, however, we do ask that you sign our Ride Waiver: <https://waiver.smartwaiver.com/w/cmgvrr7z2iervtxxanpz9s/web/>

# LET'S DO IT AGAIN!

## All Ladies, All Paces

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# THE FIRST WAS SO MUCH FUN!

## JOIN US FOR OUR NEXT ONE!

### All Ladies, All Paces Ride



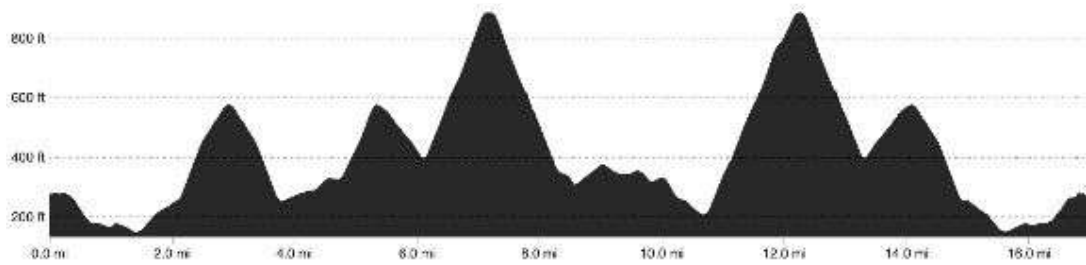
# JULY 12th!!

Our next **ALL LADIES, ALL PACES Ride** will be on **July 12th**. **SAVE THE DATE!** Route and ride info to come. Invite a friend or two or three!



## Wednesday Night Hill Repeat Ride is Happening Now!

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**The R5CICLISMO HILL REPEAT RIDE season started on Wednesday, March 26th and runs through the beginning of September. You can join any time! 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**

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

**Distance – 17 miles**

**Elevation Gain – 2381 ft**

# June Sunday Spin

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**JUNE  
SUNDAY SPIN**

**6/29/25**

**9:00am**



***\*MAY'S SUNDAY SPIN HAD A GOOD TURNOUT, SO WE'RE  
CONTINUING INTO JUNE AT LEAST!***

Join us for our Sunday Spin! We'll be riding at a comfortable, social pace, from Stage 21 Bikes to C'est Si Bon Bakery/Coffee in Newport. We'll stop here for coffee and/or breakfast, then loop back to Irvine. 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>

**START LOCATION:** Stage 21 Bikes, **23582 Moulton Pkwy #111, Laguna Woods, CA 92637**



## Bicycle Safety

**How to Lock Your Bicycle  
Securely**

*Written by Mark Strohman*

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



With bike theft on the rise and thieves becoming craftier, protecting your bike has never been more important. This guide will show you how to significantly reduce the chances of your bike being stolen with effective locking techniques and smart security strategies.

- **Why Locking Matters:** Bike theft is a serious problem, and using a flimsy lock or locking your bike incorrectly is like asking for trouble. Invest in a good lock and use it properly to protect your ride.
- **Choosing the Right Lock:** U-locks are the strongest, cable locks are good for quick stops, chain locks offer flexibility, and folding locks are portable. Choose the one that best suits your needs and environment.
- **Locking Like a Pro:** Lock your frame AND wheels to an immovable object in a well-lit, high-traffic area. Make sure the lock is tight and positioned to deter tampering.
- **Extra Security Tips:** Use multiple locks, be aware of theft hotspots, consider a GPS tracker, and register your bike.
- **Locking in Different Environments:** Adapt your locking strategy to your surroundings. Use extra caution in high-risk areas.
- **Securing Components:** Don't forget to lock those quick-release wheels. Secure your accessories or take them with you.
- **Tech-Enhanced Security:** Smart locks and GPS trackers offer extra protection and peace of mind.
- **Seasonal Strategies:** Keep your lock functioning in winter weather, and stay vigilant in the summer months.
- **Busting Myths:** Not all locks are designed equally, and even short stops require a lock. Don't fall for common misconceptions.

Continue on the link below for all the details!

**READ THE FULL ARTICLE HERE:**

<https://www.bikelegalfirm.com/how-to-lock-your-bike>

# Bicycle Etiquette

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## STOPLIGHT / STOPSIGN 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.

# Events to Consider

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## **Tour de Big Bear - 8/2/25**

<https://tourdebighbear.com/>

### **Road Rides**

- 100 mile, 70 mile, 50 mile, 25 mile, Family Ride

### **Gravel Rides**

- 50 Mile, 25 Mile

### **Mountain Bike Race**

- 50k MTB

## **Amtrak Century - 9/6/25**

<https://www.facebook.com/photo.php?fbid=1173846288083377&id=100063740511920&set=a.735567248577952>

- Limited to 300 cyclists
- Irvine to Downtown San Diego Century
- Irvine to Solana Beach Metric Century

## **Mammoth Gran Fondo - 9/6/25**

<https://mammothgranfondo.com/>

- Gran Fondo - 102 miles
- Medio - 70 miles
- Piccolo - 42 miles

# **Be on the Board!**

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## **We Need You!!**

The R5Ciclismo Board of Directors Election is coming up this Fall. Board positions last for one year and include: President, Vice President, Treasurer, Communications, and Secretary. A Nominating Committee will be formed in September with Nominations to follow. The Election will then take place in November.

We encourage all R5Ciclismo Members to consider running for a position! The current Board has served a special two-year term as the Club processes were being formed, however Board positions will be one year from here on out.

**NOW IS YOUR CHANCE!** Serving on the Board gives you the chance to help make R5 an amazing, dynamic, community-centered cycling club. If you have questions, please ask a current Board Member: Anders Gronberg, Susan Sloan-Velez, John Condia, Holly Gabel, or Elaine Gronberg.

# 2025 R5CICLISMO Membership

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## 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

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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/> for login information, or email Elaine at [aegronberg@gmail.com](mailto:aegronberg@gmail.com) for information.

## Ride Waiver

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**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**



# June Birthdays

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

**Jose Velez   4   (Happy Belated, Jose!)**

**Suzie Given   7**

**Terence Koritz   11**

**Aston Apollo Arguija   28**

**Visit our Social Media Platforms:**



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