

# R5CICLIS

August 2025

## Monthly Newsletter

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# Your Chance to Be Involved!

## Please Volunteer!

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. 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. The current board meets once per month, via web meeting, but that can be changed depending on what each Board decides.

**NOW IS YOUR CHANCE!** Serving on the Board gives you the chance to help make R5 a dynamic, community-centered cycling club, and one that you love! Maybe you have bookkeeping skills? Tech skills? Route ideas? Group Ride experience? Race experience? Leadership skills? Artistic background? Organizational Experience!? Everyone has something that could help our club. Consider nominating yourself, or someone in the club who you think would be a good fit.

**EMAIL [info@r5ciclismo.com](mailto:info@r5ciclismo.com) WITH  
NOMINATIONS OR QUESTIONS!**

### **OTHER WAYS TO VOLUNTEER:**

- Help lead a Saturday ride
- Help organize a remote ride
- Help with party set-up/take-down
- Help design or come up with ideas for a new kit!
- Help with routes for Ladies' Rides

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# August Ride Calendar

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RIDE CALENDAR LINK (website)

8/2 - AUGUST REMOTE RIDE - Tour de Big Bear

8/6 - 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!\*\***

**8/9 - Saturday - R5 Group Ride - Route #5**

**(7:45am, BOARD&BREW Start)**

**Dana Point/San Clemente/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.

**8/9 - Saturday - R5 SUMMER PARTY**

**EVITES HAVE BEEN SENT TO ALL 2025 MEMBERS. PLEASE RSVP BY WEDNESDAY, 8/6. MEMBERS MAY BRING GUESTS, BUT WE NEED THE EXACT NUMBER BY RSVP DATE. CHECK YOUR SPAM FOLDER IF YOU DIDN'T GET THE EVITE!**

**8/13 - 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!\*\***

**8/16 - 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.

**8/20 - 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!\*\***

**8/23 - Saturday - R5 Group Ride - Route #7**

**(7:45am IRVINE Start)**

**Corona and back through Anaheim Hills/Orange/Villa Park**

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

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

8/27 - 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!\*\***

8/30 - Saturday - R5 Group Ride - Route #8

(7:45am BOARD&BREW Start)

Santiago/Silverado Canyons

Long: <https://www.strava.com/routes/3090343929522208226>

Short: <https://www.strava.com/routes/3330114194613453534>

8/31 - Sunday - SUNDAY SPIN - **CANCELLED** - LABOR DAY  
WEEKEND

# R5 Summer Bash this Saturday!

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All 2025 Members have been sent an  
Evite to the R5 Summer Party this  
Saturday, August 9th at 4pm.  
Yummmmmmy food, don't miss out!



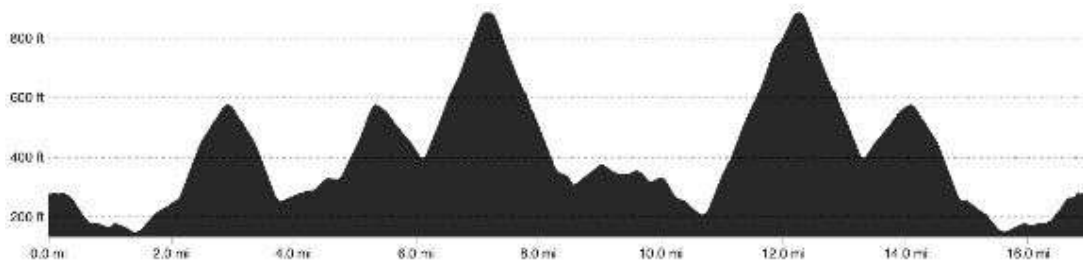
If you did not receive an evite, please email  
[elaine.gronberg@r5ciclismo.com](mailto:elaine.gronberg@r5ciclismo.com)

RSVP latest on Wednesday, Aug. 6. Members may bring guests/family members, but since it will be catered we need a full head count.

RSVP BY THIS WEDNESDAY, 8/6!

**Wednesday Night  
Hill Repeat Ride  
A Summer Classic!**

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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**

# **Ladies Ride Great Turnout!**

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**17 Ladies came out for our July All Ladies, All Paces Ride, including some OG members of our original race team, and special guests from the Mamis p/b Incycle Team! It was so awesome to see women supporting women! Let's keep this rolling, ladies, tell your friends! We'll plan another ride this Fall!**



# August Sunday Spin

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**AUGUST  
SUNDAY SPIN  
CANCELED**

Our August Sunday Spin has been cancelled, as it falls on  
Labor Day Weekend

# Bicycle Safety

## **Bike Accident Injury Treatment Guide**

### **How to Recover from Cycling Injuries**

*Written by Mila Alinson*



**More than 405,000 people were treated for bike-related injuries in 2023.** Many delayed seeking care, underestimating the seriousness of their crash. Proper bike accident injury treatment not only supports physical recovery—it also creates critical medical documentation, which may be necessary if you choose to file a legal claim against the person who may have caused your injuries.

If you've been in a bicycle crash—whether it felt minor or severe—this guide can help you take the right steps.

After a crash, adrenaline can trick you into thinking you're fine — until the pain hits days later. Even minor injuries, if left untreated, can turn into

long-term problems. What's worse, without proper documentation, insurance companies may challenge or deny your claim entirely.

Here's what to do **immediately** after a bike crash:

- **Seek medical attention right away**

Head and internal injuries don't always show symptoms right away. Whether you're feeling pain or not, get checked. A hospital visit documents the injury — and that documentation can make or break a legal claim later.

- **Document everything**

Snap photos of your injuries, the crash scene, damaged bike or gear, and any other vehicle involved. Gather names and contact info from witnesses. File a police report — even for minor bike accidents.

- **Preserve physical evidence**

Keep your damaged bike, helmet, and clothing. Don't throw anything away — even your cracked sunglasses could matter. Make sure your medical records, X-rays, and incident notes are kept safe and accessible.

- **Call a bicycle accident lawyer**

Insurance adjusters aren't on your side. They're trained to downplay injuries or shift blame. A bike injury lawyer can help file your insurance claim, build a strong case, and fight for the compensation you deserve.

## **When Should I Go to the Hospital? | Signs You Need Urgent Care After a Crash**


Not all bike injuries are visible. **Seek emergency medical help immediately if you experience:**

 **Head trauma, memory loss, dizziness, or confusion**

 **Severe bleeding that doesn't stop after 15 minutes**

 **Broken bones, visible deformities, or inability to move a limb**

 **Numbness, tingling, or intense swelling in any part of the body**

 **Vomiting blood, chest pain, or abdominal swelling (signs of internal injuries)**

Even if you “feel okay,” you might still be injured. A doctor can check for hidden injuries, including head injuries and internal bleeding, which may not be obvious right away.

**READ THE FULL ARTICLE, continued  
HERE:**

<https://www.bikelegalfirm.com/bike-injury-treatment#toc-heading-8>

# Bicycle Etiquette

## Why We Insist on Proper Bike Etiquette on Our Rides

Sometimes it's a drag to go on a ride and be expected to call out every obstacle, communicate every move you make, unclip at stop signs, and keep looking at that darn wheel in front of you!

R5Ciclismo wants you to remember that there's a reason for all the seemingly silly Etiquette we keep pushing. **SAFETY.** Communicating kindly with others in the group? Safety. Calling out obstacles? Safety. Riding two-by-two? Safety. Protecting your own front wheel? Safety. Not cross-wheeling? Safety. Being a 'steady wheel'? Safety. Being respectful of traffic laws? Safety. Being polite to drivers? Safety. Regular bike maintenance? Safety. Riding 'Predictably'? Safety!

There are riders of different experience levels, skill levels, and fitness levels on our rides. When we practice proper bike etiquette, we're helping to keep our rides safe for ALL.

If you are unsure or new to group riding, please stay at the rear of the group, observe the other riders, ask questions, and read our detailed safety/etiquette document at: <https://r5ciclismo.com/ride->

[etiquette-and-safety/](#). You may also email [elaine.gronberg@r5ciclismo.com](mailto:elaine.gronberg@r5ciclismo.com) if you have questions.

Let's Ride!

# Events to Consider

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## **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

# 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.gronberg@r5ciclismo.com](mailto:elaine.gronberg@r5ciclismo.com) for help.

## 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](#)

# August Birthdays

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

**Mila Allinson 1 Aug (Happy Belated!)**

**Maria Szweminska 1 Aug (Happy Belated!)**

**Walter Myers 2 Aug (Happy Belated!)**

**Thomas Roche 13 Aug**

**Peter Allen 19 Aug**

**Susan Sloan-Velez 29 Aug**

**Visit our Social Media Platforms:**



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