

R5CICLIS

July 2025

Monthly Newsletter



We Need You!

Be On the Board!!

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.

ALSO, WATCH FOR AN EMAIL in August regarding upcoming amendments to the Club Bylaws.

Contents

July Ride Calendar

Ladies Ride!

August REMOTE Ride - Tour de Big Bear!

Sunday Spin

Bicycle Safety - Hit and Run

Bicycle Etiquette - Are You Up Front?

Events to Consider

2025 Membership Registration

Year-Round Team Kit Store

Ride Waiver

Member Birthdays - July

July Ride Calendar

RIDE CALENDAR LINK (website)

7/5 - Saturday - R5 Group Ride - Route #5 (replacing Route #1 due to the holiday traffic in HB)

(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 all the way to Las Pulgas

7/9 - 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!****

7/12 - Saturday - TWO CHOICES:

R5 Group Ride - Route #2

(7:45am, BOARD&BREW Start)

Dana Point/Patrones/Santa Margarita

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

Short: <https://www.strava.com/routes/3375013574840274688>

-OR-

LADIES RIDE - All Ladies, All Paces

(8:30am, Starbucks, Woodbury Town Center, IRVINE Start)

Tustin/Orange/Irvine

<https://ridewithgps.com/routes/51503995>

7/16 - 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!****

7/19 - 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>

7/23 - 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!****

7/26 - Saturday - R5 Group Ride - Route #4

(7:45am IRVINE Start)

Back Bay/PCH/Lag Cyn/RSM

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

Short: <https://www.strava.com/routes/3375028119541738054>

7/27 - Sunday - SUNDAY SPIN - Phil's Coffee

(9:00am BOARD&BREW Start)

Route: <https://www.strava.com/routes/3342362126164339892>

7/30 - 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!****

All Ladies, All Paces Ride!

Saturday July 12

THE FIRST WAS SO MUCH FUN! JOIN US FOR THIS ONE! All Ladies, All Paces Ride

JULY 12th!!

CALLING ALL LADIES!!

Are you fast? Slow? In amazing shape? NOT?:} Doesn't matter!
Let's get together for a ride, some girl-time, supporting each other, and enjoying the day.

Our next ALL LADIES, ALL PACES Ride is coming up quickly...on July 12th!

Come ride with us!
Invite a friend or two or ten!



DATE: SATURDAY, JULY 12TH

LOCATION: Starbucks, 6364 Irvine Blvd, Irvine, CA 92620

MEET: 8:30am

ROUTE: <https://ridewithgps.com/routes/51503995>

Our route this time will start at our usual R5 Irvine-start location, pass through Tustin, make a loop in Orange, and another large loop in Irvine on the way back to Woodbury Town Center. We can either stop at Tru Bru Coffee in Orange, or have Starbucks or Panera

when we get back to Irvine. The group can decide!

SEE YOU THERE!

Wednesday Night Hill Repeat Ride A Summer Classic!



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

August Remote Ride

Our **AUGUST REMOTE RIDE** will be the 1st Saturday in August instead of the end of the month, so mark your calendar now, and **GET SIGNED UP!**



AUGUST 2, 2025

<https://tourdebigbear.com/>

There's a ride for everyone:

Road Rides

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

Gravel Rides

50 Mile, 25 Mile

Mountain Bike Race

50k MTB



July Sunday Spin

JULY
SUNDAY SPIN
7/27/25
9:00am

This route is for riders of all levels. Come join us on our Sunday Spin group ride! We'll be riding at a comfortable, social pace, and stopping at Philz Coffee in Dana Point on the way back.

MEET: 9:00am

PRE-RIDE INFO 9:10am

ROLL: 9:15am

ROUTE: <https://www.strava.com/routes/3342362126164339892>

START LOCATION: Board & Brew **27000 Alicia Pkwy.** B, Laguna Niguel, CA 92677



After opening a convenience store in the heart of the Mission District in 1978, Phil spent 25 years learning, experimenting, and blending, with the goal of making a really good cup of coffee. His passion for brewing coffee and building community laid the foundation for the first Philz Coffee shop on January 1, 2003 in the Mission District of San Francisco. What began as a labor of love became a national love affair, with stores across California and Chicago.

Bicycle Safety

Los Angeles Hit and Run Bicycle Crashes: A Deadly Epidemic

Written by Mila Alinson



Los Angeles is ground zero for hit and run crashes in California, especially for cyclists. Both LA County and the City consistently report the highest number of bicycle injuries and fatalities in the state. In many of these cases, the driver flees the scene.

Let's be clear: Los Angeles hit and run bicycle crashes aren't accidents. They are crimes.

According to the [2024 Vision Zero Safety Study](#), nearly 1 in 3 serious or fatal bicycle collisions in LA involve a hit and run driver, a disturbing rise from just 22% in 2017. Meanwhile, the LAPD increasingly refuses to document crashes unless the cyclist is killed or catastrophically injured. That means the true scope of this epidemic is even worse than the official numbers suggest.

This guide explains why hit and run bicycle crashes are rising in LA, where they happen most, what you can do to protect yourself, and how a hit and run accident attorney can help you get justice.

Why Los Angeles Hit and Run Bicycle Accidents are So Common

Los Angeles has the highest rate of bicycle hit and run crashes in California, and it's no coincidence. Several local factors make the city especially dangerous for cyclists and attractive to fleeing drivers.

Fragmented Bike Infrastructure

Los Angeles' bike lane network is highly fragmented, forcing cyclists onto busy, high-speed roads with minimal protection. Bike lanes frequently end abruptly, pushing cyclists into general traffic lanes. Additionally, many bike lanes suffer from poor maintenance, including faded markings and debris, and inconsistent design standards vary widely across neighborhoods.

This fragmented infrastructure increases the risk of collisions and can cause drivers to panic or fail to realize they have hit a cyclist, contributing to the high rate of hit-and-run crashes.

Urban Sprawl and Easy Escape Routes

Covering over 4,000 square miles, Los Angeles' sprawling urban landscape includes countless side streets, alleys, and freeway ramps, offering multiple escape routes for drivers fleeing crash scenes. Unlike more compact cities, LA's size and complex road network allow drivers to blend into heavy traffic or quickly take alternate routes.

This, combined with inconsistent surveillance camera coverage and delayed police response times, reduces the likelihood of apprehension after a hit-and-run incident.

Lack of Police Enforcement and Reporting

LAPD often doesn't respond unless a cyclist is seriously injured or killed. This lack of accountability emboldens reckless and uninsured drivers.

As detailed in our article on [LAPD's new traffic collision report policy](#), the department has significantly scaled back its response to traffic collisions. This policy creates a situation where many drivers are aware that causing a "minor" crash with a cyclist, even if they're at fault, is likely to result in no police response or investigation. This knowledge reduces the perceived consequences of leaving the scene.

Nighttime Risk

More than half of LA's fatal bike crashes happen at night, often on poorly lit streets, increasing the likelihood of a collision and making it harder to identify fleeing drivers.

Los Angeles has numerous streets with:

- Long stretches between crosswalks or traffic signals
- High-speed traffic despite pedestrian and bicycle presence
- Limited visibility at intersections and crossings

These conditions create a perfect storm for nighttime hit-and-run crashes, where drivers may have reduced visibility, higher speeds, and greater confidence that they won't be identified if they flee.

Impaired and Unlicensed Drivers

Los Angeles has one of the nation's highest rates of uninsured drivers. Many drivers are impaired, undocumented, or driving illegally, and they often flee crash scenes to avoid arrest.

For these individuals, fleeing is perceived as less risky than remaining at the scene, especially given the generally low clearance rates for hit-and-run cases.

Traffic Congestion and Road Rage

LA's notorious traffic jams foster aggressive, distracted, and impulsive driving behaviors. Drivers frequently make sudden lane changes, speed when gaps appear, and become frustrated or reckless. When these drivers strike cyclists, they may flee the scene to avoid facing legal consequences. This combination of congested roads and aggressive driving further increases the risk of hit-and-run crashes.

Continue on the link below to read about how to protect yourself and how a hit and run accident attorney can help you get justice

READ THE FULL ARTICLE HERE:

<https://www.bikelegalfirm.com/hit-and-run-bicycle-accidents-in-los-angeles>

Bicycle Etiquette

ARE YOU RIDING UP FRONT?

- When stopped at a stoplight and the light turns green, **DO NOT STAND UP ON YOUR PEDALS** AND MAKE A HARD EFFORT forward. Remember, the cyclists behind you have a long way to catch up after the yo-yo effect of starting off one row at a time. Stay in your saddle and pedal softly until you know everyone is together.
- Do not run red lights or stop signs.
- Do not run 'yellow' lights, as this leaves the group behind you in the red light zone as they pass through the intersection.
- PAY ATTENTION as you're approaching a light, call out if you're stopping, then stop cautiously.
- **Know the route.** If you're up front you have a responsibility to know the route and be familiar with the area.
- Call out all obstacles for the cyclists behind you.
- Model excellent group ride etiquette.

Events to Consider

Tour de Big Bear - 8/2/25 - NOW OUR AUGUST REMOTE RIDE!

<https://tourdebigbear.com/>

Get signed up! There is an event for everyone

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

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/> for login information, or email elaine.gronberg@r5ciclismo.com for help.

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

July Birthdays

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

Kathy House 4th

Jason Huang 14th

Floh Wasko 26th

Visit our Social Media Platforms:



Copyright © 2025 R5CICLISMO, All rights reserved.

You are receiving this email because you opted in via our website.

For any questions, email us at info@r5ciclismo.com

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

