
R5CICLIS

September 2025

Monthly Newsletter



Las Pulgas!

Your Club Needs You!

Please Volunteer!

The R5Ciclismo Board of Directors Election is coming up in November **NOMINATIONS ARE NOW!**

Board positions last for one year and include: President, Vice President, Treasurer, Communications, and Secretary.

THREE BOARD POSITIONS WILL BE AVAILABLE FOR NEXT YEAR! 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 only 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 ELSE IN THE CLUB WHO YOU THINK WOULD BE A

GOOD FIT!

**EMAIL info@r5ciclismo.com WITH
NOMINATIONS OR QUESTIONS!**

**DID YOU KNOW THAT THERE ARE MANY OTHER
WAYS TO VOLUNTEER AND HELP THE CLUB? THESE
COULD INCLUDE:**

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

Contents

September Ride Calendar

Hill Repeat Ride SEASON FINALE Sept 10!

Sunday Spin - Irvine to Orange, Paris Baguette Bakery

**Bicycle Safety - Best Biking Cities in the U.S.
2025**

Bicycle Etiquette - Why?

Events to Consider

2025 Membership Registration

**Year-Round Team Kit Store - JAKROO Jersey
Change**

Ride Waiver

Member Birthdays - September

September Ride Calendar

RIDE CALENDAR LINK (website)

9/3 - Wednesday - R5 HILL REPEAT RIDE - all levels, all bikes
(6:00pm SHARP, Board&Brew Start)

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

****Bring lights!**

9/6 - Saturday - R5 Group Ride - Route #9

(7:45am, STAGE21 Start)

Newport Coast/Shady Cyn/Portola Climbs

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

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

9/10 - Wednesday - LAST R5 HILL REPEAT RIDE OF 2025!

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

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

****Bring lights!**

9/13 - 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>

9/20 - Saturday - R5 Group Ride - Route #11

(7:45am BOARD&BREW Start)

**Aliso Viejo/Laguna Niguel Hill Repeat Climbs/Dana Point
Cove Rd.**

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

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

9/27 - Saturday - R5 Group Ride - Route #1

(7:45am IRVINE Start)

Seal Beach OAB

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

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

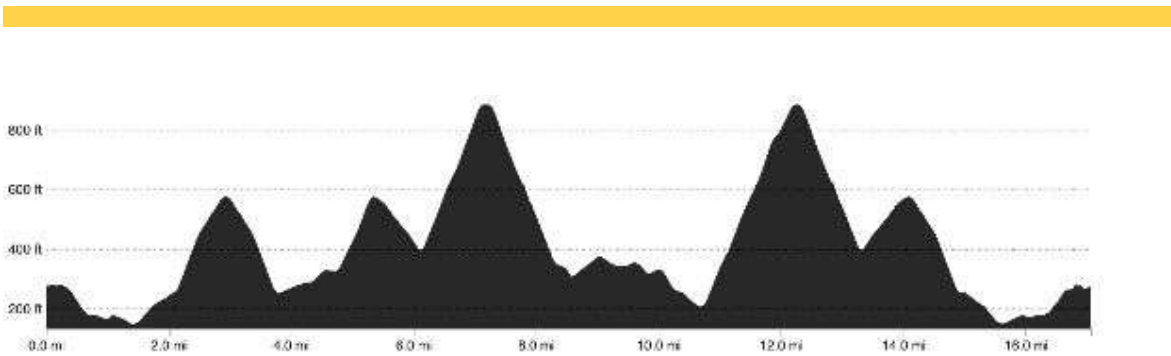
**9/28 - Sunday - SUNDAY SPIN - Irvine/Orange/Paris Baguette
Bakery**

<https://ridewithgps.com/routes/50461298>

Wednesday Night Hill Repeat Ride

SEASON GRAND FINALE!

9/10/25



The R5CICLISMO HILL REPEAT RIDE 2025 season is coming to an end! JOIN US FOR THE GRAND FINALE on 9/10! 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!! It's dark at the end!

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

Distance – 17 miles

Elevation Gain – 2381 ft

September Sunday Spin

SEPTEMBER SUNDAY SPIN Irvine Start

**Loop through Orange
Paris Baguette Bakery at the
Finish.**

<https://ridewithgps.com/routes/50461298>

30 mi.

1300 ft.



MENU LINK: <https://parisbaguette.com/menu/>

Bicycle Safety

Best Biking Cities in the U.S. 2025

PeopleForBikes Releases New Rankings

Written by Mila Alinson



Top-Ranked Small Cities for Cycling in 2025 (<50,000 population)

1. **Mackinac Island, MI** — 100 (first perfect score)
This car-free island achieved cycling perfection through its complete ban on motor vehicles and comprehensive network of bike-friendly paths. Visitors and residents alike enjoy the freedom of biking safely throughout the entire island.
2. **Provincetown, MA** — 96
This compact coastal town at the tip of Cape Cod offers excellent connectivity, slow street speeds, and a culture that embraces cycling as a primary mode of transportation.
3. **Sauk City, WI** — 90
Wisconsin's oldest incorporated village has invested heavily in connecting its bike network to regional trails and implementing traffic-calming measures throughout the town.
4. **Springdale, UT** — 89
Gateway to Zion National Park, Springdale has transformed with the addition of protected bike lanes and path connections that serve both tourists and locals.
5. **Washburn, WI** — 89
This Lake Superior community has prioritized cycling infrastructure that connects residential area

Best Medium-Sized Biking Cities in the U.S. (50,000–300,000 population)

1. **Davis, CA** — 81
Long considered America's cycling capital, Davis maintains its lead through continued innovation, including the nation's first protected intersections and an extensive network of separated bike paths.
2. **Berkeley, CA** — 73
Berkeley has dramatically expanded its protected bike lane network and implemented numerous low-stress bicycle boulevards throughout residential neighborhoods.
3. **Corvallis, OR** — 71
Home to Oregon State University, Corvallis has created a comprehensive network of bike

- lanes and paths that connect the campus to downtown and residential areas.
4. **Boulder, CO** — 70
Boulder's 300+ miles of bikeways and innovative intersection treatments make it a standout in the mountain west region.
 5. **Cambridge, MA** — 68
This historic city has transformed from a car-centric to a bike-friendly one through the aggressive implementation of protected bike lanes and traffic calming measures.

America's Most Bike-Friendly Large Cities (>300,000 population)

1. **Brooklyn, NY** — 73 (new #1)
Brooklyn has overtaken Minneapolis as America's top large city for cycling, thanks to an expanding network of protected bike lanes and traffic calming measures. The borough is home to the largest share of New York City's 1,550-mile bike network, and an impressive 99% of residents live within a one-mile radius of a bike lane.
2. **Minneapolis, MN** — 72
Despite losing the top spot, Minneapolis continues to excel with its extensive trail system, protected downtown bike lanes, and winter maintenance program that keeps cycling viable year-round.
3. **Seattle, WA** — 66
Seattle has accelerated the implementation of bike infrastructure, focusing on connecting neighborhoods with protected facilities despite its challenging topography.
4. **Queens, NY** — 63
Another NYC borough makes the list with its expanding network of protected lanes and greenways connecting diverse neighborhoods.
5. **San Francisco, CA** — 63
Despite its hills, San Francisco has created an increasingly connected network of protected bike lanes and slow streets that make cycling a viable option for many trips.

**TO READ THE FULL ARTICLE,
INCLUDING How the PeopleForBikes
City Ratings Work
continue reading HERE:**

<https://www.bikelegalfirm.com/best-biking-cities-us-2025>

Bicycle Etiquette

Why we keep repeating ourselves

It can be 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 if you have questions.

Let's Ride!

Events to Consider

BOTH THIS WEEKEND!

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

Jakroo has Changed the Forza



PLEASE NOTE

The JAKROO Forza Jersey has changed to the 'Forza 2.0': *'Upgraded fabrics, clean-finish construction, and a performance-ready fit. It's breathable, ergonomic, and smartly detailed — perfect for riders and teams who want comfort without compromise across every mile. With an improved fit, anti-sag back fabric, and smart pocket placement, it's engineered for high-mileage training, event weekends, and club-level consistency'.* Both the R5CICLISMO Black and White Forza

Jerseys have been updated to the Forza 2.0.

In addition, our Nova Pro Race Jersey is now offered in Black *and* white versions. Both the Forza 2.0 and the Nova Pro can be found in the Team Store which is open Year Round with Jakroo. 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

September Birthdays

Join us in wishing your clubmates a
Happy September Birthday!

Shane Ellis 2 Sep (happy belated!)

Elaine Gronberg 4 Sep

Jeff Dye 11 Sep

Anthony Murray 14 Sep

Lamese Snow 15 Sep

Roger Arendse 20 Sep

Mitchell Thomas 21 Sep

Joe Elwood 27 Sep

Nancy Poulalion 29 Sep

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](#).

