



**November 2025**

# **Monthly Newsletter**

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# **Board Nominations/Election**

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**R5CICLISMO BOARD of  
DIRECTORS**

**NOMINATIONS**

**Last Day is November  
13th**

**The following members have been nominated thus far:**

**Jeff Dye**

**Roberta Chatard**

**Rick Lopes**

**"Floh" Claudia Wasko**

**Suzie Givens**

**Craig Rubenstein**

**Maria Szweminska**

**Susan Sloan Velez**

**John Condia**

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

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## **ELECTION**

**November 14th -  
November 22nd**

**Be on the lookout for an email from 'Election  
Runner'**

**PLEASE VOTE!!**

## **November Ride Calendar**

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**RIDE CALENDAR LINK (website)**

**11/1 - 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:** turn around at any point, as the route is out-and-back.

**11/8 - Saturday - R5 Group Ride - Route #6**

**(7:45am STAGE21 Start)**

**Cooks Corner/Live Oak/Coto/San Clemente**

**Long:** <https://www.strava.com/routes/3090346146602952838>

**Short:** Split 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.

**11/15 - Saturday - R5 Group Ride - Route #7**

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

**Corona/Anaheim Hills/Villa Park/Orange**

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

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

Short route skips Green River Rd and loops back onto the Santa Ana River Trail, E.La Palma Ave and the rest of the Long Route's way back.

**11/22 - 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>

**11/29 - Saturday - R5 Group Ride - Route #9**

**(7:45am STAGE21 Start)**

**Newport Coast/Shady Canyon/Portola Climbs**

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

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

# Bicycle Safety

# California Bike Lanes and Bike Infrastructure

## *Why Safe Bikeways Matter*

*Written by Mila Alinson*



### Why Protected Bike Lanes Are the Safest

**Protected lanes eliminate the most dangerous conflicts on California roads, including side-swipes, right hooks, and dooring. By physically separating cyclists from moving traffic, protected bikeways reduce crash risk up to 90% compared to no bicycle infrastructure.**

**Studies show that safe bicycle infrastructure directly influences ridership. About 60% of the population is “interested but concerned” about biking, and 80% of those say they would only feel comfortable cycling on streets with separated or protected bike lanes. This means building protected bikeway facilities isn’t just about safety; it’s key to encouraging more people to ride.**

**According to the NACTO Urban Bikeway Design Guide and the Protected Bike Lanes Study, **upgrading a traditional class II bike lane to a class IV protected****

**bike lane can reduce motor vehicle–bicycle crashes by more than 50%.**

**Further evidence from PeopleForBikes confirms that cities with protected bike lanes experience 44% fewer fatalities for all road users and 50% fewer serious injuries. Together, these findings demonstrate that protected bike lanes make streets safer not just for cyclists, but for everyone.**

**Read more of Mila's Article Here:**

**<https://www.bikelegalfirm.com/california-bike-lanes-bicycle-infrastructure>**

# Bicycle Etiquette

## Peloton Positioning

- **Maintain your place in the peloton, even at stoplights. This means that you stay in the same 2-by-2 formation that you have been in during the ride. There is no reason to bunch up at stoplights, to try to move to a different position in the group or weave your way through cars to get to the front. Staying in the 2-by-2 formation helps make the group more predictable to automobile drivers, as well as to each other, thus keeping the group safer.**
- **On single-lane roads or narrow roads without a shoulder or bike lane, always ride single file, as far to the right as safely possible.**
- **Watch the bike in front of you, and protect your own front wheel. This is your safety zone and your responsibility.**

- Stay directly behind the bike in front of you, following the same path that they do, within a safe, braking distance. For less experienced riders this could be several feet.**
- **When climbing, please leave a greater distance between you and the rider in front of you, in case that rider gets up out of the saddle. This can often make them slow initially and cause you to hit them from behind.**
  - **No half-wheeling. Half-wheeling is when a rider's front wheel overlaps the rear wheel of the rider in front of them. If either rider swerves, turns, or gets out of the saddle for climbing, the above-mentioned wheels may rub or hit each other, most often causing the rider behind to go down.**
  - **Keep your hands on your handlebars, fingers wrapped around the bars or hoods at all times, and preferably not on top of the bars (unless climbing).**
  - **Where to regroup - The Ride Leader will explain the regroup points before and during the ride. These stops are kept brief, usually just for bathroom breaks and water refills. If you are unable to keep the peloton's pace, you may be able to reconnect with them at the regroup or rest stop. If not, or if you change your route, please contact someone on the ride and let them know.**
  - **We will break into different pace groups on some rides, depending on the riders attending that day. This may happen at the beginning of the ride or at a rest stop. Please communicate clearly which pace group you will ride with, so the ride leaders know who is in their group, and safely position yourself with that group. Riders in our fastest group are often able to maintain an 18-23+ mph pace.**

# **2025 R5CICLISMO Membership**

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**2026  
R5CICLISMO CYCLING CLUB**



# **MEMBERSHIP OPENS**

**December 1**

**at \$35**

**From February 1**

**\$40**

## **EVENTS/ACTIVITIES THE NEW BOARD WILL CONSIDER**

**ROUTES 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 **NEW BOARD, NEW KITS?****

# **Year-Round Team Kit Store**

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**Both the R5CICLISMO Black and White Forza Jerseys have been updated to the NEW 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.**

**Winter is coming! We have a lightweight, packable vest, windbreaker, gloves, neck gaiter 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**

## **November Birthdays**

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

**Holly Gabel 7**

**Hans Vandongeren 7**

**Carlos Azalde 9**

**Shelley Grebner 10**

**Rick Grebner 13**

Mark Denney 16

Jose Aguirre 25

### Visit our Social Media Platforms:



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