

R5CICLIS

October 2025

Monthly Newsletter



Wednesday Night Hill Repeat Ride. Over for the Season!

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Board Nominations/Election

**R5CICLISMO BOARD of
DIRECTORS ELECTION
NOVEMBER 14th -
NOVEMBER 22nd, 2025**

**NOMINATIONS END
November 13th**

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

October Ride Calendar

RIDE CALENDAR LINK (website)

10/4 - Saturday - 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>

10/11 - Saturday - R5 Group Ride - Route #3

(7:45am STAGE21 Start)

Santiago Cyn Clockwise/Coto de Caza

Long: <https://www.strava.com/routes/3295620652483846426>

Short: <https://www.strava.com/routes/3314496668081317306>

10/18 - 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>

10/25 - Saturday - R5 REMOTE RIDE

(7:15am DANA POINT Start)

Dana Point to Torrey Pines and Back

Long: <https://www.strava.com/routes/3257531180819857012>

Short: 1) Turn back at any time, or 2) Ride one direction and take the Amtrak train back (must book ticket and bike spot ahead of time on [Amtrak.com](https://www.amtrak.com)).

10/26 - Sunday - SUNDAY SPIN - SUNDAY SPINS ARE

CANCELLED FOR THE REST OF THE YEAR DUE TO LOW
TURNOUT.

Sunday Spins Cancelled

**OUR HIGHLY REQUESTED,
BUT LOW ATTENDANCE
SUNDAY SPINS have been
cancelled for the rest of the
year.**

October Remote Ride

OCTOBER REMOTE RIDE

A Coastal Century!

Dana Point to the Top of Torrey Pines and Back



MEET: 7:15am
PRE-RIDE INFO: 7:25am
ROLL: 7:30* SHARP
***PLEASE NOTE - EARLIER START TIME!**

Dana Point to the top of Torrey Pines and back!

We will meet in Dana Point near the Ocean Institute. Just before you arrive at the Ocean Institute there are FREE parking lots on either side of Dana Point Harbor Drive (do NOT park in the Ocean Institute parking lot - you will be towed!). There is also a bathroom building and water, which is where we will meet and start the ride.

PARKING: [24198 Dana Point Harbor Dr, Dana Point, CA 92629](#)

MEETING LOCATION: Restrooms at [24200 Dana Point Harbor Drive. Dana Point, CA 92629](#)

ROUTE: <https://www.strava.com/routes/3257531180819857012>

R5 Hundy- Dana Point to Torrey Pines

We will take the freeway on this ride, as not everyone has a base passes. Traffic is usually moving slower than riders on Saturday mornings, so it feels much safer. The ride leaders will talk about safety before the ride. We can do the 1st bathroom stop when we get to Oceanside, or the last bathroom in San Onofre if needed.

Lunch stop at Del Mar Liquor and Deli, *on the way back* from the turn around at top of Torrey Pines. The Strava route above shows the lunch stop.

Another bathroom break in Oceanside before getting back on the freeway or plenty of other places to stop if we need to beforehand and also when we get to San Onofre.

DISTANCE: 101.8 miles

ELEVATION: 3270 ft

LEVEL: Intermediate-Advanced

AVG SPEED: 16-26mph*

* Please bring a similar-pace friend to ride with.

BE PREPARED: With a tuned-up bike, extra tubes and CO2, extra hydration, and nutrition.

ROUTE OPTIONS - Folks who want to do a shorter ride have the option to:

- 1) Turn back at any time, or
- 2) Ride one direction and take the Amtrak train back (must book ticket and bike spot ahead of time on <http://www.amtrak.com>).

You do NOT have to be a member of R5 to ride with us, however, we do ask that you sign our Ride Waiver. **ALL RIDERS MUST SIGN A WAIVER EACH CALENDAR YEAR!**

Pro Training Tips

How to Become a Faster Cyclist: Pro Training Tips to Boost Speed & Endurance

Written by Mila Alinson



- **Smarter Training & Recovery** – How to maximize every ride and avoid overtraining.
- **Fueling for Performance** – Nutrition strategies to sustain energy and improve endurance.
- **Tech & Tools** – The best gear, apps, training plans, and techniques to track progress and get results.

1) Set Effective Goals

Why Goals Matter

- Goals **provide structure**—eliminating the "just ride and hope" approach.
- Goals **increase focus**—helping you target specific areas like endurance, average speed, or bike handling.
- Goals **boost motivation**—because nothing feels better than hitting a milestone.

SMART Goals Framework

Vague goals lead to vague results. Instead of saying, "I want to get faster," make it **SMART**:

- **Specific** – Define what you want to improve (e.g., speed, endurance, power).
- **Measurable** – Use data (e.g., power meter, average speed, cadence) to track progress.
- **Attainable** – Set a challenging but realistic target.
- **Relevant** – Align goals with your cycling ambitions, whether it's racing, endurance, or fitness.
- **Time-Based** – Give yourself a deadline.

Example SMART goal: Increase average speed by 2 mph over 3 months by following a structured interval training plan and tracking progress with a heart rate or a power meter.

Types of Goals

- **Short-Term** – Weekly mileage targets, mastering HIIT for cyclists, or improving cadence.
- **Intermediate** – Completing a metric century, hitting a new power output, or finishing a Zwift training plan.
- **Long-Term** – Preparing for a race, improving cycling endurance for a 100-mile ride, or conquering a major climb.

Control What You Can

Many riders chase results they can't control—like winning races. Instead, **focus on the process**:

- **Performance Goals** – Improve cadence, increase power output, or lower rolling resistance.
- **Process Goals** – Stick to a weekly cycling training plan, optimize recovery time, or refine bike handling skills.

...CONTINUE READING THE FULL ARTICLE, *which includes:*

- 2) Build Fitness with a Balanced Training Plan
- 3) High-Intensity Interval Training (HIIT)
- 4) Track Your Cycling Performance with the Right Devices
- 5) How Indoor Cycling Can Help You Become a Faster Cyclist
- 6) Strength Training for Cyclists
- 7) Nutrition and Hydration
- 8) Recovery Practices
- 9) Training Plan Options by Cost
- 10) Lifestyle Adjustments for Better Cycling

<https://www.bikelegalfirm.com/how-to-become-faster-cyclist>

Bicycle Etiquette

Group Ride Etiquette

Wheels and Handlebars

- **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 or yards.**
- **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 cause them to slow initially, causing you to hit them from behind.**
- **No half-wheeling (cross-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 or turns, 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).**
- **Never ride 'handsfree' in a group as a single pebble or bump could cause you to lose control of your bike and wobble or crash, along with many behind you.**

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](#)

October Birthdays

Join us in wishing your clubmates a
Happy October Birthday!

Belinda Kouche 1-Oct

Dave Stefanides 2-Oct

Oscar Cervantes 5

Dale Lahodny 5-Oct

Susan Gruhn 13-Oct

Jeremy Chadwick 15-Oct

Dave Dorr 20-Oct

Visit our Social Media Platforms:



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