



December 2025

Monthly Newsletter

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Election Results

**Please Join us in
Welcoming the 2026
R5Ciclismo Board of
Directors!**

**The results of a very close 2026 Election are in!
The following 5 people have been elected to
the 2026 R5Ciclismo Board:**

**SUZAN GIVEN
JEFF DYE
CLAUDIA WASKO
JOHN CONDIA
SUSAN SLOAN-VELEZ**

**Welcome to a great mix of talent and experience!
We are looking forward to a fantastic 2026.**

***At this time we would like to thank all of this
year's Nominees. We appreciate each and every
one of you for considering a leadership role in the
club, volunteering your time, and 'showing up'! We
are here because of volunteers, and we appreciate
all of you!***



December Ride Calendar

RIDE CALENDAR LINK (website)

12/6 - Saturday - R5 Group Ride - Route #1

(7:45am, IRVINE Start)

Irvine to Seal Beach OAB

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

Short: turn around at any point, as the route is out-and-back.

12/13 - 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>

12/20 - 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>

12/27 - Saturday - REMOTE RIDE - TOM'S FARM Temescal Valley

(7:15am IRVINE Start)

Anaheim Hills/Corona/Tesescal Valley OAB

Route: <https://www.strava.com/routes/27970489>

December Remote Ride

DECEMBER REMOTE RIDE

TOM'S FARMS!

Saturday Dec 27, 2025

PLEASE NOTE EARLY START TIME!

START: Starbucks at Woodbury Town Center, Irvine

MEET: 7:15am

ROLL: 7:30am* SHARP!

ROUTE: <https://www.strava.com/routes/27970489>

This is a challenging ride through Corona, down to Temescal Valley and Tom's Farms. 2025 and 2026 R5CICISMO Members will be provided lunch at the turnaround point. After lunch, return to Irvine by riding back through Anaheim Hills/Orange/Villa Park.

As with all of our Remote Rides, each cyclist must come prepared with the route map downloaded to their GPS device (or a paper map!), extra tubes, CO2, plug kit (if tubeless), multitool, and extra hydration and nutrition for the entire ride. We encourage tail lights for safety and an extra layer of clothing for the morning. Please make sure your bike has had a proper safety check (tires, brakes, proper cleaning and lube, bolts torqued to spec, batteries charged, etc) before partaking in a long, out-of-town ride such as this.

DISTANCE: 78 miles

ELEVATION GAIN: 4640 ft

LEVEL: Intermediate-Advanced

AVERAGE SPEED: 16-23mph*

**Please consider bringing a same-paced buddy to ride with if you're not confident in the average pace.*

You do NOT have to be a member of R5 to ride with us. However, prior to participating in our group rides, we kindly ask all NON-MEMBERS to sign our Ride Waiver: <https://waiver.smartwaiver.com/w/cmgyrr7z2iervtxxanpz9s/web/>

Holiday Party!



SAVE THE DATE!

R5CICLISMO HOLIDAY PARTY

at the **Kouche-Kerst Home**

Saturday January 10th, 5pm

Prepare to be amazed at the talent and generosity of

*hosts Belinda Kouche and Michael Kerst! Evites will
be sent to all 2025 and 2026 Club Members.*

2026 R5Ciclismo Cycling Club Membership

2026

**R5CICLISMO CYCLING
CLUB MEMBERSHIP
IS
NOW OPEN**

\$35

Early Bird Price

Now Through January 31st

\$40

February 1st

**Come Join Us! Saturday Group Rides,
Remote Rides, Ladies Rides, Sponsor
Discounts, Riding Buddies, Parties!**

Bicycle Safety

What To Do After a Bicycle Accident



WHAT TO DO AFTER A BICYCLE ACCIDENT

Contact our trusted and experienced cycling accident attorneys at Bike Legal.

Even if you equip yourself with safety gear and practice all the necessary precautions, bicycle accidents can and do still happen. During such a traumatic moment, you might find yourself completely disoriented and at a loss for what to do.

If you find yourself involved in a cycling accident, here are some practical tips to remember:

1. Take Stock

Did you hit your head? Can you remember your name and the date? If you are with someone who crashes, these are important questions to ask. If you are alone and able to see and speak, please call for help and move out of the road if possible.

2. Call 911 and request that a police officer and paramedics be dispatched to the scene of the crash

Once the paramedics arrive, please communicate as clearly as possible with the paramedics. Ask the responding police to write up a traffic collision report. If a police report is not filed, you may face difficulties in filing an insurance claim. Get the business card of the responding police officer for reference.

3. Exchange Information

Get the following information from the driver, witnesses, and all parties involved: name, address, phone number, driver's license number, license plate number, car make and model, and insurance information. Never negotiate with the driver of the vehicle—no matter who may be at fault.

4. Preserve Evidence

Use your phone to take photos of your injuries, your bike, and the scene of the crash. This way, you can show the pictures to your bike injury lawyer later. Put everything in writing: make notes as detailed as possible regarding date, time, place, how the crash occurred, and any information regarding your case. Draw a diagram of the positions of everyone involved in the crash.

Keep and photograph your clothing, gear, and any accessories you were wearing when during the crash. Do not wash them.

It is important to take photos of your bike before it is taken to a bike shop for an estimate of damages and/or repairs. If you need assistance in finding a reputable bike shop, our legal team can help you with trusted recommendations.

Contact Bike Legal at 1-877-BIKE LEGAL
<https://www.bikelegalfirm.com/>

Bicycle Etiquette

COMMUNICATION & SIGNALS

('voice' signals - hand signals)

- Remember, all signaling, voice and hand, must continue all the way down the peloton. In a group, we find that loudly calling out obstacles gets more riders' attention. You may also point to the object when safe to do so. Again, each person down the peloton should shout out the warning, and point to it if possible.
- The earlier you point out an obstacle, the better. If you are in front, be sure to keep your eyes on the road ahead and call out/point out obstacles as soon as you see them.
- '**Slowing!**' - Palm of the hand open and facing the ground, moving with an up and down motion.
- '**Stopping!**' - Right hand open, resting on your bottom, the palm of your hand facing the rider behind you. Alternately, a closed fist on your bottom or pointing towards the ground.
- '**Light up!**' can also be used to warn the group if slowing or stopping is occurring due to a traffic light turning yellow/red.
- '**Split!**' - No associated hand signal. Sometimes the group will be split at a light and the Ride Leader may not know that a split occurred. If you're in the front group and become aware of a split happening behind you, call out 'split!' all the way up the line to the RL, and they will usually slow the group down to a soft pedal, until the split group catches back up.
- '**Right side!**', 'center!' or 'left side!' - Point to the object. Used to call attention to an obstacle (gravel/sand/glass/pinecone/branch/a slower rider, etc), so that riders further back in the peloton do not hit

the obstacle. For example, an unseen rock, pinecone or hole can cause a rider to crash, often bringing down other riders nearby or behind. For sand or gravel a lowered, open hand waving back and forth can be used (mimics sliding). If the obstacle is a parked car, point to the car and wave/pull your arm backwards towards the riders behind you while yelling 'right side! Or 'door! right side!'. It is also appropriate to call out what the obstacle is, so the other riders can be on the look-out. For example 'Sand, right side!', 'Hole, center!', 'Glass! right side!', or 'Rider! Right!'.

- **'Single up!'**, 'double up!' - Signal is one finger in the air, or two fingers in the air...usually used at the same time as voice signal). This is used when the riding area has narrowed ('single up!') or when it is safe to ride two-by-two again ('double up!').
- **'Take the Lane!'** - is a voice signal given by the Ride Leader when the bike lane or shoulder is unsafe (debris, too narrow, parked cars, etc), and after he/she has looked to make sure the car lane is safe to merge into. All riders behind should individually look for cars as well (being mindful of any riders in front of them who may be slowing...it can be tricky), call out 'taking the lane!' and move into the lane cautiously. Continue in the two-by-two formation and observe all ride etiquette once in the car lane. Usually the RL will make their way toward the bike lane again when it is safe to do so, and the group should follow.
- **'Rolling!'** (continuing through at an intersection, for example) - 'Rolling!' is yelled out, followed by a hand signal - usually one finger in the air pointing front and back. This should be used by the Ride Leader when a red light that the group was stopping for has changed to green before the group arrives at a stop. Others follow suit and signal as well, and continue on through the green light. Sometimes the RL will use the signal 'rolling!' to let the group know to start off together (after a mechanical stop, after a rest stop, or even if the group has been stopped at a red light). This will help to gain the group's attention and help them start and move together.
- **'Right turn!'** or **'left turn!'** - When there is a turn (right/left) coming up - Hand signal is the right arm pointing straight out to the right (some point their finger too), or the left arm pointing straight out to the left. Always check over your shoulder for cars before making a

left turn or leaving the bike lane. Keep your distance from the bike in front of you so you don't hit them while looking back. It is each individual's duty to check for cars themselves.

- **'Clear!'** - no associated hand signal. We do not recommend the use of the signal 'clear!' on a group ride. Each individual rider should check for cars themselves before moving into a car lane. It can happen that a person ahead of you did not see a car but by the time you move left a car has approached, putting you in a perilous position, or they simply did not see a car already there. You are responsible for your own safety in this situation. Always check for yourself, regardless of others calling out 'clear'.
- **'Clear'** exception - when a rider is trying to regain a place in the peloton, has looked to make sure there is space between two bikes, and has used a pointing hand signal showing intention to move into the group, the rider behind may say 'clear' to acknowledge they know the first rider is moving in, and they agree that there is room for said rider.
- **'Mechanical'** - voice signal is **'mechanical!'** or **'flat!'** for example. This is a signal to stop made by the group when a rider has a problem with their bike which can include any mechanical issue; flat tire, dropped chain, etc. After calling out, maneuver carefully to a safe place at the side of the road or sidewalk. Do not brake too quickly which could impact riders behind you. Instead, use all appropriate signals, and carefully move to the side. The group should pass the voice signal up to the Ride Leader so that everyone stops and the mechanical situation can be assessed. The group should always stop in a safe place or get off the road altogether if the bike lane or shoulder is unsafe, crowded, or more cyclists are coming.
- **'Rider up', 'walker up!', 'runner up!'** - means someone is coming in the opposite direction (usually on a bike or multi-use trail), so heads up, be aware, stay on your side and in your lane. The RL may also call out which side the approaching person is on, such as 'runner up! Right side!' so the group knows to move away and keep an eye out for that person.
- **'Car up'** - means a car is coming towards you, in the opposite direction, and all should be aware.

- **'Car back'** - means a car is coming from behind. This is especially useful when on a narrow road without a bike lane, or when the group has 'taken' the lane. Anyone who hears vehicles coming from behind should call out so all riders know to stay steady and as far to the right side as is safe.

**REMEMBER, SIGNALING MUST CONTINUE
ALL THE WAY DOWN OR UP THROUGH THE
PELTON!**

Year-Round Team Kit Store



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 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

December Birthdays

Join us in wishing your clubmates
a
Happy December Birthday!

Erin Ludwig Dec 1

Robert Campbell Dec 1

Roberta Chatard Dec 10

Kris Sennesael Dec 27

Richard Lopes Dec 31

Visit our Social Media Platforms:



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