



January 2026

## Monthly Newsletter

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# January Ride Calendar

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RIDE CALENDAR LINK (website)

**1/3 - 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>

**1/10 - Saturday - R5 Group Ride - Route #5**

**(7:45am LAGUNA NIGUEL Start)**

**Dana Point/San Clemente/Las Pulgas OAB**

**Long:** <https://www.strava.com/routes/3090344839164057058>

**Short:** **Short route riders can turn around at any time, rather than riding to Las Pulgas.**

**1/17 - Saturday - R5 Group Ride - Route #6**

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

**Cooks Corner/Live Oak/Coto/La Pata S/San Clemente**

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

**Short:** The short route riders split from the group 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.

**1/24 - Saturday - R5 Group Ride - Route #7**

**(7:15am IRVINE Start)**

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

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

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

**1/31 - Saturday - R5 Group Ride - Route #8**

**(7:45am LAGUNA NIGUEL Start)**

**Santiago/Silverado Canyons**

**Long:** <https://www.strava.com/routes/3090343929522208226>

**Short:** <https://www.strava.com/routes/3330114194613453534>

# Holiday Party!

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**RSVP NOW!**

**R5CICLISMO After-the-Holidays  
PARTY**

**at the Kouche-Kerst Home**

**Saturday, January 10th  
6-9pm**

*Prepare to be amazed at the talent and generosity of  
hosts Belinda Kouche and Michael Kerst! Enjoy  
Charcuterie, Pasta, Drinks, Dessert, and Sponsor  
Raffles!*

*Evites have been sent to all 2025 and 2026 Members. If*

*you haven't received yours, email*  
[elaine.gronberg@r5ciclismo.com](mailto:elaine.gronberg@r5ciclismo.com)

**PLEASE RSVP BY TUESDAY JANUARY 6th at  
MIDNIGHT**

# **2026 R5Ciclismo Cycling Club Membership**

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**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**

### **Car Door Bicycle Accidents**



#### **Who is Responsible When You Get Doored on a Bicycle?**

When you get doored on a bicycle, the responsibility often lies with the motor vehicle occupant who opened the door without checking for the oncoming cyclist. However, local traffic laws and circumstances can affect liability, indicating that each incident requires a detailed examination.

## Car Door Bicycle Accidents

This type of accident is often referred to as “dooring”, and occurs when a car door is suddenly opened on the driver’s side of a parked car.

Dooring accidents can cause an approaching cyclist to either hit the door or suddenly swerve to avoid it. This often results in a bicycle crash with possible injuries to the cyclist and bicycle damage.

In the event of car door bicycle accident, consulting with a bicycle accident lawyer is crucial. Firms specializing in bicycle law, such as Bike Legal, possess a wealth of experience in handling cases related to cycling incidents. Bike Legal has represented numerous clients who have been involved in dooring accidents and provided just compensation for their injuries and damages.

## Tips for Preventing Car Door Bicycle Accidents

Preventing car door bicycle accidents, commonly known as dooring incidents, involves measures to increase awareness and safety for both cyclists and motorists. Here are some strategies to help reduce the risk of these accidents:

### Strategies for Motor Vehicle Drivers and Passengers to Prevent Dooring:

- Awareness: Increase awareness of cyclists and other vulnerable road users who may be approaching nearby. An exiting motorist including drivers and passengers should always check mirrors and blind spots before opening the door.
- Dutch Reach Technique: As a driver or vehicle passenger, [The Dutch Reach Technique](#) is a simple yet highly effective method to prevent dooring incidents. When exiting a vehicle, instead of using your nearest hand to open the door, use your far hand. This action naturally turns your body, forcing you to spot approaching cyclists before fully opening the car door. (see image above)
- Legal adherence: Follow laws designed to reduce dooring, promoting careful and accountable behavior when opening vehicle doors.

### Strategies for Cyclists to Prevent Car Door Bicycle Accidents:

- Ride at a Safe Distance: As a cyclist, always ride at a safe distance from the door zone (near parked cars), leaving enough space to avoid a vehicle door that might open unexpectedly in the bicycle lane. A good rule of thumb is to stay at least 3-4 feet away from parked cars, which often means riding closer to the center of the bike lane when necessary.

- Stay Alert & Scan Ahead: Always be on the lookout for signs that a car door may open. This includes people sitting in parked cars, taxi passengers about to exit, and lights inside vehicles that indicate occupancy. By anticipating car doors opening, you can prepare to slow down or change your path safely.
- Equip Yourself for Safety: Equip bicycles with lights at both the front and rear. Wear bright and reflective clothing to boost your visibility to others. Being clearly visible to drivers and passengers alike can significantly decrease the likelihood of accidents that occur in the door zone. Furthermore, always wear a helmet to protect yourself.
- Utilize Technology: Consider using cycling-specific smartphone apps or bike-mounted devices that provide real-time alerts for potential hazards, including proximity to the door zone. Such apps use GPS to identify high-risk areas for dooring incidents, allowing you to plan safer routes or exercise increased caution in certain areas.

**READ THE COMPLETE ARTICLE HERE:**

<https://www.bikelegalfirm.com/info/car-door-bike-accidents>

**Contact Bike Legal at 1-877-BIKE LEGAL  
For Questions and a Free Case Review**

# **Bicycle Etiquette**

## **WHAT TO DO IN CASE OF A MECHANICAL**

- **Call out 'mechanical!' Do not brake suddenly. Pull over carefully, giving the appropriate 'stopping' signals.**

- **Riders should be prepared with their own spare tube, CO2, levers and a multi-tool (and darts, plugs, tubeless repair kit if you run tubeless).**
- **Each rider should know how to change their own flat tire.**
- **Regular bike maintenance can help avoid difficult mechanical situations. Please maintain your bicycle regularly, whether on your own or through your local bike shop (LBS) service department. Check brake pads and tires for wear, make sure you have fresh tubes (or add sealant every 3 months if tubeless), and regularly clean and lube the drivetrain. Pump tires to the appropriate PSI before each ride. If you ride through rain, always wipe your bike dry to avoid rust and corrosion. Rattles, creaks and loose items are not normal and should be checked out. Full bike tune-ups should be done once per year. Ask your LBS if you have questions about your bike's maintenance.**

## 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 gaitor 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**

**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**

## **January Birthdays**

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

Dori Lewis 15-Jan  
Scott Poulalion 30-Jan

## Visit our Social Media Platforms:



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