



October 2026

Monthly Newsletter

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Board of Director nominations! Run and serve! Nominate someone or yourself. Send your nomination to:

susan.sloan-velez@r5ciclismo.com

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Feature article from Bike Legal

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R5 Ciclismo Board of Directors Nominations

Election time is here! Run for office for a position with the Board of Directors. Serve your ride community.

October Rides

RIDE CALENDAR LINK (website)

Saturday Rides

New route rotation for 2026 started on February

7. Please download routes at links below.

The Saturday ride rotation was reduced to five routes starting on February 7. In addition, **ALL the Saturday rides (except remote rides on the last Saturday every other month) will start at Stage21 (our club sponsor).** This way, you always know where rides start and it will be easier for everyone to learn the routes. We also selected routes that are easier to keep the group together with less regrouping. We strive to make our rides welcoming and fun for as many as possible.

OCTOBER 31 REMOTE RIDE IS ESCONDIDO TO PALOMAR

10/3 - Saturday - R5 Group Ride - Route #5

(7:45am, [STAGE21 Start](#))

LCR/PCH/Newport Coast/Vista Ridge/Spyglass/Shady Canyon/Portola Climbs

<https://www.strava.com/routes/3448916413094144398>

10/10 - Saturday - R5 Group Ride - Route #1B

(7:45am, [STAGE21 Start](#))

Seal Beach OAB (modified route during PCH construction)

<https://www.strava.com/routes/3513886478782160240>

10/17 - SSaturday - R5 Group Ride - Route #2A

(7:45am, [STAGE21 Start](#))

Santiago Canyon/Coto de Caza

<https://www.strava.com/routes/3449115144475679786>

10/24 - SSaturday - R5 Group Ride - Route #3

(7:45am, [STAGE21 Start](#))

Back Bay/PCH/Laguna Canyon Road/Rancho Santa Margarita

<https://www.strava.com/routes/3448917293553188238>

10/31 - Saturday - R5 Group Ride - Mt Palomar Remote Ride SHORT ROUTE

(8:05 am, Harrah's Rincon resort and Casino on Valley Center Drive)

LONG ROUTE

(7:05 am, Frances Ryan Community Park - [390 Hidden Trails Rd, Escondido](#); 33.163132, -117.041166)

<https://www.strava.com/routes/26636493>

2026 R5Ciclismo Cycling Club Membership

**R5CICLISMO CYCLING CLUB
END OF SEASON
SPECIAL MEMBERSHIP PRICE**

\$25

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

Sponsors



FEATURE ARTICLE BY BIKELEGAL:

<https://www.bikelegalfirm.com/fhwa-removes-bike-lanes-safety-countermeasures>



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Year Round Team Kit Store

🚲 Team Store is open year round with Jakroo. 🚲

The link to the new kit store is [HERE](#).

E-mail info@r5ciclismo.com with any questions.



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. *2026 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
Dale Lahodny 5 Oct
Susan Gruhn 13 Oct
Dave Dorr 20 Oct
William Large 26 Oct



Photos courtesy of Scott Poulalion

Visit our Social Media Platforms:



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