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Quick News

- Get Ready for the Ultimate Cycling Sale of the Year! The Rock N Road Team-Only Event is Happening This Weekend, and You Won't Want to Miss It!
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- Join R5ciclismo Now to Gain Access and Enjoy Exclusive Discounts on Top-Brand Gear and Apparel. See Below for All the Details!
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- Ready to ride? Don't miss out on this Saturday's adventure starting at Rock N Road in Laguna Niguel at 8am! We'll be exploring La Pata South, San Clemente, Las Pulgas, and Dana Point. Note the starting location change and plan accordingly. See you at the starting line!
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Special Event

This Saturday, April 29th and Sunday the 30th.

Exclusively at Rock N Road! This weekend, join the elite ranks of R5ciclismo to score unbeatable discounts on the best cycling gear and apparel in the business. From top-of-the-line bikes to the latest accessories, Rock N Road has everything you need to dominate the road. We are grateful to our friends at Rock N Road for their support and for extending this exclusive offer to our members. So don't wait! This is your chance to gear up for your best rides yet! Join us now and let's pedal to victory!!!

We will be providing Rock N Road with a current R5ciclismo membership roster. You can also bring your emailed BikeReg.com Transaction Receipt from Billing@athleteReg.com as proof of membership.

Bikes - In Stock Only

Specialized - 25% off in stock bikes

**Specialized (No drop bar Shimano Drop bar) Epic -
15% off

3rd Party (Cannondale / Cervelo / Scott / Pivot / etc)
- 15% off

Santa Cruz - *use your best judgement

Parts & Accessories - In Stock Only

Specialized Products - 35% off all

3rd party - 25% off all in stock items

Exclusions

15% off Car Racks, Shimano accessories,
suspension, electronics

10% off Shimano components / parts

*Special Orders and Layaways do not apply for the
discounting

*Discounts cannot be combined with any current
markdowns or clearance items

Membership

Membership is Open!

Attention current and past members! If you haven't already, make sure to click on the link below to re-up your membership. We have some exciting team-only specials coming up soon in collaboration with Rock N Road and Fizik that you won't want to miss.

To streamline the process, we are using BikeReg to collect dues and waivers in one place. This will eliminate the logistical headache of trying to collect both through separate entities. Please note that BikeReg charges a small percentage, which will be added to the \$35 registration fee that remains unchanged from last year. Don't wait any longer to sign up and take advantage of these exclusive offers!

[R5Ciclismo 2023 Member Registration](#)

Saturday Rides



Starting at 8:00am - Saturday, April 29, 2023

Location: Rock N Road - Laguna Niguel

R5 La Pata South/San Clemente/Las Pulgas

The route starts at Rock N Road in Laguna Niguel and follows a clockwise path down to San Clemente, including an out-and-back section to Las Pulgas. On the return trip to Rock N Road, the route passes through Dana Point and San Clemente before heading back up via Alicia Parkway.

[Laguna Niguel Start - La Pata South /San Clemente/Las Pulgas Route](#)

Distance - 59 miles

Elevation Gain - 3141 ft

Starting Point Address:

[Rock 'N Road Cyclery Laguna Niguel](#)

LEVEL: Intermediate-Advanced

Avg 16-19mph

You do NOT have to be a member of R5 to ride with us.

Weekday Rides



Wednesday Hill Climbs

Join our "NO DROP" ride every Wednesday during Daylight Savings time.

Meet up at the Board n Brew located at 27000 Alicia Pkwy in Laguna Niguel, between Starbucks and Board n Brew.

We will depart promptly at 6 pm and finish by 7:30 pm, riding as a cohesive group. All levels of riders are welcome (Men, Women & Juniors). This is a great workout for everyone no matter what level you are.

Starting Point Address:

[Board & Brew -Aliso/North Laguna Niguel](#)

[Wednesday Hill Climbs Route](#)

It's an easy-paced, social group ride with re-grouping at designated spots. We'll re-group at the top of the 2nd hill (Niguel Rd) and the last hill (PID N), while at the bottom of the other hills (Highlands, PID S, and the optional Clubhouse). To keep the waiting to a minimum, you'll turn around and descend once the first rider reaches the top and passes you descending while you're still climbing. Trust us, this mid-week workout will be great for everyone!

We'll finish promptly at 7:30 pm as a group, giving you plenty of time to grab a bite to eat (and maybe a beer or two) at any of the food options available in the nearby food court.

For your safety and the safety of your fellow riders, please keep the following reminders in mind:

- Faster riders, please don't start the hills before the group. This cheats slower riders of the opportunity to make it up the hill, and it also shortens the re-group time.
 - Observe traffic signals and don't run yellow or red lights, especially when heading to the first climb on Highlands. If the group splits, the second group will not be able to get as far up the hill.
 - Pass slower riders on the left, and slower riders should stay to the right.
 - Always stay in the bike lanes. If you must get out of the bike lane to pass a fellow biker or avoid road hazards, check for cars first.
 - Be cautious on PID South, as there is a center divider with only a few places to turn around to descend. Watch out for cars in both directions when you turn to descend, and help your fellow riders by calling out if it's safe to turn around.
 - For those who want an extra challenge, the Clubhouse climb is optional and can be completed after we re-group at PID South on Alicia/PID. We'll send out the faster climbers who choose to tackle this climb about 1 minute ahead of the rest of the group. The rest of us will head out to do the last climb on PID North, aiming to finish before the Clubhouse climbers catch up with us. We'll all re-group at the top of PID before heading back to the finish together as a group.
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Thursday Endurance

Our Thursday morning endurance ride has been gaining momentum! We meet at the bridge crossing over to the San Diego Creek Trail at Colonel Bill Barber Memorial Park. From there, we ride a flat route that heads North along PCH through Huntington.

The ride is a steady zone 2/3 pace, perfect for endurance training. So, if you have some free time on Thursday mornings and want to challenge yourself with a group of riders, come join us!

Colonel Bill Barber Memorial Park - San Diego Creek Trail/PCH/Huntington Beach

Distance - 42 miles

Elevation Gain - 686 ft

[Thursday Endurance Route](#)

LEVEL: Advanced

Avg 18-21mph

You do NOT have to be a member of R5 to ride with us.



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