

R5CICLISMO

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Sending Warmest Wishes to all Mothers on this Special Mother's Day Weekend

Quick News

- **Two Lucky Winners to Experience the Ultimate Mountain Cycling Adventure at the Tour de Big Bear! Exclusive to Members Only - See Below for All the Details!**

- **Join or Renew Your R5ciclismo Membership Today: Open Registration Now Available! See Below for All the Details!**

- **Join Our Private Facebook Group - Exclusive for R5ciclismo Members!**

- **Explore Scenic Routes to Dana Point and San Juan Capistrano! Meet Us at Rock N Road in Laguna Niguel this Saturday at 8am!**

- **Special Easy 23 Mile Group Ride with a JD Flannels Stop for Delicious Donuts and Coffee. Meet Us at Rock N Road in Laguna Niguel This Saturday at 8am! See "Special Easy Ride" Below for Details!**

Tour de Big Bear Raffle



Tour de Big Bear: Ride of a Lifetime - August 5, 2023!

Our club title sponsor [Bike Legal](#) is giving away two FREE entries to this epic cycling event, and you could be the lucky winner. You must be an active member to win.

Simply click the button below and hit send for a chance to join the ranks of elite cyclists and experience the rush of conquering challenging mountain terrain.

Don't miss out on this incredible opportunity - enter now and get ready to take your cycling journey to new heights!

[More Information on Tour de Big Bear 2023](#)

[Enter the Tour de Big Bear Raffle](#)

Membership

Membership is Open!

Attention current and past members! Please take a moment to renew your membership by clicking on the link provided below. Don't miss out on the exclusive benefits and opportunities that come with being part of our community. We appreciate your continued support and look forward to having you with us for another year.

To streamline the process, we are using BikeReg to collect dues and waivers in one place. Please note that BikeReg charges a small fee, 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](#)

Private Facebook Group Page

Join our Private Facebook group page - Open to all R5Ciclismo members.

R5Ciclismo MEMBERS ONLY group page (formerly Rides n Races). This private page is for members only where we can chat amongst ourselves about rides, events, socials, racing, and any club-related topics.

To be approved, you must be a current member.

[Go to Private Facebook Group](#)

May Birthdays

Join Us in Wishing These Members a Happy Birthday!!!

- Efren Vazquez
- Eric Schrader
- Jennifer Okeefe

This Saturday Rides



Starting at 8:00am - Saturday, May 13, 2023

Location: Rock N Road - Laguna Niguel

R5 Laguna Niguel Start - Dana Point/Patrones/Santa Margarita

This scenic route begins at Rock N Road in Laguna Niguel and takes us in a counterclockwise direction towards Dana Point. From there, you'll traverse the picturesque hills of San Juan Capistrano and continue on Los Patrones before reaching Rancho Santa Margarita. The route then leads you to Foothill Ranch via Santa Margarita Parkway, which turns into Portola Parkway before taking a final descent down Alton Parkway and back to the starting point at Rock N Road in Laguna Niguel.

This route provides a challenge for riders of all levels, while offering breathtaking views of the area. Come join us on this Saturday group ride!

[Laguna Niguel Start - #4 Dana Point/Patrones/Santa Margarita Route](#)

Distance - 52 miles

Elevation Gain - 2730 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.

Special Easy Ride



Enjoy a special easy/social paced ride to JD Flannels Donuts, where you can treat yourself to delicious donuts and coffee in celebration of Mother's Day.

Starting with the main group and riding down to Dana Point and then up the San Juan Capistrano trail we will break off the main group and stop at JD Flannels Donuts for some donuts and coffee. The ride is rated as Easy, so come join us for a sweet and enjoyable Mother's Day ride!

The route is suitable for all levels of cyclists, so come join us for a fun and easy ride!

Here are some additional details about the route:

- The total distance is 23 miles.
- The elevation gain is 1,000 feet.
- The ride is rated as Easy.
- We will stop at JD Flannels Donuts for donuts and coffee.

Google Map Route:

[RnR to JD Flannels Route](#)

Starting Point Address:

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

LEVEL: Beginner Plus (Comfortable with Group Rides) to Intermediate

Avg 12-15mph

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

Upcoming Saturday Rides

Starting at 8:00am - Saturday, May 20, 2023

Location: Rock N Road - Irvine (Woodburry Town Center)

R5 Irvine Start - #5 Back Bay/PCH/Laguna Canyon Road/RSM

Get ready for a thrilling cycling adventure! Starting at Rock N Road in Irvine, you'll embark on an epic route that takes you to Newport Back Bay, along the beautiful coastline of Laguna Beach, and up Laguna Canyon Road over to Laguna Woods and Laguna Hills.

Finally, you'll ride up to Foothill Ranch before returning to the starting point at Irvine's Rock N Road. Get ready to experience the rush of conquering this unforgettable cycling route!

For safety, ride single file and keep right of the white line when the shoulder opens on Laguna Canyon Road.

[Irvine Start - #5 Back Bay/PCH/ Laguna Canyon Road/RSM Route](#)

Distance - 53 miles

Elevation Gain - 2180 ft

Starting Point Address:

[Rock 'N Road Cyclery - Irvine](#)

LEVEL: Intermediate-Advanced

Avg 16-19mph

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

Starting at 8:00am - Saturday, May 27, 2023

Location: Rock N Road - Laguna Niguel

R5 Laguna Niguel Start - #6 La Pata North/Antonio/Live Oak

Join us for a breathtaking cycling journey that begins at Rock N Road in Laguna Niguel, takes you counterclockwise towards Dana Point, and then along the stunning coastline to San Clemente. Heading up on La Pata Ave to Antonio Parkway and over to Trabuco Canyon Road to begin the challenge of Live Oak Canyon Road, with its scenic twists and turns. Return via El Toro and Los Aliso Blvd, and wind your way back to Rock N Road on Aliso Viejo Parkway. This route is suitable for riders of all levels and offers spectacular views of the area. Don't miss our Saturday group ride!

For safety, please ride single file while cycling on Live Oak Canyon Road.

[Laguna Niguel Start - #6 La Pata North/Antonio/Live Oak Route](#)

Distance - 52 miles

Elevation Gain - 3493 ft

Starting Point Address:

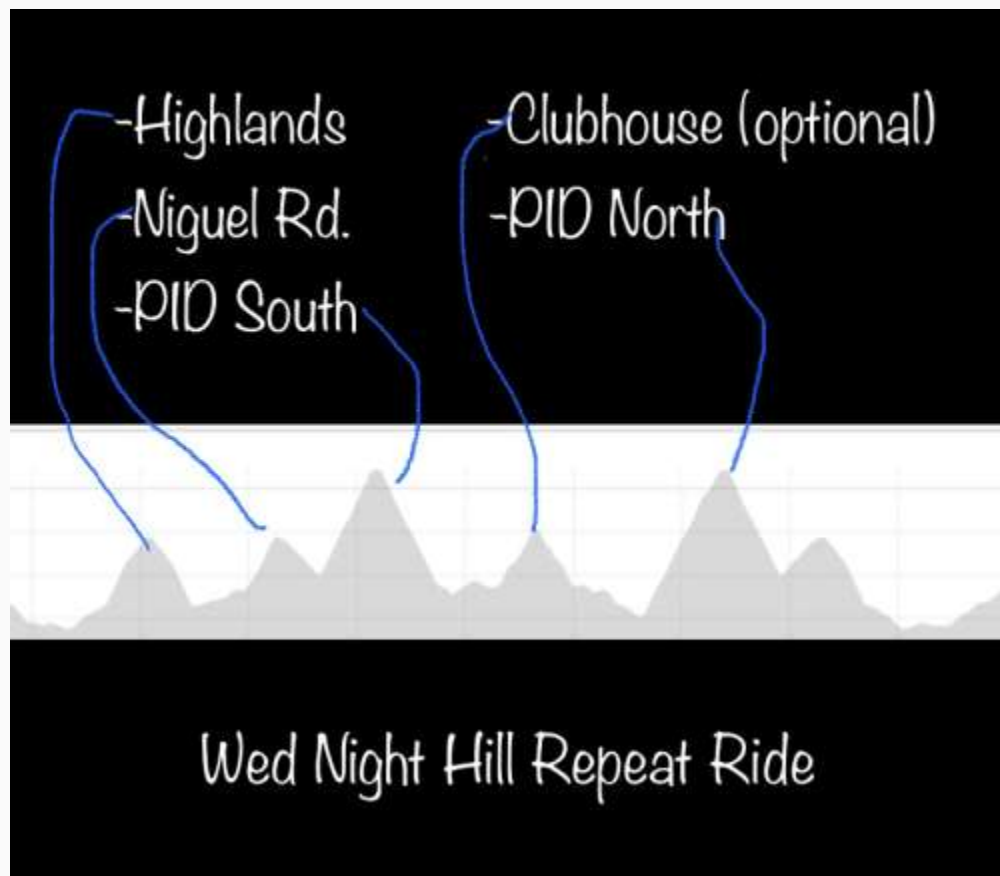
[Rock 'N Road Cyclery Laguna Niguel](#)

LEVEL: Intermediate-Advanced

Avg 16-19mph

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

Weekday Ride



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.

[Wednesday Hill Climbs Route](#)

Starting Point Address:

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

We ride easy between hills as a group, hit the hills hard, and re-group after each hill. We re-group at the bottom of the 1st hill (Highlands), 3rd hill (PID S.), and the optional hill

(Clubhouse), while re-grouping at the top of the 2nd hill (Niguel Rd) and the last hill (PID N.) before heading back to the finish all together as a group 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.

Sponsors and Partners



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