

R5CICLISMO

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Enjoying Donuts and Friends on a Nice Saturday Ride

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!**

- **Experience Our Updated Social Media Platforms: Connect, Share, and Explore!**

- **New Weekly Ride Etiquette and Safety Tips.**

- **Gear up for this Saturday's Group Ride: Rock N Road Irvine to Newport Back Bay and Laguna Beach. Join the Ride!**

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, it ends on June 25th, 2023 and the drawing will be on June 27th, 2023.

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](#)

Social Media Platforms

Visit our Updated Social Media Platforms:



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, post pics, and any club-related topics.



Follow our public Facebook page for weekly route updates and unforgettable experiences.



Join our passionate community of riders, stay updated on events, get expert tips, and connect with fellow enthusiasts.



Track your weekly mileage, climbing stats, and get inspired by your fellow riders.



Check out our updated website for new routes, archived newsletters, and more!

May Birthdays

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

- Efren Vazquez
- Eric Schrader
- Jennifer Okeefe

Ride Etiquette and Safety

Group Ride Etiquette:

Each rider is individually responsible for their own safety as well as those around them. Please follow these guidelines to ensure a safe and enjoyable ride for everyone.

- No overlapping wheels.
- If you don't know the rider in front of you (and you don't know how they ride), keep a safe braking distance from their back wheel.
- Watch the bike in front of you (protect your own front wheel). This is your safety zone and responsibility.
- Keep braking to a minimum on a group ride. Do not tap your brakes at every little thing you see, as this is dangerous and unpredictable for the riders behind you. If you have to brake, always call out 'slowing!' or 'stopping!' or 'light up!' first ('Communication and Signals' will be highlighted in following newsletters).
- Use your peripheral vision to know what's going on around you with cars, pedestrians and other riders.
- Maintain your place in the line/group, even at stop lights.
- Ride two-by-two unless the Ride Leader in front signals or calls out to 'single up!'. The signal would be holding one finger in the air.
- All voice or hand signaling needs to continue ALL the way down the line of riders to keep those in the back safe too. This is an absolute.
- Always stay in the bike lane or as far to the right side of the road as is safe, avoiding drains and asphalt/cement lips.
- The Ride Leader will ask the group to 'take the lane' if the bike lane or shoulder is unsafe. This means to take the right hand driving lane (when safe also). The whole group moves into that lane after making sure it is safe and clear of cars.

This Saturday's Ride



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

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

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

Join us for a Saturday group ride starting at Rock N Road in Irvine. We head west to Newport Back Bay, ride along the beautiful coastline to Laguna Beach, then head to Laguna Canyon Road, Laguna Woods, and Laguna Hills. After that, we'll ride up to Foothill Ranch before returning to our starting point. The ride is mostly flat, with some moderate climbing between mile 20-40.

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.

Upcoming Saturday Ride

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 on a Saturday group ride starting at Rock N Road in Laguna Niguel. We'll go counterclockwise towards Dana Point, ride along the coastline to San Clemente, and then climb La Pata Ave and Antonio Parkway up to Rancho Santa Margarita Pkwy (with regroupings along the way). From there, we'll turn right onto Plano Trabuco Dr, left onto Trabuco Canyon Rd, and tackle the scenic Live Oak Canyon Road. After regrouping at Cooks Corner, we'll enjoy some easy downhill via El Toro and Los Alisos Blvd before making our way back to Rock N Road Laguna Niguel on Aliso Viejo Pkwy and Aliso Creek Rd. This route offers spectacular views. Don't miss out!

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 Night Hill Repeat Ride

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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Save 35% off helmets and eyewear, including prescription glasses. As a VIP ambassador of Rudy Project we give you our best pricing!

[SHOP NOW - TEAM DISCOUNT LINK](#)

**Discount does not apply to gift cards, custom wrapped helmets and outlet items. Discount cannot be combined with any other promotional offer and may not be applied to past purchases. Other exclusions may apply.*



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