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## Quick News

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- 2 Lucky Winners to Experience the Ultimate Mountain Cycling Adventure at the Tour de Big Bear! Exclusive to Members Only - Details Coming Soon!"

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

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  - Saddle Up for Adventure: Join Our Thrilling Group Ride to Silverado Canyon This Saturday from Rock N Road in Irvine at 8am!
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## Membership

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### 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.

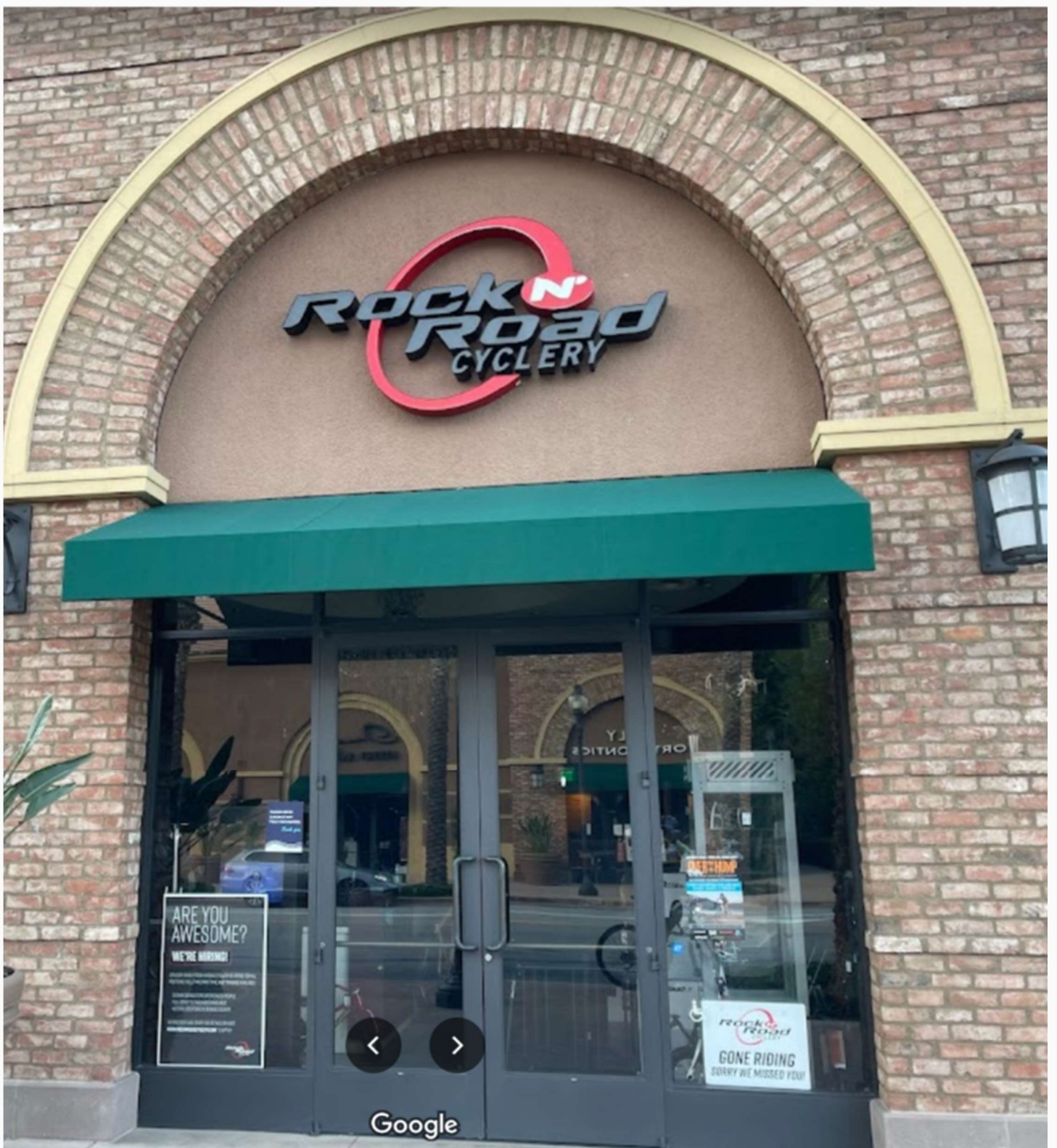
To streamline the process, we are using BikeReg to collect dues and waivers in one place. Please note that BikeReg charges a small fee, which will be added to the \$35 registration fee that remains unchanged from last year. Don't wait any longer to sign up and take advantage of these exclusive offers!

## R5Ciclismo 2023 Member Registration

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# Saturday Rides

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**Starting at 8:00am - Saturday, May 6, 2023**

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

**R5 Irvine Start - Santiago/Silverado Canyon**

The cycling route commences at Rock N Road in Irvine and winds its way in a counterclockwise direction towards Lake Forest and Mission Viejo. From there, the route continues upwards towards Rancho Santa Margarita, then veers over to Cooks Corner for a brief regrouping stop. The ride then proceeds towards the challenging Silverado Canyon climb via Santiago Canyon Road before looping back to the starting point at Irvine's Rock N Road.

[Irvine Start - Santiago/Silverado Route](#)

Distance - 56 miles  
Elevation Gain - 3593 ft

Starting Point Address:

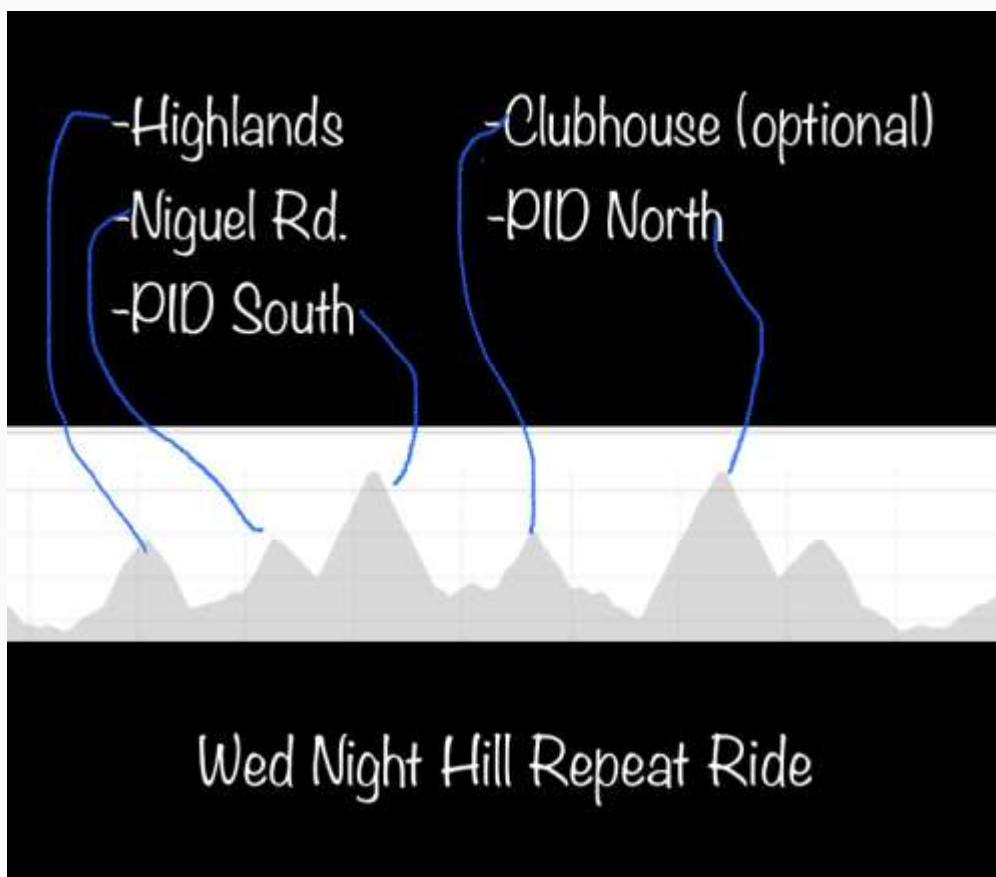
[Rock 'N Road Cyclery - Irvine](#)

LEVEL: Intermediate-Advanced

Avg 16-19mph

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

# 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](#)

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.





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For any questions, email us at [info@r5ciclismo.com](mailto:info@r5ciclismo.com)

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