

R5CICLIS

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'The best way to see the world is on a bicycle' - Mark Twain.

Quick News

- **Breaking News: Welcoming RedMonkey as Our Newest Sponsor!**

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- **Etiquette and Safety: Pointing Out Hazards**

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- **Only Three Weeks Left for 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!**

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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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- **This Saturday's Group Ride: Rock N Road Irvine to Bogarts Coffee House**

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- **Special Event Ride - Specialized Costa Mesa is Hosting a Donut Ride on Sunday 7:30am**
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Special Announcement



We have an EXCITING Announcement!

R5Ciclismo and RedMonkey Sports are teaming up to provide our members with the best cycling community in Southern California.

Not only will RedMonkey Sports be a new sponsor for R5Ciclismo, but we are partnering to provide rides and events that include road, mountain bike, and gravel disciplines.

Here's a note from Head Monkey- Michael Nasco:

RedMonkey Sports and R5 go together like a good ride and an ice cold Coke (or Beer!) Two great teams that take pride in their contribution to the SoCal cycling community by volunteering at events, aiding in the development of the sport, supporting the community, and assisting fellow cyclists with mechanical issues during rides. RedMonkey Sports is honored to help support this amazing Southern California Cycling community and the R5 team. The members of R5 will be entitled to substantial discounts on more than 45,000 cycling products which can be found on our official website at www.RedMonkeySports.com.

RedMonkey Sports, Inc. was founded in 2012 by a junior Moto rider, slash old school BMX racer & MTB wacko, slash fanatical-product-nut, slash obsessive-computer-nerd, in the

garage of his So Cal condo. Many of you know him as Mike Nasco, a.k.a Head Monkey. The company grew to distribute its products in over 45 Countries and over 350 bike shops in the US. In 2019 WolfTooth Components bought out the RedMonkey Sports grip line and the Company 'evolved' into an online retailer with a bike shop/cycling lounge located in Colorado, stocking and distributing over 45,000 products. At RedMonkey Sports, we are all about the love of cycling. Our staff members are all experienced riders and understand the products cyclists need.

Please join RedMonkey on our weekly rides for all levels of cyclists as we have been doing for over a decade in the Southern California Cycling Community. We will be setting up new rides soon to add to our current Thursday Night Ride including a "Take it Easy Tuesday" ride and a fun "Gravel Grinder" on the weekends!

RedMonkey Sports is proud to donate a portion of sales to various cycling charities.

For more info on RedMonkey Sports, Inc. please visit, and subscribe to the following:

- Website: www.RedMonkeySports.com
- Facebook Social page: <https://www.facebook.com/groups/RedMonkeySportsPublic>
- Instagram: <https://www.instagram.com/RedMonkeySports>
- Youtube: <https://www.youtube.com/RedMonkeySports>
- Strava: <https://www.strava.com/clubs/redmonkeysports>

Etiquette and Safety

Pointing Out Hazards: Ensuring a Safe Group Ride

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.

In group cycling, the front riders have a clear view of the road ahead. It's their responsibility to select a good line and point out any hazards to the rest of the group. This includes potholes, sewer grates, roadkill, rocks, sand, broken glass, and more.

Importance:

- **Prevent Accidents:** Pointing out hazards helps riders behind avoid unexpected obstacles and potential accidents.
- **Maintain Group Cohesion:** Communicating hazards allows the group to respond collectively, keeping the ride smooth and uninterrupted.
- **Foster Safety Culture:** Consistent hazard communication encourages vigilance and proactive risk management within the group.

Effective Ways to Point Out Hazards:

- **Clear and Vocal Communication:** When a hazard is spotted, the rider at the front should call it out using a loud and clear voice. Use simple and concise phrases like "Pothole ahead!" or "Watch out for rock!" to communicate the specific hazard.
- **Hand Signals:** In addition to verbal communication, riders can also use hand signals to reinforce the message. For example, extending one arm down towards the ground can indicate a pothole or debris on the road. This visual cue further emphasizes the need for caution.
- **Timely Warnings:** Point out hazards with sufficient lead time, giving riders behind you ample opportunity to react and adjust their line accordingly. Aim to communicate hazards when you are approximately 10-15 feet away from the obstacle, providing enough time for others to safely navigate around it.

Collaborative Responsibility:

- **Relay the Message:** Once a hazard is called out by the rider at the front, it is important for the message to be passed down the line to ensure all riders are aware. Each rider should repeat the message to ensure it reaches the back of the group.
- **Confirmations:** Riders should acknowledge the message with verbal responses or hand signals.

By pointing out hazards, front riders contribute to the safety and enjoyment of the entire group. This practice promotes a collaborative environment where all riders are informed, prepared, and able to navigate potential hazards smoothly. Remember, safety is a shared responsibility, and by effectively communicating hazards, we can enjoy a safer and more enjoyable group ride experience.

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](#)

June Birthdays

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

- Jose Velez
- Suzan Given
- Terence Koritz
- Kenan Reilly

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](#)

This Saturday's Ride



Starting at 8:00am - Saturday, June 3, 2023

Ride Start: Rock N Road - Irvine (Woodbury Town Center)

Irvine Start – #1 Seal Beach

Our flattest route starts down Jefferey Road, goes to University and Campus Drive, and loops around Newport Back Bay via Dover Drive before reaching Pacific Coast Highway. The challenging section is going north from Seapoint to Warner through Bolsa Chica, where you can practice pacelining. After regrouping at the gas station, we ride to Seal Beach for coffee at Bogarts, then return via the Newport Back Bay path to Rock N Road.

[Irvine Start – #1 Seal Beach Route](#)

Distance – 59 miles

Elevation Gain – 1017 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.

Special Event



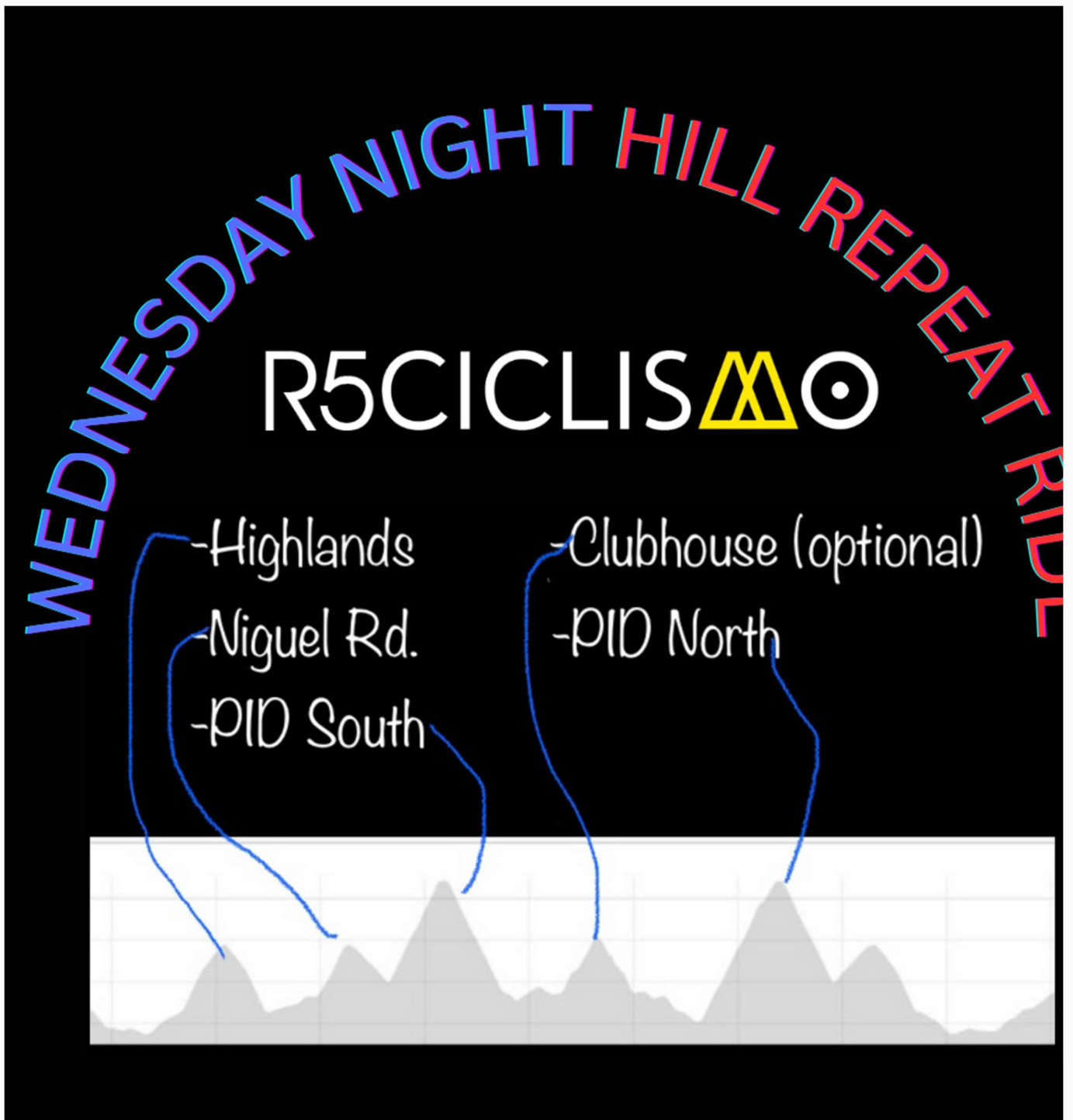
Specialized - Costa Mesa Donuts Ride

Starting at 7:30am - Sunday, June 4, 2023

Sunday Funday Donut Ride at Specialized in Costa Mesa. Meeting up at 7:30am in the parking lot and rolling out at 8am. Donuts and Coffee afterwards.

[Specialized - Costa Mesa Address](#)

Weekday Ride



**Starting at 6:00pm - 7:30pm Every Wednesday Night
(Daylight Saving Time)
Wednesday Night Hill Repeat Ride**

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.

We ride together, hitting hills hard and regrouping after each one. Regroup points: bottom of 1st hill (Highlands), 3rd hill (PID S.), optional hill (Clubhouse). Regroup at top of 2nd hill (Niguel Rd) and last hill (PID N.), then return as a group. To keep the waiting to a minimum, turn around and descend once the first rider reaches the top and passes you descending while you're still climbing.

[Wednesday Hill Climbs Route](#)

Distance – 17 miles

Elevation Gain – 2381 ft

Starting Point Address:

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

LEVEL: Intermediate-Advanced

Avg 12-16mph

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

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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Upcoming Rides

Starting at 8:00am - Saturday, June 10, 2023

Laguna Niguel Start - #2 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 – #2 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.

Starting at 8:00am - Saturday, June 17, 2023

Irvine Start – #3 Santiago/Silverado Route

This cycling route starts 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 – #3 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.

Visit our Social Media Platforms:



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