



United in remembrance, R5ciclismo pays tribute in Newport Back Bay, honoring the heroes who selflessly served our nation

## Quick News

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- **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!**
- **Cycle Safe! No Overlapping Wheels!**
- **This Saturday's Group Ride: Rock N Road Laguna Niguel to Live Oak**

## Tour de Big Bear Raffle

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## 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

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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

# May Birthdays

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

### **May Birthdays**

- Efren Vazquez
- Eric Schrader
- Jennifer Okeefe

# Ride Etiquette and Safety

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### **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**

Overlapping wheels is a common cause of crashes when riding in a group. When you overlap wheels, you are putting yourself and the rider in front of you at risk. If the rider in front of you swerves or brakes suddenly, you may not have enough time to react and avoid a crash.

There are a few reasons why overlapping wheels is dangerous. First, it reduces the amount of space between you and the rider in front of you. This makes it more difficult to avoid a crash if the rider in front of you swerves or brakes suddenly. Second, overlapping wheels can cause your wheels to lock up if they touch. This can lead to a crash, especially if you are going fast.

There are a few things you can do to avoid overlapping wheels. First, always leave a safe following distance between you and the rider in front of you. This means giving yourself enough space to react if the rider in front of you swerves or brakes suddenly. Second, be aware of your surroundings and be prepared to brake or swerve if necessary. Finally, don't ride too close to the rider in front of you.

By following these tips, you can help to avoid overlapping wheels and stay safe on the road.

Here are some additional tips for avoiding overlapping wheels:

- Be predictable. Ride in a straight line and signal your intentions before changing lanes or braking.
- Be aware of your surroundings and be prepared to brake or swerve if necessary.
- Don't ride too close to the rider in front of you.

# This Saturday's Ride

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**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

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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.



# Upcoming Saturday Rides

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

**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.

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

**Laguna Niguel Start - #2 Pata South/San Clemente/Las Pulgas**

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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](#)

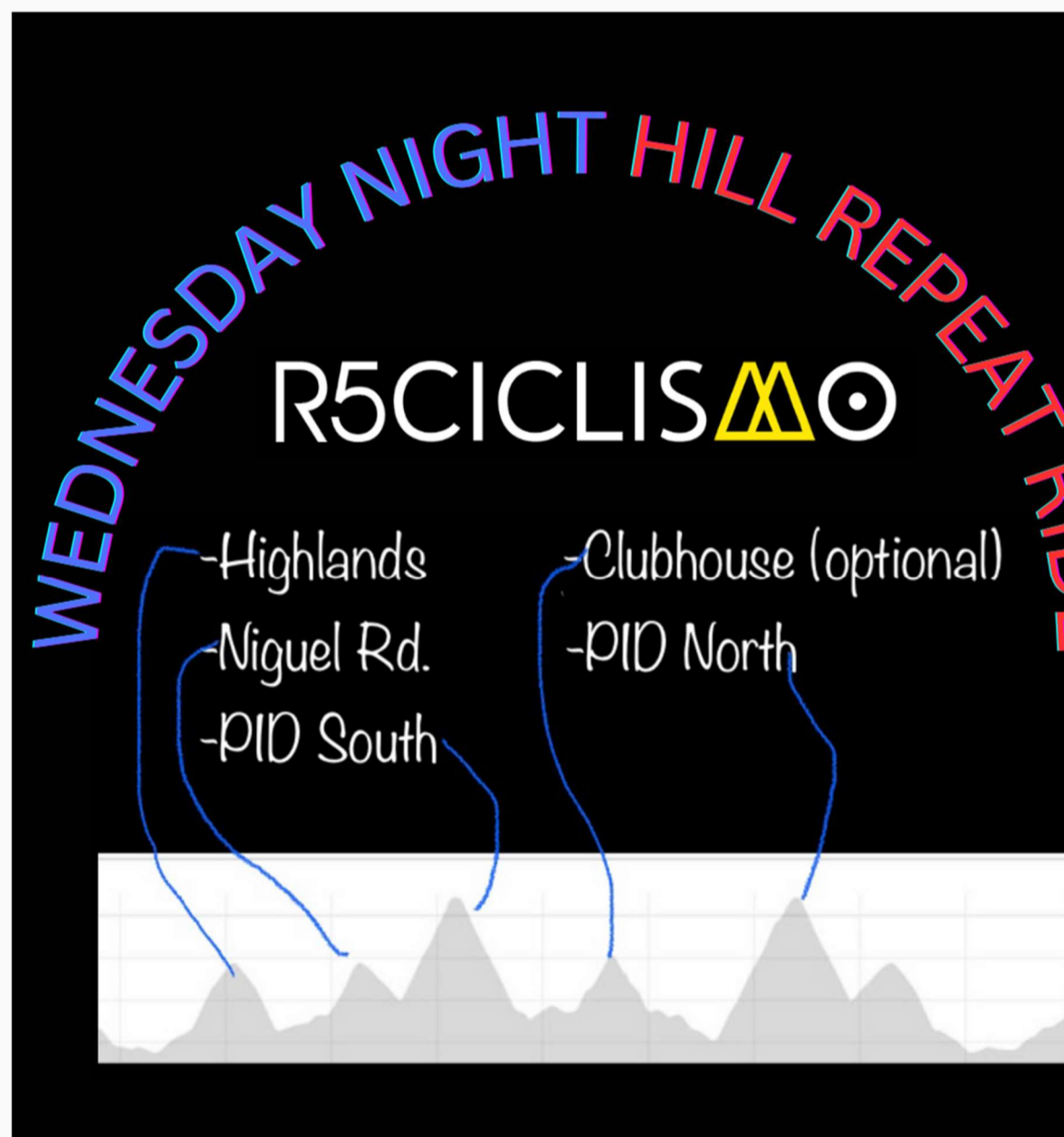
LEVEL: Intermediate-Advanced

Avg 16-19mph

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

## Weekday Ride

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### 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.
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# Sponsors and Partners



Save 40% on Sunglasses & Helmets This Memorial Day

From our Italian-crafted sunglasses to our streamlined helmets, every product we make is designed for superior performance — and **Rudy Project ambassadors get them 40% off and 48 hours early!**

Our innovative styles and dynamic designs are always backed by our commitment to delivering the best quality equipment for endurance athletes.

So, what are you waiting for? The Rudy Project Memorial Day Sale is the perfect time to kick off your summer with big savings on the best gear!

[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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