

R5CICLIS

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Looking Good, Ready to Conquer the Las Pulgas Out and Back!

Quick News

Countdown Alert: 4 Days Left to Win! One Lucky Mother and Father will Win a \$200 Gift Card to RedMonkey Sports. Exclusive for Members Only!

Final Opportunity! Order Your R5CICLISMO Kits and Accessories Now! Volume Discount Pricing Ends in 4 Days! Act Fast - Full Details Below. Exclusive for Members Only.

Etiquette and Safety: How to Ride in a Paceline.

Hurry, Time is Running Out! Win the Ultimate Mountain Cycling Adventure at the Tour de Big Bear! Exclusively for Members - Get the Details Below!

Act Now! Time to Join R5CICLISMO: Open Registration Available! Discover the Exclusive Benefits Below!

Join Us for This Saturday's Group Ride: Rock N Road Irvine, Route #3 Santiago/Silverado!

Remote Ride Alert: Conquer GMR on July 8th, 2023!

Sponsors and Partners: Rudy Project All New Strym Z Has Landed!

Mother's and Father's Day Raffle

R5CICLISMO

IS CELEBRATING



WITH A \$200 GIFT CARD RAFFLE FOR EACH:

(1) LUCKY MOM WINNER AND (1) LUCKY DAD WINNER

You must be a current R5CICLISMO member
email: info@r5ciclismo.com by June 18th to enter
winners announced in our June 21st newsletter



Enter the Mother's and Father's Day Raffle for a chance to win a \$200 Gift Card for [RedMonkey Sports](#)! One lucky mother and one lucky father will each receive this fantastic prize.

You must be an Active Member win.

Simply click the button below and hit send for a chance to win or send an email to info@r5ciclismo.com.

The Raffle ends on **June 18th, 2023**, and the winners will be announced in the **June 21st, 2023**, R5CICLISMO Weekly Newsletter.

[Enter the Mother's and Father's Day Raffle](#)

R5CICLISMO Team Store



The R5CICLISMO Team Store is Open!

The R5CICLISMO Team store offers year-round ordering for kits and accessories at the 2-5 pricing levels.

Sunday, June 18, 2023, is your last chance to get volume discount pricing until Fall 2023.

Check out the helpful sizing tool at the top of the store page.

For any questions, click on 'Contact Store Manager' (top left next to blue 'share' button) and we will do our best to help.

Available Items:

- Jerseys (Both White and Black, interchangeable with bibs) – Slim, Standard, and Relaxed Fits.
- Bib Shorts (Both White and Black, interchangeable with jerseys) – 3 inseam length options, and you can upgrade chamois from 5hr to 9hr for \$10.
- Summer Sleeves – Lightweight, white to match the summer jersey w/ R5CICLISMO down the sleeve.
- Thermal Arm Warmers – Black w/ R5CICLISMO down the sleeve.

Coming Soon:

- Thermal Leg Warmer – Black w/ yellow M logo below the knee on side of calf.
- Thermal Knee Warmer - Black w/ yellow M logo below the knee on side of calf.
- Wind Vest – Black w/ R5CICLISMO on chest and back, like current vest.

- *We are looking at adding both a light-weight wind jacket and a warmer softshell jacket. We would like to hear if anyone is interested in these items.*

The Team Store is for current R5CICLISMO members only.

Etiquette and Safety



How to Ride a Paceline

Potential Paceline on Santiago Canyon Road for This Saturday's Ride.

What is a Paceline?

A paceline is a formation where cyclists ride in a close-knit line, taking turns at the front and benefiting from the drafting effect. It allows riders to share the workload and maintain a faster overall speed than riding alone.

Group Cycling Paceline Techniques and Tips:

- 1. Communication:** Establish clear signals and verbal cues to communicate hazards, rotations, and changes in pace.
- 2. Smooth Transitions:** When rotating positions, signal your intention, smoothly move to the back, and merge back into the paceline without disrupting the flow.
- 3. Maintain Consistent Pace:** Strive for a steady speed that is comfortable for the group, avoiding sudden surges or slowdowns.
- 4. Positioning:** Keep a safe distance from the rider in front, maintaining a

wheel's distance to prevent accidents. Avoid overlapping wheels.

5. Stay Predictable: Maintain a steady line and avoid sudden movements or swerving that may startle other riders.

6. Drafting Efficiency: Take advantage of drafting by riding closely behind the cyclist ahead, reducing wind resistance and conserving energy.

7. Group Cohesion: Foster a sense of trust and teamwork within the group by practicing together regularly and understanding each rider's strengths and weaknesses.

8. Skill Progression: Start with shorter paceline segments and gradually increase the duration and complexity as the group becomes more proficient.

Remember, these techniques require practice and experience to master. Prioritize safety, communication, and cooperation to make your group cycling pacelines efficient and enjoyable for everyone involved.

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 or send an email to info@r5ciclismo.com 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



R5CICLISMO **ROUTE #3**
Saturday Group Ride **SANTIAGO & SILVERADO**

Route#3 - R5
Santiago/Silverado
(R&R Irvine Start)

Cycling Route
★ Saved Duplicate

Details
📍 64.86 mi 🏔️ 3,558 ft
🕒 5:04:48

R&R Irvine...Irvine Blvd to Margarita to Ono Pkwy to Antonio to Empressa...Santiago Cyn...Silverado Cyn...Back to R&R Irvine

created by
Scott Poulalion
May 7, 2023 · Public

Route and Elevation

ROCK N ROAD
IRVINE
START

Rock N Road
CYCLERY

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

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

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. Depending on road conditions and cycling group, we may ride in a paceline on Santiago Canyon Road.

[Irvine Start – #3 Santiago/Silverado Route](#)

Distance – 56 miles

Elevation Gain – 3593 ft

Starting Point Address:

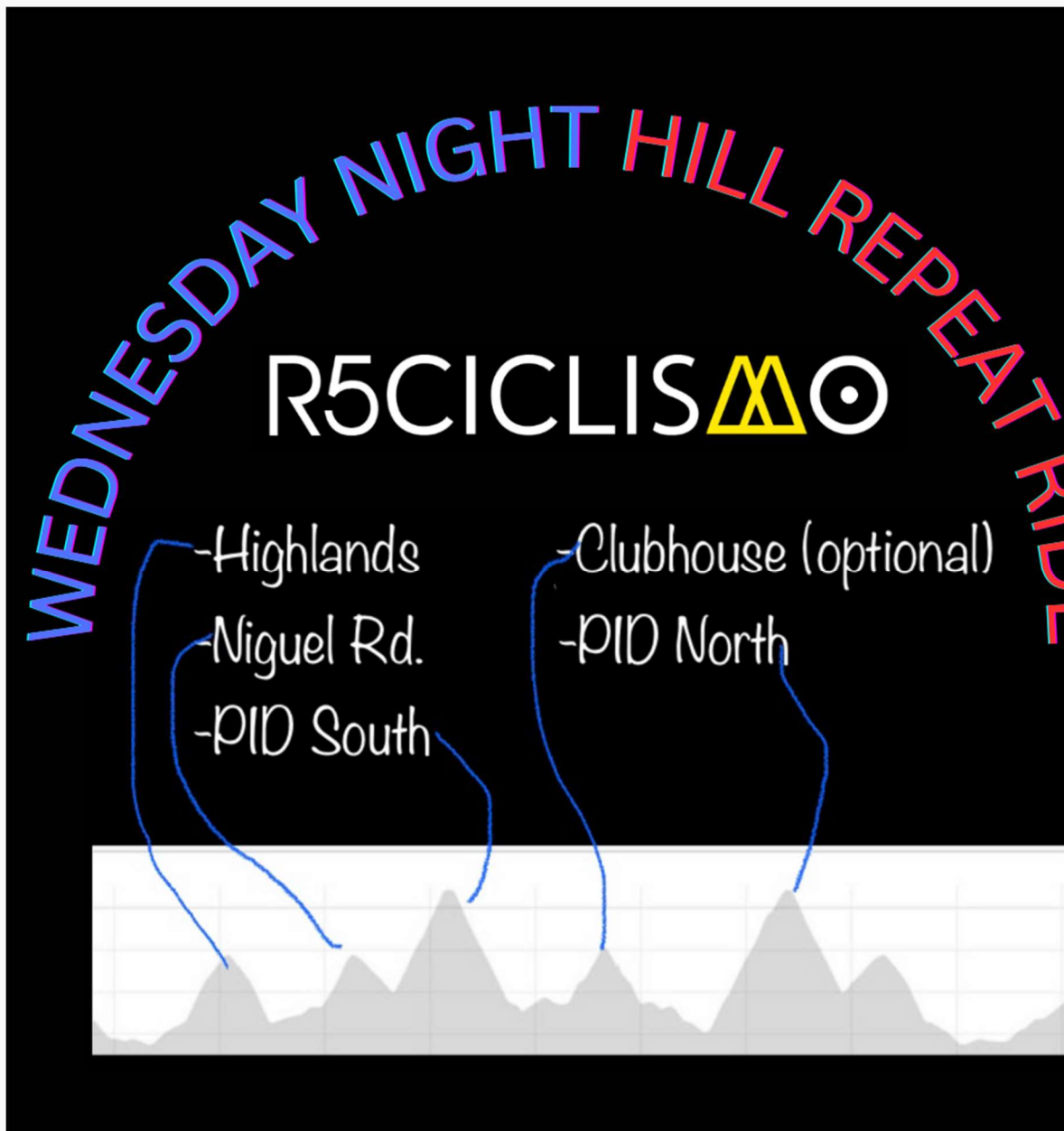
[Rock 'N Road Cyclery – Irvine](#)

LEVEL: Intermediate-Advanced

Avg 16-19mph

You do NOT have to be a member of R5CICLISMO to ride with us.

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 R5CICLISMO 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.

Upcoming Rides

Starting at 8:00am - Saturday, June 24, 2023

Ride Start: Rock N Road - Laguna Niguel

Laguna Niguel Start - #4 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 R5CICLISMO to ride with us.

Starting at 8:00am - Saturday, July 1, 2023

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

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.

Remote Ride to GMR



Meetup at 7:45am and Ride at 8:00am - Saturday, July 8, 2023

Ride Start: Glendora High School Parking Lot

Route: Glendora Mountain Road, GMR for short. It's about a 46-mile ride up to Mt. Baldy Village and back with an optional 4 hard miles up to the ski lifts. On your 4,000' climb up the mountain you will enjoy spectacular views from a very quiet road. The first 7 miles are a constant, relentless climb of around 5 to 7%. Once you reach the maintenance shed, the road levels out a little, but mostly you will be climbing.

Phone Service: Your cell phone will likely not work on much of this route. You will get service in the village and only a few locations along the way.

Water, Food & Amenities: Mt. Baldy Lodge has an outdoor water bottle filler on their porch. They are cyclist friendly and appreciate our business. There are bathrooms inside. You can also go across the street to the state park. There are

pit toilets, and usually a shorter line to use them.

Note:

- This will be a drop ride with regroup, please ride with another rider for safety.
- There are no facilities anywhere on the 21-miles up the mountain. No water or food, however it is easy to turn around and roll back down at any point.
- Check the forecast. It can be hot at the bottom of the mountain and cold at the top, especially at the ski lifts if you go up there. Layer accordingly.
- Watch out for rocks on the road.

[Route - GMR to the Mt. Baldy Village](#)

Distance - 46 miles

Elevation Gain - 5848 ft

Starting Point Address:

[Google Map - Glendora High School Parking Lot](#)

LEVEL: Intermediate-Advanced

Avg 16-19mph

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

Sponsors and Partners



Log in today and grab the new road cycling helmet perfect for training, Strym Z and save 35% with our R5CICLISMO Team account.

Light weight, modern styling and plenty of ventilation for your everyday adventures at a great price. Clean and compact, the Strym Z features an inner airframe and 23 vents strategically placed to enhance air circulation over your head, keeping you cool when pedaling. Rudy Project's RSR 10 retention system ensures a customized and comfortable fit for top tier athletes and weekend warriors alike.

RUDY PROJECT R5CICLISMO TEAM DISCOUNT


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