

R5CICLIS

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Recharge and Ride On! Regrouped to Refuel before Conquering the Final Leg Home.

Quick News

The Lucky Mother and Father Winners are Belinda Kouche and Mitchell Thomas each receiving a \$200 Gift Card to RedMonkey Sports!

Etiquette and Safety: Respect the Ride Leaders. It's the Right Thing to Do.

Last Chance Alert: Only 4 Days Left! Win the Ultimate Mountain Cycling Adventure at the Tour de Big Bear!

Take Action Today! Join R5CICLISMO: Open Registration Now Live! Unlock Exclusive Benefits and More - Check Them Out!

Join Us for This Saturday's Group Ride: Rock N Road - Laguna Niguel, Route #4 Dana Point/Patrones/Santa Margarita!

Gear Up for an Epic Remote Ride: Conquer GMR on July 8th, 2023.

Sponsors and Partners: ATAQ Fuel - Leading the Race in Plant-Based Sports Nutrition.

Mother's and Father's Day Raffle

We are excited to announce the winners of our Mother's and Father's Day raffle! The lucky Mother and Father who each won a \$200 gift card to RedMonkey Sports are:

- **Belinda Kouche**
- **Mitchell Thomas**

We would like to thank everyone who entered the raffle.

We hope that the winners will enjoy their gift cards to [RedMonkey Sports](#). We know that they will be able to find something special for their cycling needs.

Thank you again for participating in our raffle. We appreciate your support of our R5CICLISMO cycling community.

Etiquette and Safety

Respect Your Ride Leader: It's the Right Thing to Do.

- **Follow instructions:** This includes listening to the ride leader's instructions before and during the ride, as well as following their lead on matters such as pace and direction.
- **Share the workload:** This means offering to take turns leading the group or taking a pull at the front when appropriate. This helps to distribute the effort evenly and shows respect for the ride leader's role.
- **Offer gratitude:** This means showing appreciation for your ride leader's efforts. A simple thank you or a word of acknowledgment can go a long way in recognizing their dedication and time spent organizing and leading rides.

Seeking Ride Leaders: Step Up and Make a Difference!

Are you a passionate cyclist who loves leading group rides? If so, we need your help! We are seeking ride leaders for A, B, and C groups and assistant ride leaders to help us provide safe and enjoyable rides for our members.

Ride Leader volunteers must be experienced riders that feel comfortable leading a group of cyclists and have awareness of cycling conditions on our routes. This includes setting pace, communication of the route directions, being familiar with R5CICLISMO's etiquette and safety rules, and ensuring the safety of the group.

Benefits of Becoming a Ride Leader or Assistant Ride Leader:

- **Make a difference:** As a ride leader, you will have the opportunity to make a positive impact on the cycling community. You will help to provide safe and enjoyable rides for people of all levels of experience.
- **Meet new people:** Leading group rides is a great way to meet new people who share your passion for cycling. You will get to know other riders and build relationships with them.
- **Get exercise:** Leading group rides is a great way to get exercise and stay fit. You will get to explore new routes and challenge yourself physically.
- **Learn new skills:** Leading group rides will teach you new skills, such as route planning, group management, and safety awareness. These skills will be valuable for your own cycling and for other aspects of your life.

If you are interested in becoming a ride leader or assistant ride leader, please contact us today at info@r5ciclismo.com. We would love to have you on our team!

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

R5CICLIS 
Saturday Group Ride **ROUTE #4**
DANA POINT/PATRONES

Route#4 - R5 Dana Point/Patrones/Santa Margarita (R&R Laguna Niguel Start)

Cycling Route

★ Saved Duplicate

Details

51.76 mi 2,721 ft

4:47:34

R&R Laguna Niguel Start...Dana Point...SJC Trail...Patrones...RSM Pkwy...Alton Pkwy...Barranca...Back to R&R Laguna Niguel

CREATED BY
Scott Poulton
May 7, 2023 · Public

ROCK N ROAD LAGUNA NIGUEL START

Rock N Road CYCLERY

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:

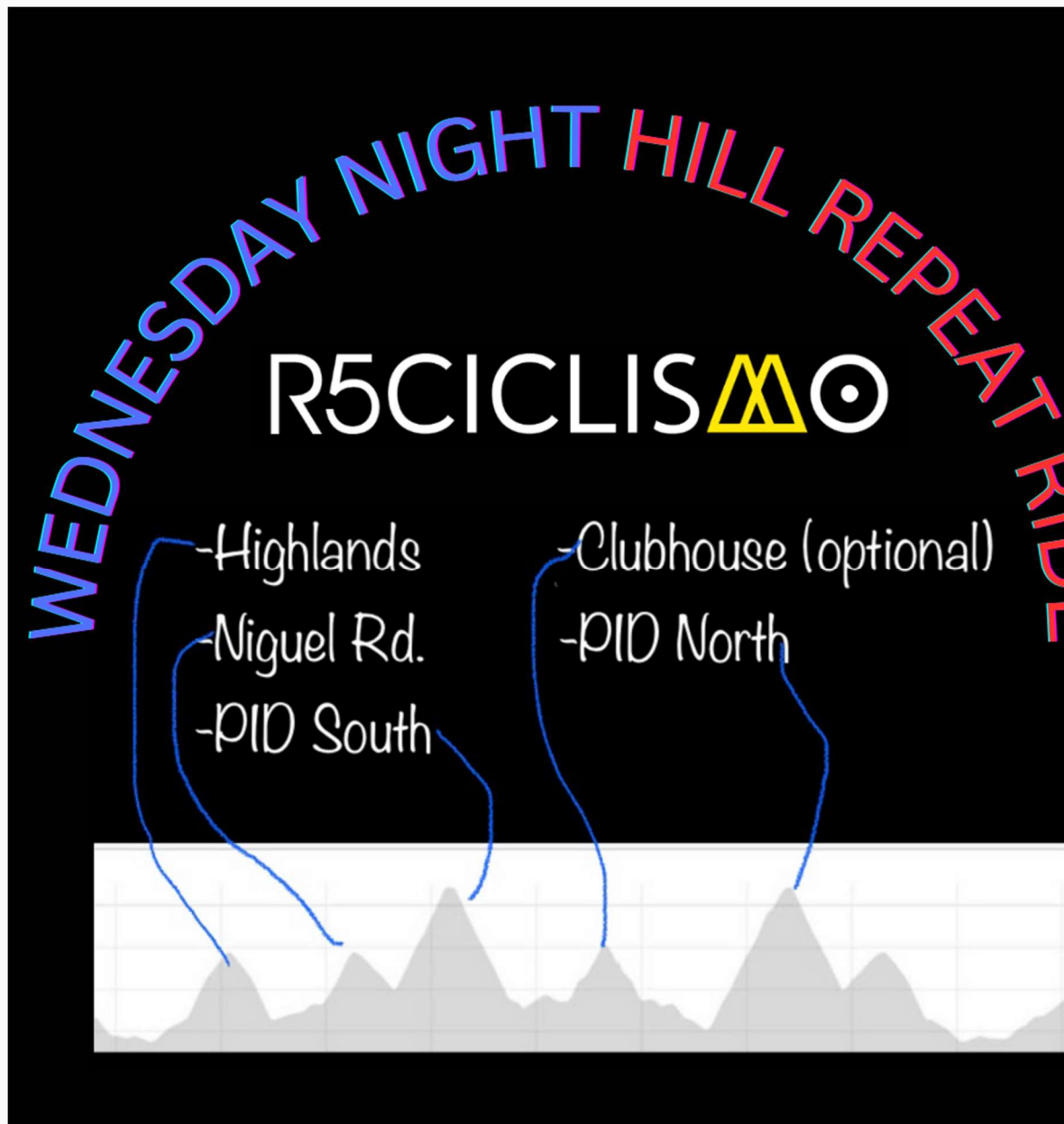
Rock 'N Road Cyclery Laguna Niguel

LEVEL: Intermediate-Advanced

Avg 16-19mph

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

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.
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Upcoming Rides

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 partner 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.
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- Watch out for rocks on the road.
- Wear your new R5CICLISMO Team Kits.

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



Kick Butt Naturally® with plant-based, sports nutrition for athletes + active people. WADA (World Anti-Doping Agency) compliant.

At ATAQ, we dedicate ourselves to helping athletes of all levels and ages reach their health and fitness goals.

While exercise is a critical part of boosting your mental, emotional and physical health, we firmly believe that your diet plays an equally large role in helping you become the person and athlete you want to be.

This belief goes hand-in-hand with our passion for a plant-based diet, one of the fundamental principles of our company's mission.

We think the plant-based diet can offer nutrition-boosting, performance-enhancing and life-improving benefits to practically every athlete, even those

who might be skeptical about cutting back on meats and giving up guilty pleasure snacks and meals.

Visit our Social Media Platforms:



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For any questions, email us at info@r5ciclismo.com

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