

R5CICLISMO

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Regroup before heading to Bogarts Coffee House.

Quick News

Celebrate Mothers and Father's Day with a Chance to Win Two \$200 Gift Cards to RedMonkey Sports! Exclusively for Members - Check Out the Details!

R5CICLISMO Kits and Accessories Store Opening Soon! See Details Below.

Etiquette and Safety: Safe Left-Hand Turns.

Limited Time Left: Win the Ultimate Mountain Cycling Adventure at Tour de Big Bear! Exclusively for Members - Check Out the Details!

Don't Miss Out on the R5CICLISMO Membership: Open Registration Now! See Below for All the Details!

Join Us for This Saturday's Group Ride: Rock N Road Laguna Niguel, Route #2 Las Pulgas!

Stay Updated with the New Website Calendar and Event List!

Welcome our Newest Partner ALMSTHRE!

Mother and Father Day Raffle

Enter the Mother and Father 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 to enter and 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 Mothers and Father's Day Raffle](#)

R5CICLISMO Store Opening



The R5CICLISMO Kits and Accessories Store is Opening Soon!

Watch Out for the Store Link Email Coming Soon to Only Active Members.

The R5CICLISMO store will soon open with a selection of bibs, summer white jersey, winter black jersey, thermal arm warmers, and lightweight arm warmers. You must be an Active Member to purchase from the store. Join below if you are not already a member of R5CICLISMO.

Etiquette and Safety

Left-Hand Turns:

When it comes to cycling etiquette and safety for a group making a left-hand turn, here are some key tips to keep in mind.

Communication: Ensure clear communication within the group by using hand signals or verbal cues to indicate your intention to make a left turn. Alert your fellow riders well in advance so they can prepare and adjust their positioning accordingly.

Lead Rider Responsibility: The lead rider has an essential role in safely executing a left turn. They should check for traffic, signal the turn, and ensure there is a sufficient gap in oncoming traffic before initiating the maneuver.

Follow the Leader: Riders behind the lead should closely observe and follow the movements of the lead rider. Maintain a safe distance between bikes while keeping the group compact. This ensures that everyone can navigate the turn smoothly and without disruptions. Also, maintain distance from the bike ahead to avoid collision while looking back. It is each individual's duty to check for cars themselves.

Yield and Time the Turn: When approaching the left turn, the group should yield to oncoming traffic and wait for a safe gap to make the turn. Patience is key, and it's crucial to avoid rushing the maneuver or attempting to squeeze through tight gaps in traffic.

Maintain Awareness: While making the left turn, each cyclist should stay vigilant and be aware of their surroundings. Watch for any approaching vehicles, pedestrians, or cyclists, and adjust your speed or position as needed to ensure a safe turn.

Remember, cycling safety is a collective responsibility, and maintaining good communication, coordination, and awareness within the group is crucial for a safe left-hand turn.

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!

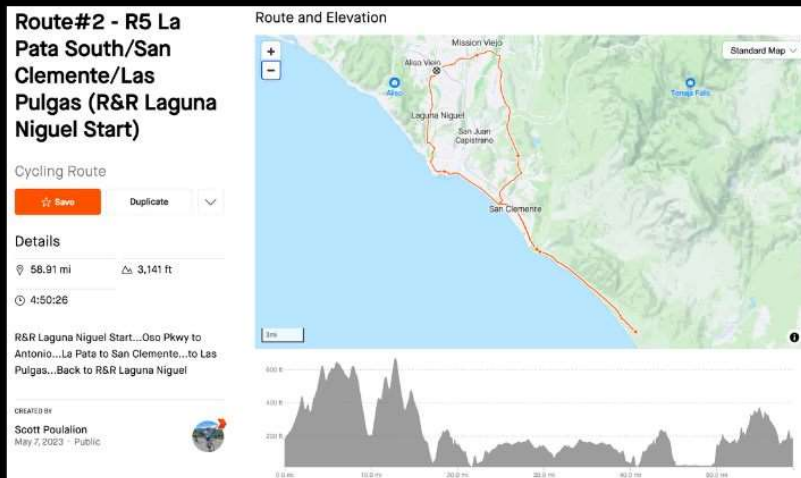
[R5CICLISMO 2023 Member Registration](#)

This Saturday's Ride

R5CICLISMO

Saturday Group Ride

ROUTE #2 - LA PATA / SC / LAS PULGAS



**ROCK N ROAD
LAGUNA NIGUEL
START**



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

Ride Start: Rock N Road – Laguna Niguel

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 R5CICLISMO to ride with us.

Calendar and Event List

Introducing Our New R5CICLISMO Website Calendar and Event List: Stay Updated with All the Exciting Happenings!

[Click to view the new Calendar and Event List!](#)

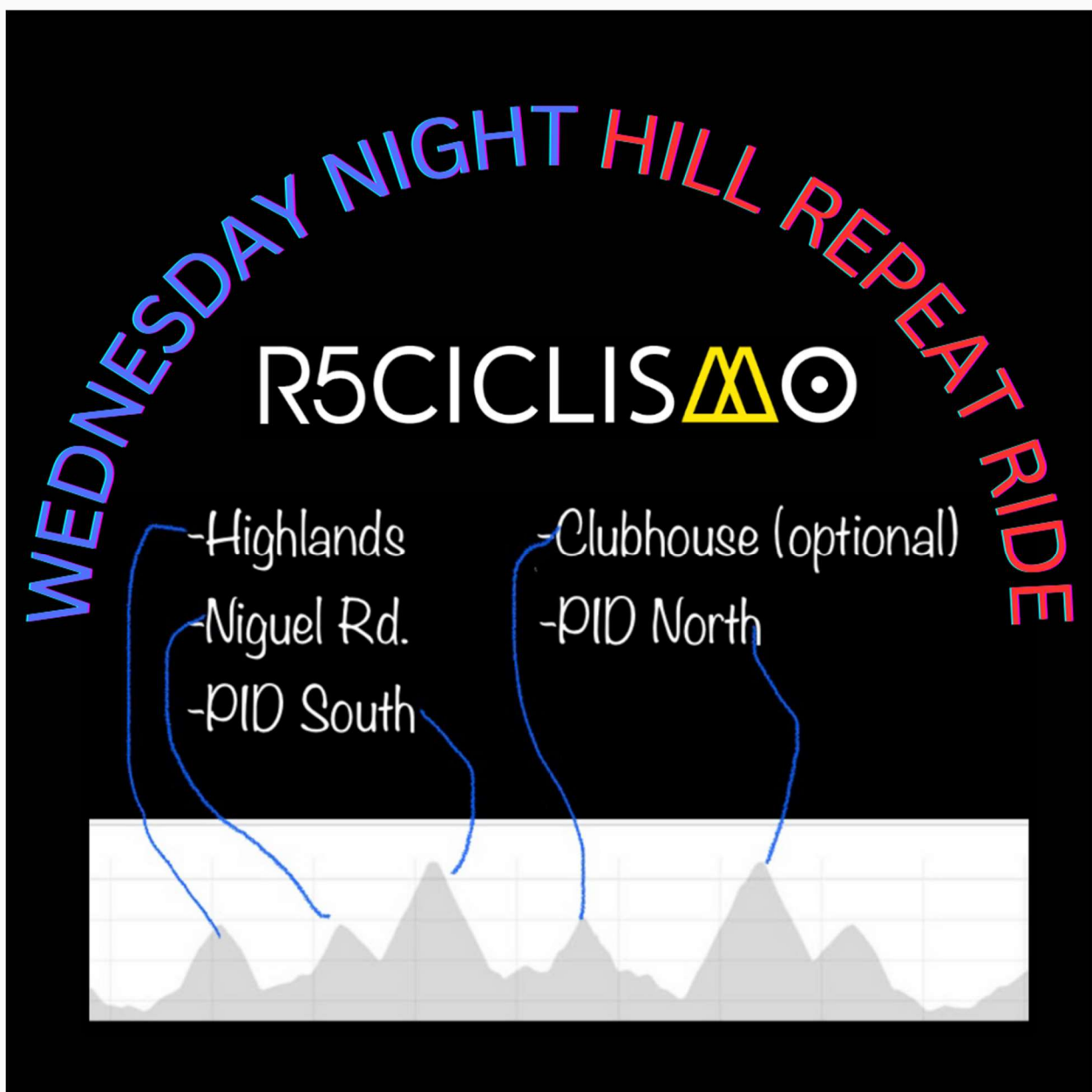
The screenshot shows the R5CICLISMO website header with the logo and navigation links: JOIN, CALENDAR, ROUTES, SPONSORS, ARCHIVE, CONTACT. Below the header, there is a link to "View as a list of events". The main content is a calendar for June 2023, with days of the week as columns and dates as rows. Events are listed in colored boxes: "Specialized Costa..." on Sunday, June 4; "Wednesday Night H..." on Wednesday, June 7, 14, 21, and 28; "Deadline for Ente..." on Sunday, June 25; "Tour de Big Bear ..." on Tuesday, June 27; "Irvine Start - #1..." on Saturday, June 3; "Laguna Niguel Sta..." on Saturday, June 10 and 24; and "Irvine Start - #3..." on Saturday, June 17.

Select Saturday Rides, Weekday Rides, Special Event Rides, or Special Events

View as calendar

- 07** **Wednesday Night Hill Repeat Ride**
Jun 2023
Hill Climbs: 17 miles, Elevation Gain 2,381 ft, 1.5hrs.
[Download Event to Calendar](#)
[Find out more...](#)
- 10** **Laguna Niguel Start - #2 Pata South/San Clemente/Las Pulgas**
Jun 2023
Laguna Niguel to Las Pulgas: 59 miles, 3,141 ft elevation gain, 4 hrs.
[Download Event to Calendar](#)
[Find out more...](#)
- 14** **Wednesday Night Hill Repeat Ride**
Jun 2023
Hill Climbs: 17 miles, Elevation Gain 2,381 ft, 1.5hrs.
[Download Event to Calendar](#)
[Find out more...](#)

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 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

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

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

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Sponsors and Partners



Welcoming our latest partner, more details coming soon.

ALMSTHRE was created by three cyclists from San Diego, CA. The elentless pursuit of endless adventure has always been in our blood. We seek to go further, explore more and become deeply connected to nature, ourselves and others.

In order to feel most alive, we must never stop exploring the unknown. We strive to push past the comfort zone and always move forward.

The Art of Doing is what motivates and inspires us, passion is what fuels us. So just remember, when there is no end in sight, keep going, you're **ALMSTHRE**.

Visit our Social Media Platforms:



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