

R5CICLISMO

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Great turn out for the GMR to Baldy Village Remote Ride!

Quick News

CLUB MEMBERS: Join R5CICLISMO on our Facebook page exclusively for members and share your amazing cycling pictures!

Etiquette and Safety: Wheels and Handlebars

Experience R5CICLISMO: Register Now for Exclusive Benefits! Don't Miss Out, Join Today!

Sponsors and Partners: R5CICLISMO's Club Title Sponsor [Bike Legal](#)

This Saturday's Ride



Starting at 8:00am - Saturday, July 15, 2023

Ride Start: Rock N Road - Laguna Niguel

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 regroups 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

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.

Members Only Facebook Page

CLUB MEMBERS: Please be sure to join our R5CICLISMO “Members Only” Facebook page. This is a *PRIVATE* page where we post exclusive information for club members such as sponsor discounts, special events, photo sharing, etc...

[CLICK TO JOIN - MEMBERS ONLY Facebook Page](#)

Etiquette and Safety

Wheels and Handlebars

1. Watch the bike in front of you and protect your own front wheel. It's your safety zone and your responsibility. Stay directly behind the bike ahead, following their path within a safe braking distance. This distance may vary for less experienced riders, ranging from several feet to yards.
2. When climbing, maintain a greater distance between you and the rider in front, in case they get out of the saddle. This initial slowing down can lead to a collision if you're too close behind.

3. Avoid half-wheeling or cross-wheeling. This occurs when your front wheel overlaps the rear wheel of the rider in front of you. Any sudden swerving or turning can cause the wheels to rub or collide, often resulting in the trailing rider falling.

4. Keep your hands on the handlebars with your fingers wrapped around the bars or hoods at all times. Avoid placing your hands on top of the bars, unless you're climbing.

5. Never ride 'hands-free' in a group. Even a small pebble or bump can cause you to lose control of your bike, resulting in wobbling or a crash, endangering those riding behind you.

Remember, following these guidelines ensures a safer and more enjoyable group riding experience for everyone involved.

July Birthdays

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

- Karen Kelly
- Kyle McNeil
- Donald Carson
- Erasmo Brenes
- Steve Rooten
- Jason Huang

Membership

Membership is Open!

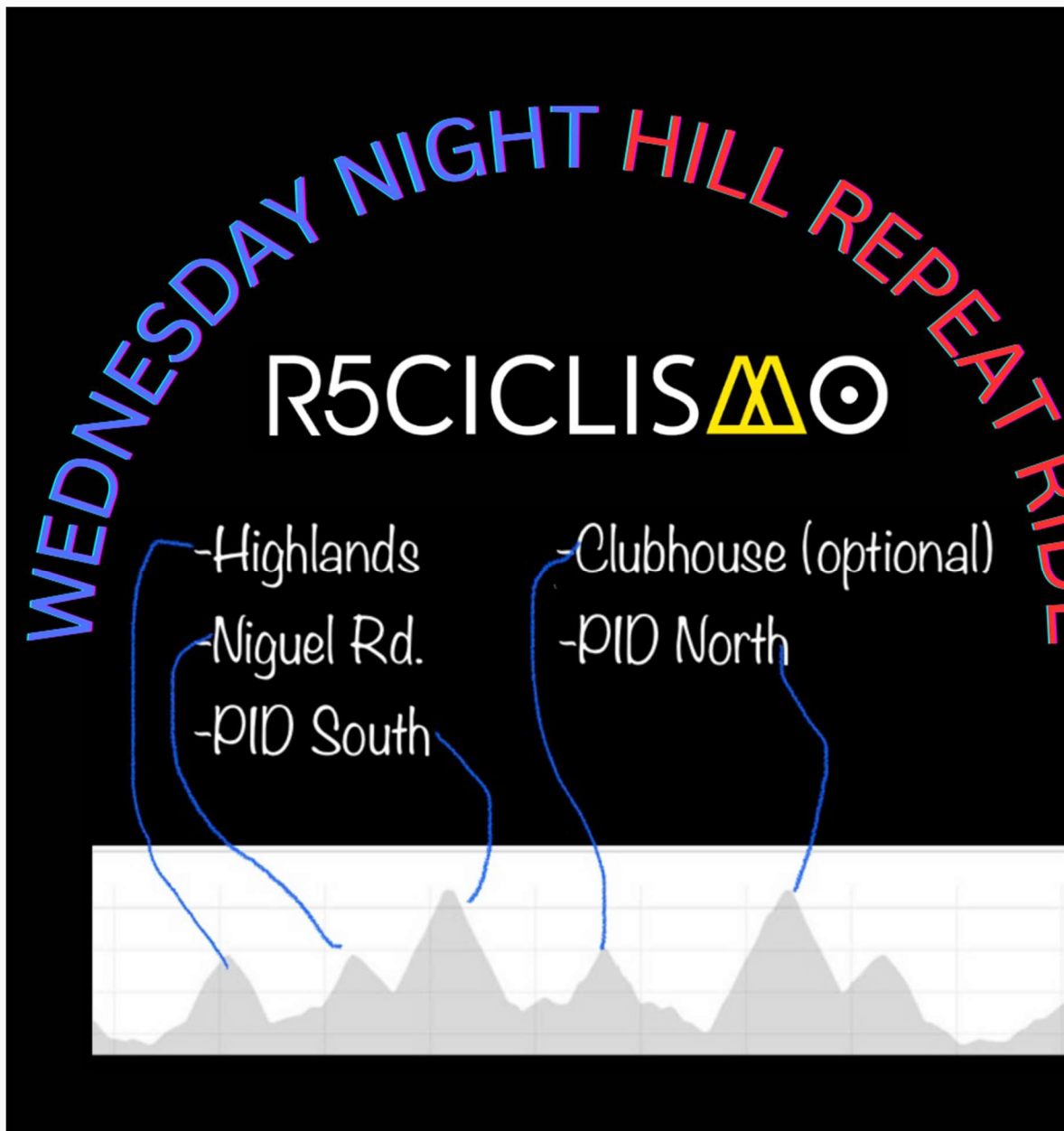
Attention current and past members! Please take a moment to renew your membership by clicking on the link provided below. Don't miss out on the

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

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

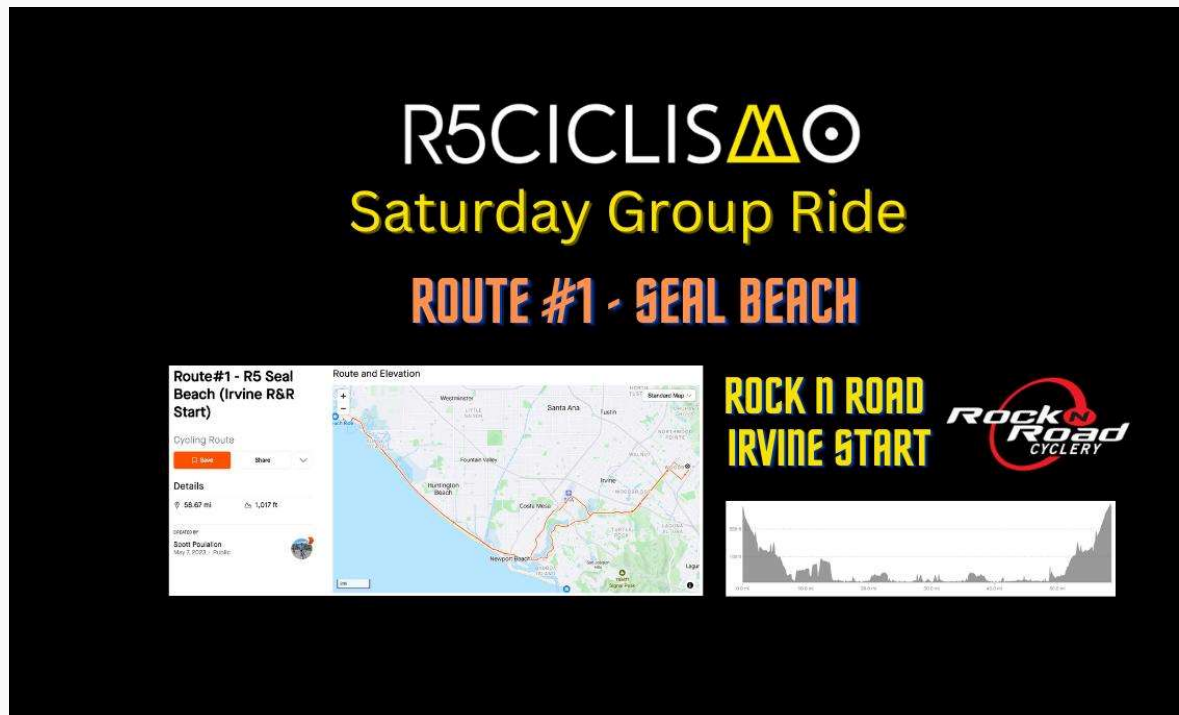
You do NOT have to be a member of R5CICLISMO to ride with us.

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, July 22, 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 pancelining. 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



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R5CICLIS 
Saturday Group Ride

ROUTE #2 - LA PATA / SC / LAS PULGAS

Route#2 - R5 La Pata South/San Clemente/Las Pulgas (R&R Laguna Niguel Start)

Cycling Route

 Save  Duplicate

Details


📏 58.91 mi 📈 3,141 ft

🕒 4:50:26

R&R Laguna Niguel Start...Oco Pkwy to Antonio...La Pata to San Clemente...to Las Pulgas...Back to R&R Laguna Niguel

CREATED BY
Scott Poulalion
May 7, 2023 · Public

ROCK N ROAD LAGUNA NIGUEL START



Starting at 8:00am - Saturday, July 29, 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

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Sponsors and Partners



BIKE LEGAL - BICYCLE ACCIDENT LAWYERS

We are located in the heart of Orange County, one of the most scenic cycling communities in Southern California.

Cyclists Representing Cyclists

At Bike Legal, our attorneys understand cycling accident cases more than most other lawyers or law firms out there. Why? Because we solely focus our practice on these types of cases.

This focus, along with our personal understanding of the cycling community, makes us some of the most effective advocates for injured cyclists you can find. With years of experience representing clients in Orange County and throughout California, we have the knowledge and expertise necessary to navigate the

complex legal system and achieve the best possible outcome for your case. You will receive superior customer service and get the results-driven representation you need and deserve.

We invite you to take the time to read more about our attorneys and learn who we are, what we do, and how our team is the best choice for a bike accident lawyer to represent you in a cycling accident claim.

Have you been injured in a bicycle accident?

Contact the best team of cycling accident attorneys in Orange County today for your free consultation

Call [\(877-245-3534\)](tel:877-245-3534)

Visit our Social Media Platforms:



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