

R5CICLIS

[View this email in your browser](#)



Get Ready to Roll!

Quick News

**Join Us for This Saturday's Remote Group Ride:
Conquer GMR to Mt. Baldy Village**

**CLUB MEMBERS: Connect with R5CICLISMO on our
Exclusive "Members Only" Facebook Page!**

**Etiquette and Safety: Benefits of Riding with a
Cycling Partner**

**Join R5CICLISMO: Open Registration Now Available!
Unlock Exclusive Advantages - Take Action Today!**

**Sponsors and Partners: Fi'zi:k - Enhancing
Performance and Comfort for Cyclists**

This Saturday's Ride

R5CICLISMO *Remote Ride* Saturday Group Ride

R5 GMR to Mt Baldy Village

Cycling Route

[★ Saved](#) [Duplicate](#)

Details

45.86 mi △ 5,848 ft

4:08:30

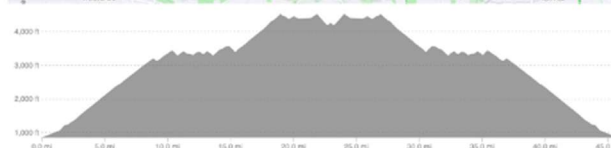
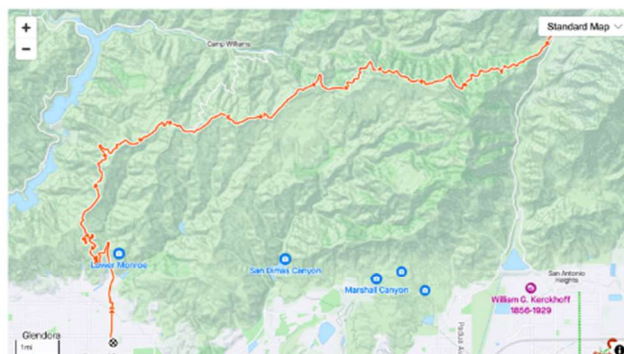
Starting at Glendora High School, this route goes all the way to the Mt. Baldy Village.

CREATED BY

Charles Pope - R5Ciclismo
June 13, 2023 - Public



Route and Elevation



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

Ride Start: Glendora High School Parking Lot

New Kit Day - Wear your new (white) kits for club photos!

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.
- 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.

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...

Etiquette and Safety

Here are some of the benefits of riding with a cycling partner:

- **Motivation:** Having someone to ride with can help you stay motivated, especially on those days when you don't feel like riding.
- **Safety:** Riding with a partner can make you feel safer, especially when you're riding in traffic.
- **Socialization:** Riding with a partner is a great way to meet new people and make friends.
- **Shared goals:** When you ride with a partner, you can set shared goals and work together to achieve them.
- **Technical support:** If you're new to cycling, having a partner who is more experienced can provide you with technical support.
- **Variety:** Riding with a partner can help you explore new routes and find new places to ride.

Here are some cycling etiquette tips to keep in mind when riding with a partner:

- **Communicate:** Let your partner know your plans and expectations before you start riding.
- **Be aware of your surroundings:** Be aware of your partner's abilities and limitations, and adjust your pace accordingly.
- **Be respectful:** Be respectful of your partner's time and energy.
- **Be safe:** Ride safely and obey the rules of the road.
- **Have fun!** Riding with a partner should be fun, so relax and enjoy the ride.

Here are some additional benefits of riding with a cycling partner:

- **You can push each other to go further and faster.**
- **You can share tips and tricks.**
- **You can learn from each other's experiences.**
- **You can have someone to share the journey with.**

Riding with a cycling partner can be a great way to improve your fitness, have fun, and make friends. By following these etiquette tips, you can ensure that your rides are safe, enjoyable, and productive.

July Birthdays

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

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

Membership

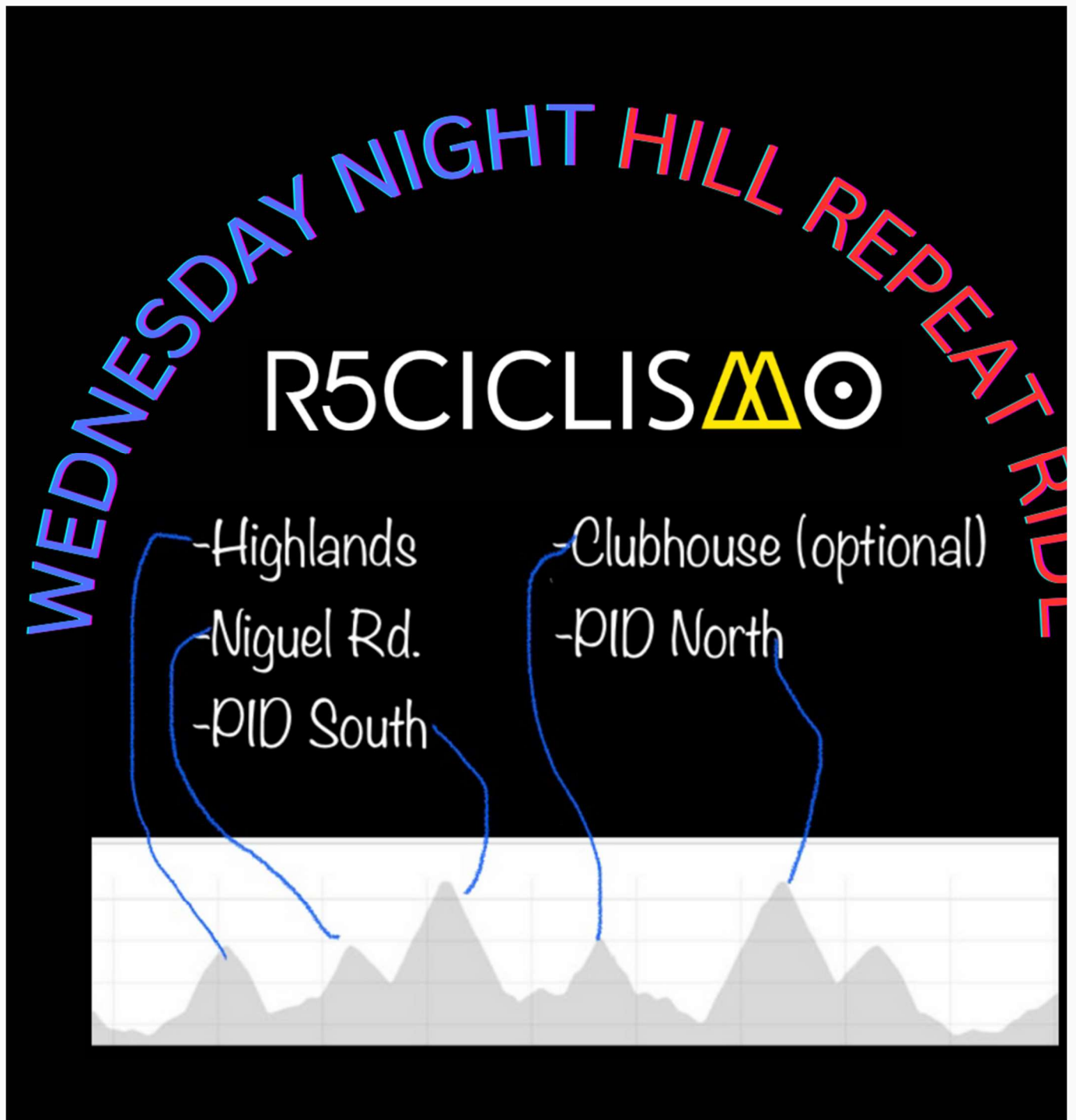
Membership is Open!

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.



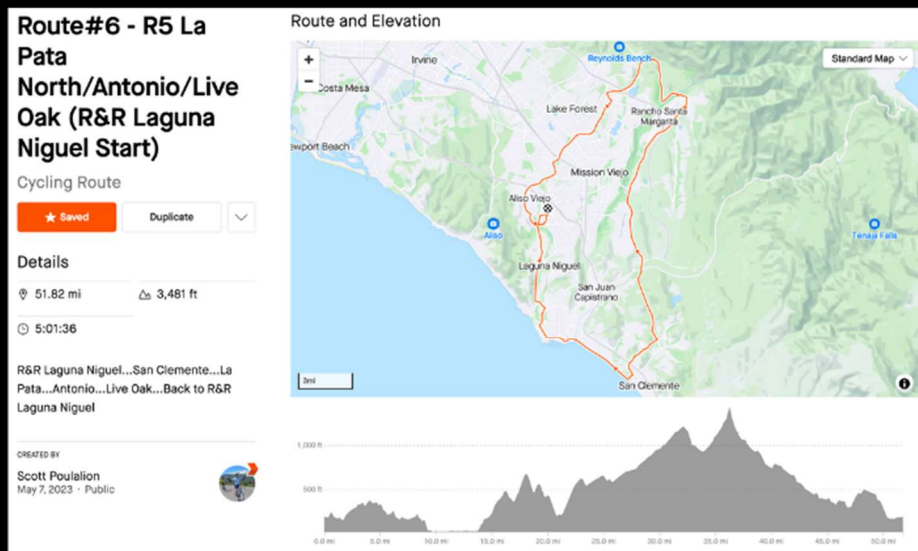
Upcoming Rides

R5CICLIS

Saturday Group Ride

ROUTE #6

LA PATA/ANTONIO/LIVE OAK



**ROCK N ROAD
LAGUNA NIGUEL
START**



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 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

Starting Point Address:

[Rock 'N Road Cyclery Laguna Niguel](#)

LEVEL: Intermediate-Advanced

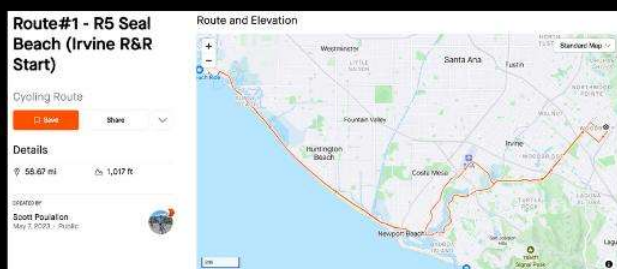
Avg 16-19mph

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

R5CICLIS

Saturday Group Ride

ROUTE #1 - SEAL BEACH



**ROCK N ROAD
IRVINE START**



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 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

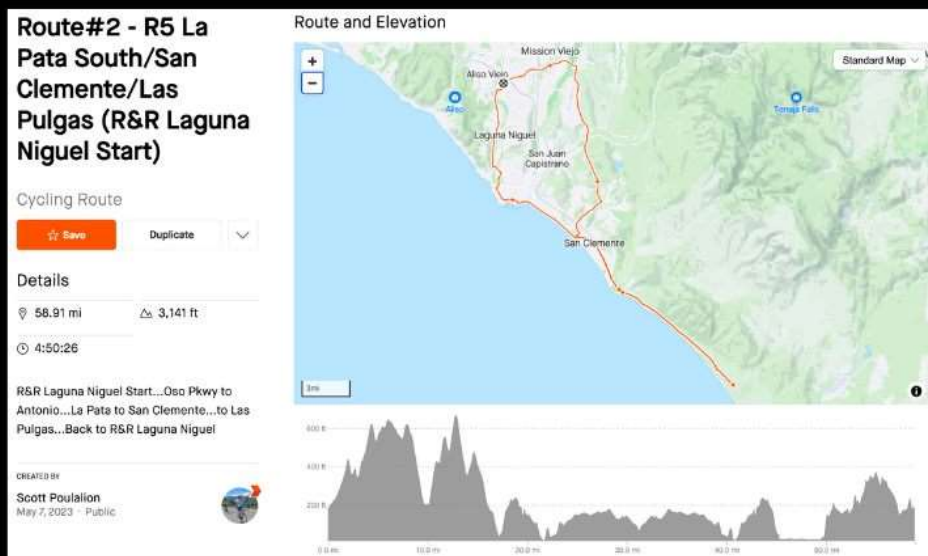
Avg 16-19mph

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

R5CICLIS

Saturday Group Ride

ROUTE #2 - LA PATA / SC / LAS PULGAS



**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

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

Sponsors and Partners



fi'zi:k

Fi'zi:k is an Italian manufacturer of cycling components, founded in 1996 by Selle Royal. The company's name is a phonetic spelling of the word "physique," and its products are designed to improve the performance and comfort of cyclists.

Fi'zi:k's most popular products are saddles, but the company also produces shoes, bar tape, handlebars, stems, seatposts, and other accessories. The company's products are known for their high quality and innovative design, and they are used by professional cyclists around the world.

One of the things that sets Fi'zi:k apart from other cycling component manufacturers is its focus on rider fit. The company's Spine Concept is a system that uses a cyclist's flexibility to determine the ideal saddle shape for them. This system has helped Fi'zi:k to develop a wide range of saddles that can accommodate cyclists of all shapes and sizes.

Another thing that sets Fi'zi:k apart is its commitment to research and development. The company has a team of engineers and scientists who are constantly working to improve the performance and comfort of its products. This commitment to research has led to the development of some of the most innovative cycling components on the market.

Fi'zi:k is a leading manufacturer of cycling components, and its products are used by cyclists of all levels of ability. The company's focus on rider fit and its commitment to research and development have helped to make Fi'zi:k a leader in the cycling industry.

Here are some of the most popular Fi'zi:k products:

- Saddles: The Aliante, Arione, and Antares are some of Fi'zi:k's most popular saddles. These saddles are designed to provide comfort and support for a wide range of cyclists.
- Shoes: The Infinito R1 and R3 are two of Fi'zi:k's most popular shoes. These shoes are designed for performance, and they offer a high level of comfort and support.
- Bar tape: The Microtex and Performance are two of Fi'zi:k's most popular bar tapes. These tapes are made from high-quality materials, and they provide a comfortable and secure grip.
- Handlebars: The Cyrano and Aliante are two of Fi'zi:k's most popular handlebars. These handlebars are designed for comfort and performance, and they offer a wide range of adjustability.
- Stems: The Aliante and Vento are two of Fi'zi:k's most popular stems. These stems are designed for comfort and performance, and they offer a wide range of adjustability.
- Seatposts: The Aliante and Antares are two of Fi'zi:k's most popular seatposts. These seatposts are designed for comfort and performance, and they offer a wide range of adjustability.

If you are looking for high-quality cycling components, Fi'zi:k is a great option. The company's products are designed to improve the performance and comfort of cyclists of all levels of ability.

Visit our Social Media Platforms:



Copyright © 2023 R5CICLISMO, All rights reserved.

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

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

Grow your business with  mailchimp
