

R5CICLIS

[View this email in your browser](#)



Riding together, conquering new paths

Quick News

Announcing the Tour de Big Bear Raffle Winners! See Details Below

Etiquette and Safety: Bike Lanes & Single File

Ride to Victory! Join R5CICLISMO: Open Registration Now Live! Unlock Exclusive Benefits - Act Today!

Join Us for This Saturday's Group Ride: Rock N Road - Irvine (Woodbury Town Center), Route #5 Back Bay/PCH/Laguna Canyon Road/RSM!

**Are You Ready for an Epic Remote Ride:
Conquer GMR on July 8th, 2023**

**Sponsors and Partners: Borg Performance
Training - Individualized Strength and
Conditioning Coaching for Every Type and
Level of Athlete**

Tour de Big Bear Raffle



Tour de Big Bear - August 5, 2023!

Exciting Winner Announcement!

Our club's title sponsor, Bike Legal, is thrilled to reveal the two lucky winners of the Tour de Big Bear raffle. Join us in giving a big congratulations to our winners for securing their coveted spots in this epic cycling event!

Scott Poulalion and Jeff Dye

[More Information on Tour de Big Bear 2023](#)

Etiquette and Safety

As part of our cycling community, it's crucial to adhere to a set of rules that ensure the safety and harmony of all riders. Here are two key guidelines to keep in mind during this Saturday's group ride:

Stay in the Bike Lane or Far Right Side of the Road: Whenever there's a designated bike lane, make it your priority to ride within it. If a bike lane is unavailable, position yourself on the far-right side of the road, ensuring safety and visibility. Be mindful of potential obstacles like drains, parked cars, and car doors, and navigate around them cautiously.

Ride Single File on Narrow Roads: On narrow roads without a shoulder or bike lane, it's crucial to ride in a single file formation. This allows sufficient space for other vehicles to pass safely while maintaining a smooth flow of traffic. By riding single file, we contribute to a considerate and cooperative cycling environment.

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!

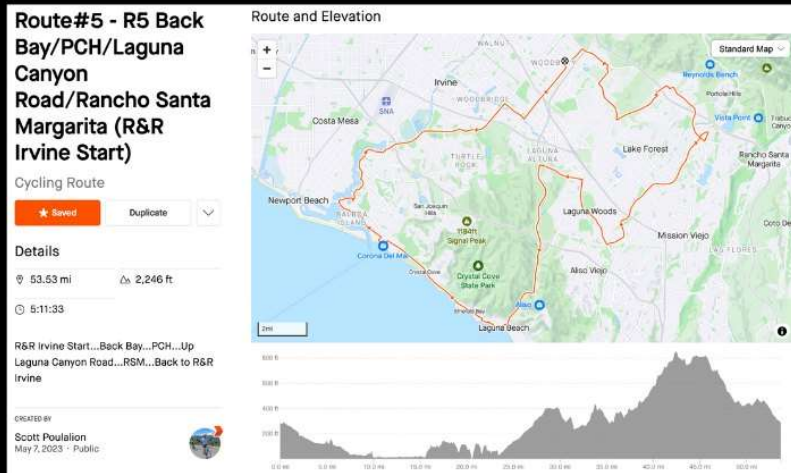
[R5CICLISMO 2023 Member
Registration](#)

This Saturday's Ride

R5CICLIS

Saturday Group Ride

ROUTE #5 BACK BAY/LAGUNA/RSM



**ROCK N ROAD
IRVINE
START**



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:

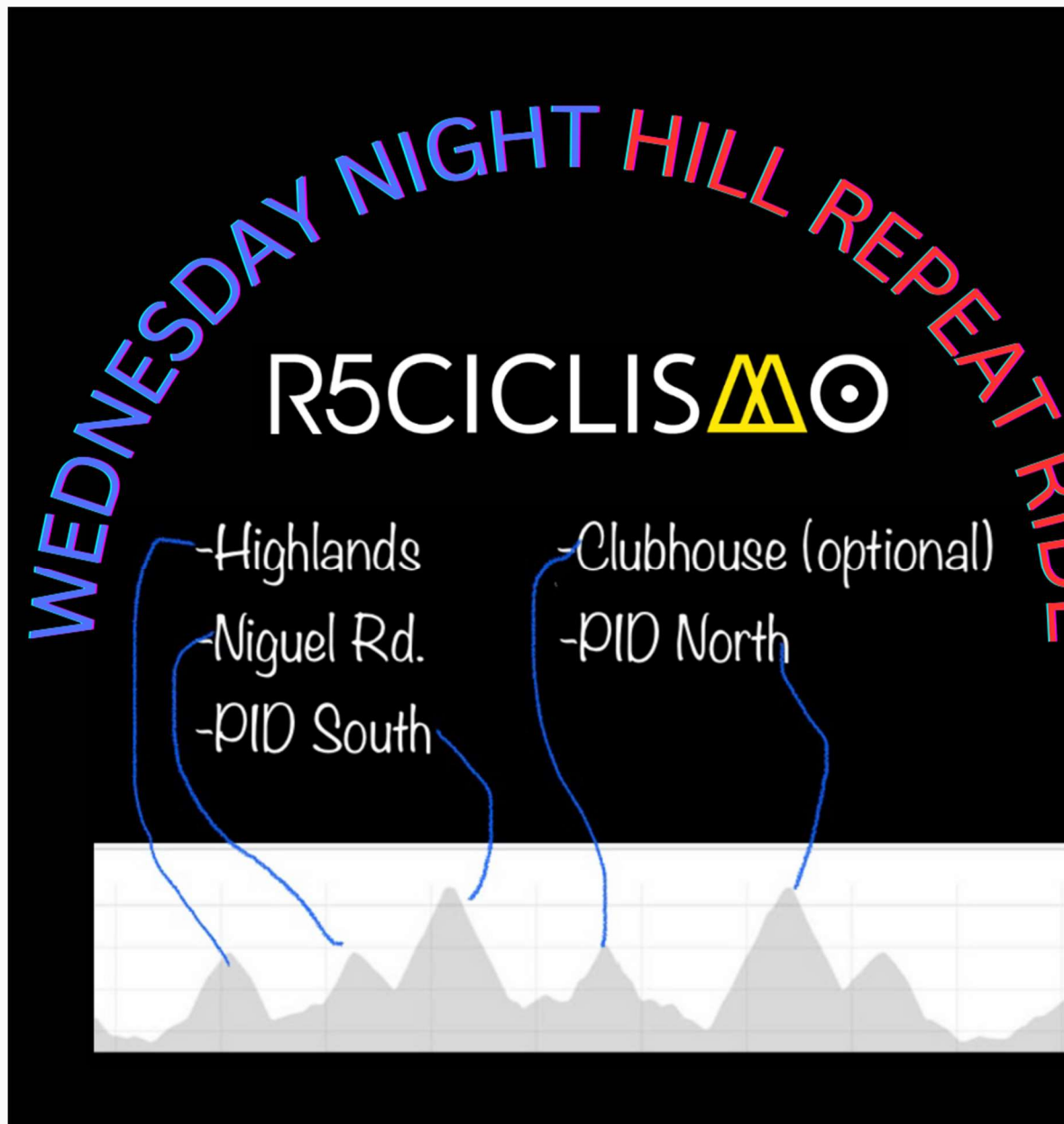
[Rock 'N Road Cyclery - Irvine](#)

LEVEL: Intermediate-Advanced

Avg 16-19mph

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

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



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.
- 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.

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.

Sponsors and Partners



THE BORG PERFORMANCE DIFFERENCE

Borg Performance Training specializes in individualized strength and conditioning and coaching for every type and level of athlete. We take a goal-oriented approach to training, keeping athletes focused and motivated with the personal attention and knowledge needed for each athlete to reach their peak performance at the right time.

We work with athletes of any sport, and those who want to excel in general fitness. We specialize in the athlete who realizes that strength and conditioning is the missing piece in their training program. Through personalized training – we don't use a one size fits all template – our athletes are able to bridge the gap in their training to achieve their goals within a given timeframe.

Borg Performance Training offers the one-on-one training that is missing in today's 'gym culture'. We invest in our athletes, taking the time to know the various factors that impact the training. We are guided by our philosophy that recovery is as valuable as the training and by creating flexible, yet challenging training programs every athlete will achieve their goals in a supportive and stress-free environment.

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**
