

R5CICLIS

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Climbing to the top of Silverado!

Quick News

Fun Times at the Tour de Big Bear!

Pictures from Hawaii and Silverado Canyon!

We need Volunteers for the Board to Shape the Future of R5CICLISMO! Nominations Now Open – Submit them Today!

Introducing R5CICLISMO's electronic Guest Rider Waivers!

Rev Up Our Newsletter! Share Your Ideas.

September 16th: Mark Your Calendars for Our Members-Only BBQ Get-Together!

Limited Time Offer: Get a \$25 Membership for 2023!

Etiquette and Safety: Guidelines for Group Rides.

Saturday's Ride to Los Patrones Route #4.

Sponsors and Partners: ATAQ Fuel - Leading Plant-Based Sports Nutrition with Exclusive Member Discounts!

Ride Santa Barbara 100 - Prices go up this Monday!

Tour de Big Bear



About to the start the Tour de Big Bear.



Climbing to the top of Onyx and completing the 100 miles of the Tour de Big Bear.



Tackling the Dirty Bear: 50 miles of mixed surfaces, road and trail fun around Big Bear Lake.

Ride Pictures



Representing R5CICLISMO in Hawaii!



About to start the Silverado Canyon ride.



Regroup at Cook's Corner.



Ready to Roll!

Board Members Election

R5CICLISMO Board Members Nominations

Shape the Future of R5CICLISMO: Join the Board Today!

Your chance to steer the course of R5CICLISMO is here!

Nominate, Elevate, and Celebrate: Be a Board Member!

Unleash your passion for cycling and leadership. Nominate yourself or a fellow enthusiast to the R5CICLISMO Board. Make waves, forge connections, and leave your mark on the cycling community!

Ignite Change: Nominations Open until August 18th, 2023

Time's ticking, email your nominations to info@r5ciclismo.com and be a catalyst for transformation. Your ideas and dedication are the fuel that drives us forward.

It starts with you! Embrace this chance to lead, learn, and impact. If you're nominating a fellow rider, make sure their commitment matches the challenge. Together, we'll pedal toward greatness!

Please note the following eligibility criteria:

- All nominees must be 18 years old or above.
- For President or Vice President positions, a minimum of one year of membership in the Club is required.

This is your chance to make a difference and contribute to the growth and success of R5CICLISMO. Act now and participate in shaping the future of our cycling community!

[Submit Your Nomination](#)

Non-Member Rider's Waiver

For non-members, please complete R5CICLISMO's new electronic Waiver. Cycling waivers are required by non-member participants to acknowledge the inherent risks in cycling, release R5CICLISMO from liability, and provide informed consent. The Waiver offers legal protection, document participants' awareness, and promote safety during cycling activities.

[R5CICLISMO WAIVER](#)

Newsletters Ideas

Elevate Our Newsletter Experience! We're eager to hear your creative sparks. Share your fantastic Newsletter ideas with us at info@r5ciclismo.com and help us make our cycling community shine even brighter. Your input fuels our pedal-powered passion!

[Submit Your Ideas](#)

Club BBQ Get-Together

Save the Date: Members-only BBQ Get-Together on Saturday, September 16th, 2023, at 5:00pm. Hosted by Scott in Laguna Niguel. All food and drinks will be provided by R5CICLISMO. Evites coming soon – RSVP required. Each member can bring one guest. More details to follow.

Memberships

Exclusive Offer: Join our community for the remainder of 2023 at a reduced rate!

Membership registration fees have been lowered from \$35 to just \$25 for the rest of the year. Don't miss out on the exclusive benefits and opportunities that come with being a part of our group.

To streamline the process, we're using BikeReg for convenient dues and waivers collection in one place. Please be aware that BikeReg charges a small fee, which will be added to the \$25 registration fee. Don't wait any longer to sign up and seize this exclusive offer!

Etiquette and Safety

Guidelines for Group Rides

Regroup Points/Rest Stops:

- The Ride Leader will explain these locations beforehand and during the ride. They are quick stops for bathroom breaks and water refills. If you fall behind, catch up at the regroup point. If you change your route, inform the group.

Pacing/Pace Groups:

- Stay at the Ride Leader's pace. No surging and no passing the Ride Leader or others except in designated 'breakaway' sections of the route. The Ride Leader will let the peloton know when a breakaway section is coming up, ahead of time, so that riders have time to safely position themselves either towards the front or towards the back of the peloton. Please be mindful of slower riders as you accelerate and use proper etiquette when overtaking anyone.
- In the peloton, if you feel like the pace is too slow, it's probably because *you're drafting in a large group!* Ask the Ride Leader if you can work upfront with him/her...and help pull the group! It's harder work up front, in the wind, and a good exercise in holding a solid pace. Only set a pace that is equal to the Ride Leader's pace. This is not an opportunity to go faster or raise the group's pace.
- We will break into different pace groups on some rides, depending on the riders attending that day. This may happen at the beginning of the ride or at a rest stop. Please communicate clearly which pace group you will ride with, so the ride leaders know who is in their group.

Here are some additional tips for riding in a group:

- Be aware of your surroundings and be prepared to brake or slow down for hazards.
- Signal your intentions clearly to other riders.
- Ride in a straight line and avoid weaving.

- Do not overlap wheels with the rider in front of you.
- Be patient and courteous to other riders.

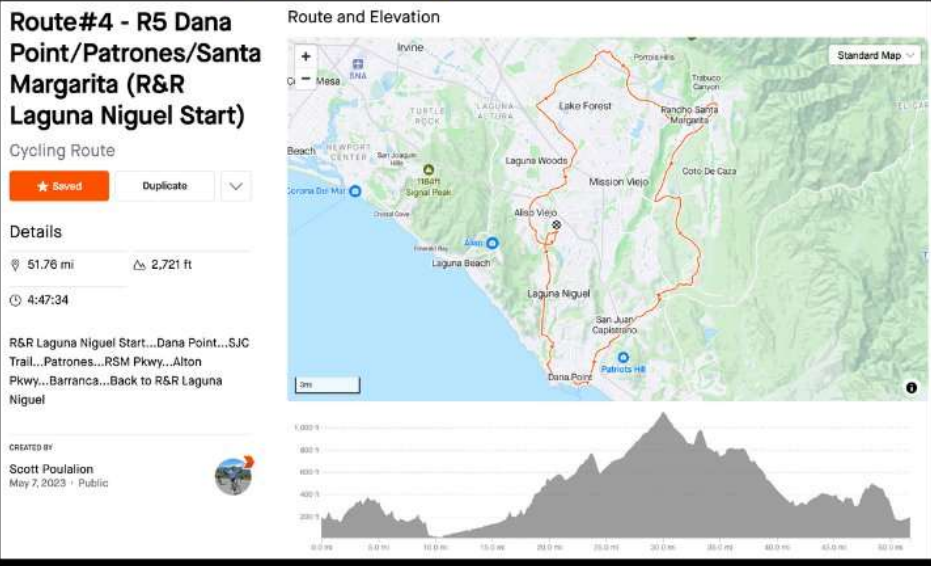
This Saturday's Ride

R5CICLIS


Saturday Group Ride

ROUTE #4

DANA POINT/PATRONES



**ROCK N ROAD
LAGUNA NIGUEL
START**



Starting at 8:00am - Saturday, August 12, 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

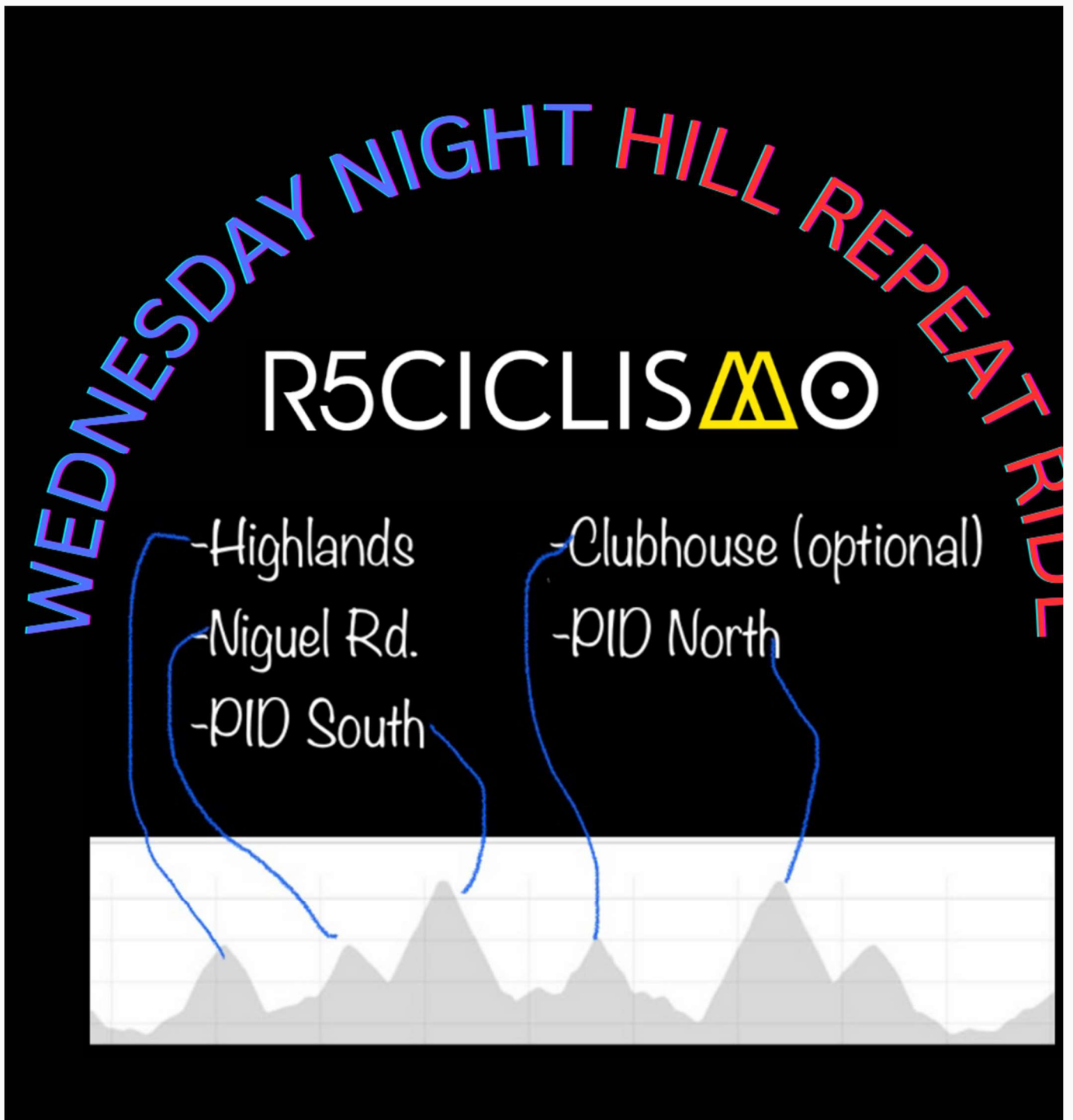
You do NOT have to be a member of R5 to ride with us.

August Birthdays

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

- David Wu
- Maria Szweminska
- Mark Snow
- Mendi Kessler
- Mila Allinson
- Peter Allen
- Susan Sloan-Velez
- Thomas Roche
- Walter Myers

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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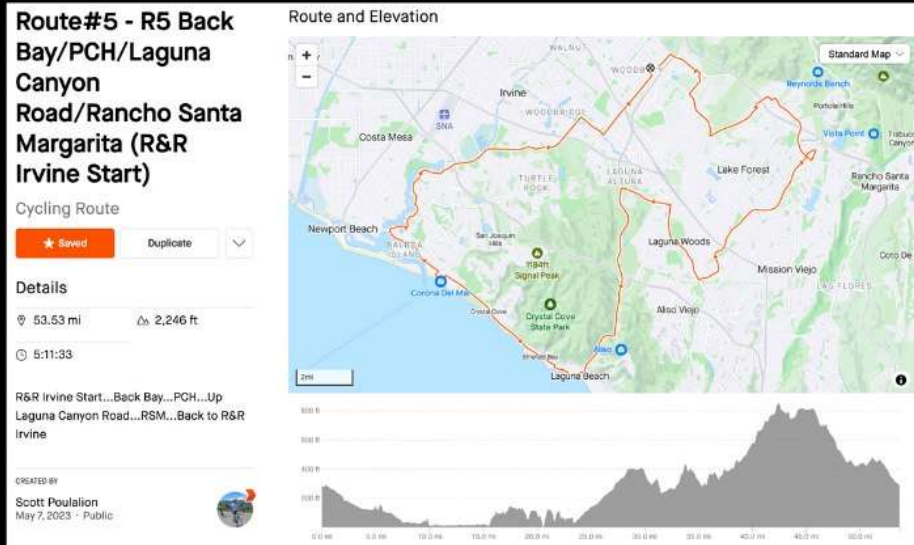
Upcoming Rides

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Saturday Group Ride

ROUTE #5

BACK BAY/LAGUNA/RSM



ROCK N ROAD
IRVINE
START



Starting at 8:00am - Saturday, August 19, 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

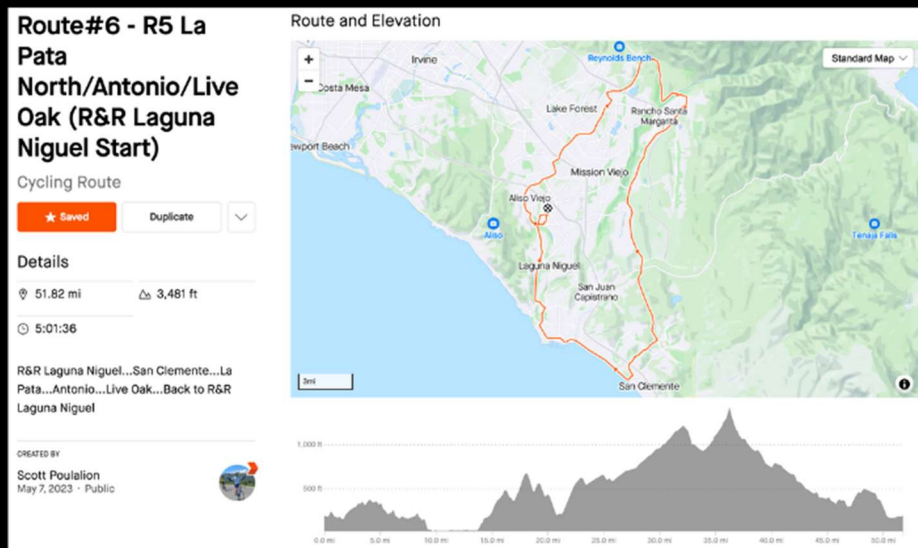
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Saturday Group Ride

ROUTE #6

LA PATA/ANTONIO/LIVE OAK



**ROCK N ROAD
LAGUNA NIGUEL
START**



Starting at 8:00am - Saturday, August 26, 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

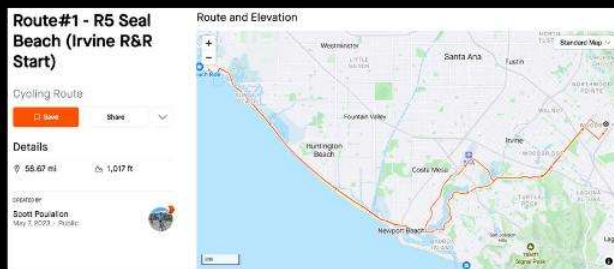
Avg 16-19mph

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Saturday Group Ride

ROUTE #1 - SEAL BEACH



**ROCK N ROAD
IRVINE START**



Starting at 8:00am - Saturday, September 2, 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.

Sponsors and Partners

The logo for ATAQ is displayed in a large, bold, white, sans-serif font against a solid black background. The letters are stylized, with the 'A' and 'Q' having a distinctive shape. A registered trademark symbol (®) is located to the upper right of the 'Q'.

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.

Here are two active discount codes for R5 members:

1. Use "R5TEAM" for 20% OFF your entire order.
2. Use "R5PROTEIN" for 40% OFF our matcha protein. (Note: This discount applies only to the protein and must be a separate order.)

Ataq is a company located in Orange County.

Ride Santa Barbara 100



Price Increase Ahead - Register Before August 13, 2023

Ride Santa Barbara 100 **prices go up this Monday**, so pick your route, invite your riding buddies, and [secure your spot today!](#)

- **100 Mile:** An advanced ride featuring a combined [double climb](#) timed challenge - **\$149**
 - **100 KM + CLIMB Challenge:** A shorter distance that includes a timed climb up Painted Cave Road - **\$139**
 - **100 KM:** A challenging cycling experience featuring scenic coastal and mountain roads - **\$129**
 - **34 Mile:** A fun and picturesque course for casual riders and weekend warriors - **\$69**
-

Join us this October 21st and enjoy the routes, the scenery, the food stops, the beachside expo, and the post-ride dinner that makes Ride SB100 the premiere cycling event that it is! Registration includes a commemorative T-shirt, bike bottle, sponsor goodies, generous aid station support, post-ride meal and two free beers (Riders 21+).

Visit our Social Media Platforms:



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

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