

# R5CICLIS

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Check out all of the new summer kits!

## Quick News

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**Volunteer for Board Membership - Shape the Future of R5CICLISMO! Nominations Open Soon!**

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**Save the Date: Members-Only BBQ Get-Together on September 16th, 2023!**

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**Save Big: \$25 Membership for 2023!**

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## **Etiquette and Safety: Muscle Cramps - Causes and Prevention**

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## **Saturday's Ride to Seal Beach: Wear Your R5CICLISMO Kit for a Group Picture!**

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## **Sponsors and Partners: Bogarts Coffee House**

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# **Board Members Election**

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**volunteerism. / (,vɒlən'tɪərɪzəm) / noun. the principle of donating time and energy for the benefit of other people in the community as a social responsibility rather than for any financial reward.**

We take immense pride in the significant progress and rebirth of R5CICLISMO! A heartfelt thanks to the temporary board for their exceptional commitment and contributions. To ensure the continued success of the club, we depend on active member participation and support. It's now time to hold an election and appoint five new board members.

We encourage you to consider volunteering and contributing to the growth and prosperity of R5CICLISMO. The term of the next elected board will be from September 1st, 2023, through December 31, 2024. Ideally, you should consider nominating yourself. If you wish to nominate someone else in the club for any position, please confirm their willingness to dedicate the required time and effort.

Note:

- No person under 18 years old is eligible for the board.
- To be eligible for the President or Vice President positions, at least one year of membership in the Club is required.

Stay tuned for more details in the upcoming Weekly Newsletters.

# Club BBQ Get-Together

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Mark your calendar for our Members-only BBQ Get-Together on Saturday evening, September 16th, 2023! Each member can bring one guest. Stay tuned for more details coming soon!

# Memberships

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**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!

[R5CICLISMO 2023 Member Registration](#)

# Etiquette and Safety

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# Muscle Cramps - Causes and Prevention

Muscle cramps have been studied extensively, but they still hold some mystery. However, science offers insights on how to manage them effectively. Two main causes of muscle cramps are as follows:

1. **Fatigue:** Cramps often result from pushing your muscles harder or longer than usual. Each individual's training regimen differs, so gradually build up your workouts or events to avoid overexertion, which can lead to cramping.
2. **Dehydration:** Muscle cells require sufficient fluid to function properly.

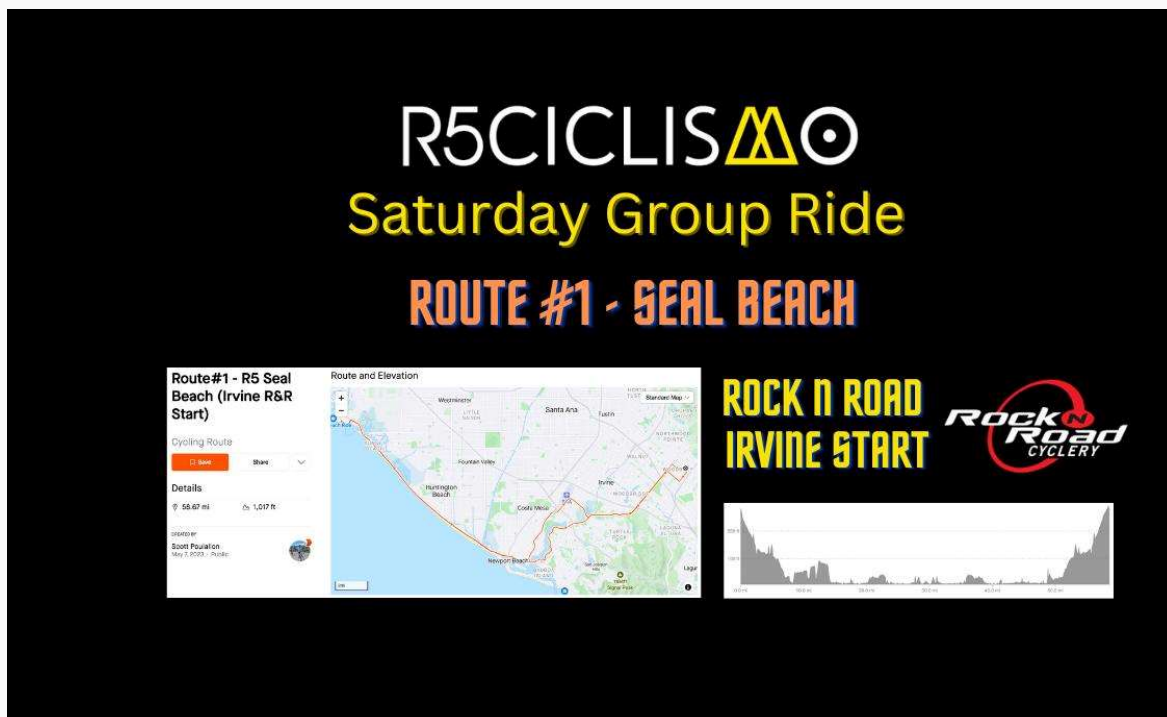
Here's what you can do to prevent cramps:

1. **Hydration Preparation the Day Before:** Ensure your muscle cells are well-hydrated before your workout or event by drinking plenty of fluids the day before. Avoid excessive alcohol and caffeine consumption, as they can lead to dehydration.
2. **Fluid Intake During Your Ride:** During your ride, drink enough fluids. Determine your unique sweat rate by weighing yourself before and after. Aim to end up with the same weight or a difference of no more than 1 pound. Each pound lost equals approximately 16 oz of fluid. Heat and humidity influence the rate you sweat, so everyday can be different. Space your proper amount of fluid intake out approximately every 15-20 minutes during the duration of your ride.
3. **Electrolyte Balance:** Maintaining proper electrolyte balance is crucial. Electrolytes, such as sodium, potassium, and magnesium, are vital for muscle function. Endurance athletes in long events may lose significant electrolytes through sweat. Consume electrolyte beverages or foods with sodium, particularly during exercises lasting 3 hours or more in hot weather. Look for proper electrolyte and carbohydrate concentrations in beverages to ensure efficient absorption. Remember to consume sodium-rich foods with sufficient water for effective absorption.

**Trial and Error:** Understanding your body and its responses is essential. Environmental conditions vary, so monitor your food, water, and beverage intake, as well as weather conditions. Keep track of your weight before and after workouts to gauge hydration levels accurately. Be patient with the process, as finding the right balance may take time and experimentation.

# This Saturday's Ride

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**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.

# July Birthdays

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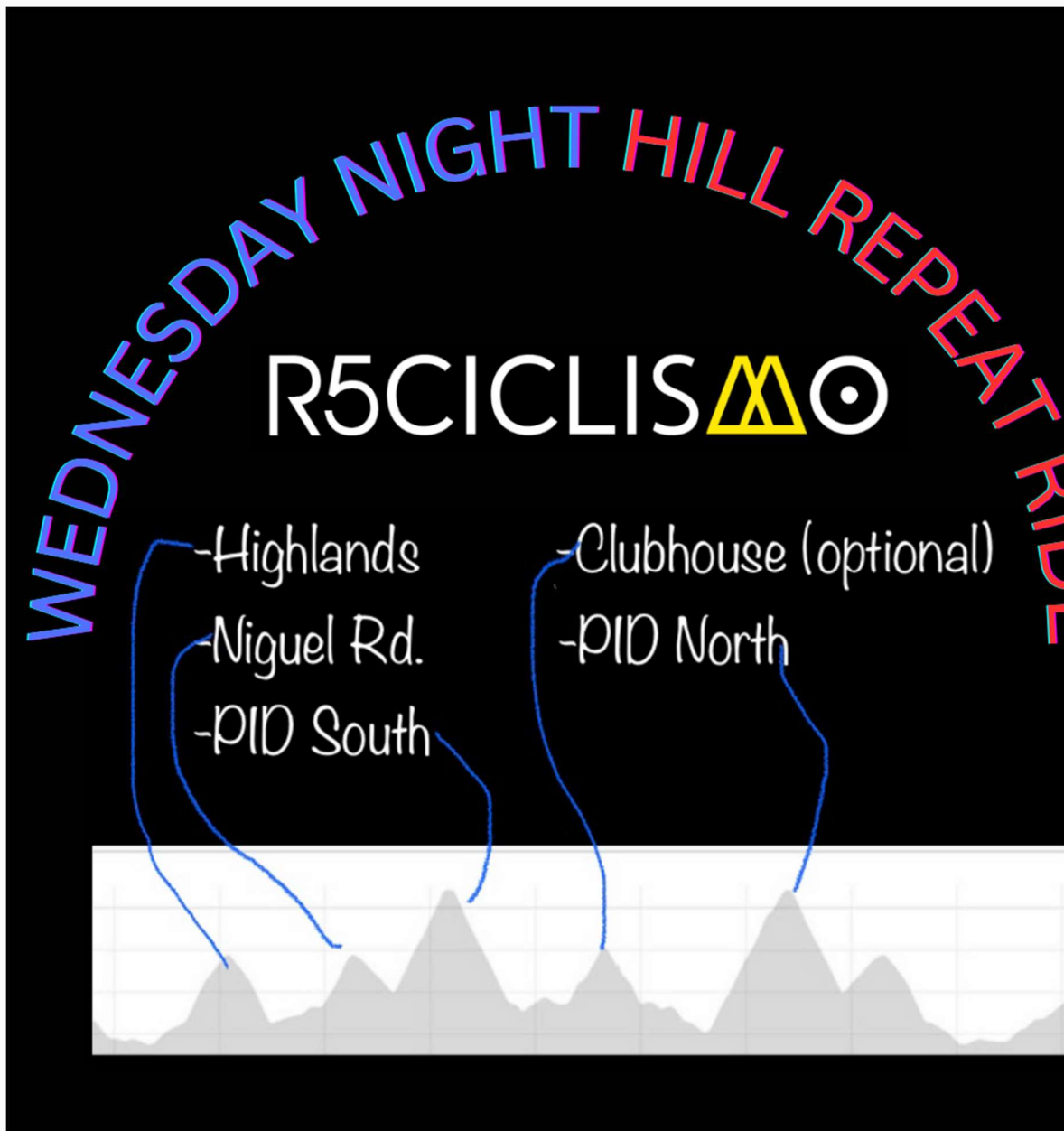
**Join Us in Wishing These Members a Happy Birthday!!!**

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

# Weekday Ride

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**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 #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  $\Delta$  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**

**Rock N Road CYCLERY**

**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.

**R5CICLIS** **ROUTE #3**  
**Saturday Group Ride** **SANTIAGO & SILVERADO**

Route#3 - R5  
Santiago/Silverado  
(R&R Irvine Start)

Cycling Route

★ Saved Duplicate

Details

64.86 mi 3,558 ft

5:04:48

R&R Irvine...Irvine Blvd to Margarite to Oso Pkwy to Antonio to Empresa... Santiago Cyn...Silverado Cyn...Back to R&R Irvine

created by Scott Poulalion May 7, 2023 · Public

Route and Elevation

ROCK N ROAD IRVINE START

**Starting at 8:00am - Saturday, August 5th, 2023**

**Ride Start: Rock N Road - Irvine (Woodbury Town Center)**

**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](#)

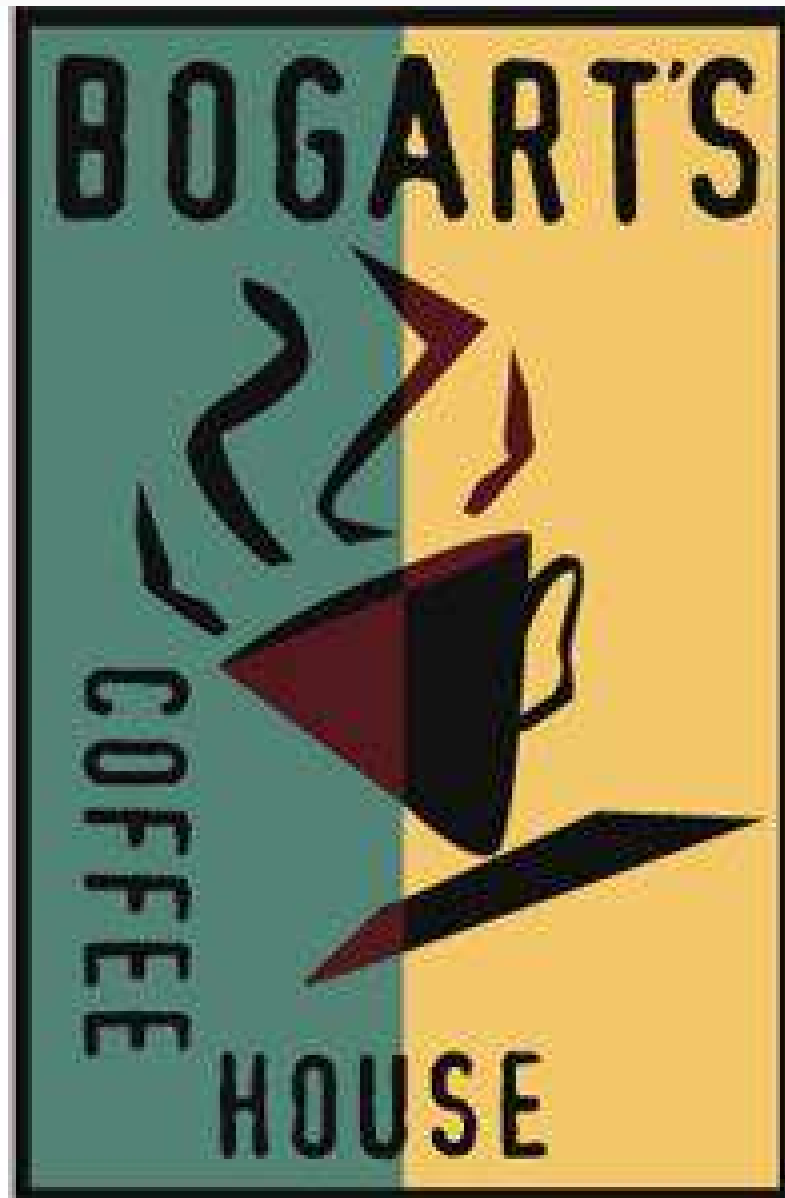
LEVEL: Intermediate-Advanced

Avg 16-19mph

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

# Sponsors and Partners

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“Bogart’s offers something that no other Seal Beach coffee house can claim: Organic coffee and tea, views of the Pacific and Catalina Island, from sunrise to sunset. The ocean breeze and the roar of the surf will waft in as you relax on the couch or leopard-print easy chairs. Here you will find a comfortable place to sip a latte and conduct business or read, and simply enjoy the view.”

At Bogart’s, we provide high quality beverages in a comfortable setting by friendly and talented baristas. We serve all organic coffees and also provide a great selection of organic teas and other drinks. Our unique coffee blend is roasted locally in Orange County, by a roaster who follows fair trade principles in all purchases. Our roaster carries only organically grown beans and works hard to maintain personal relationships with the people with whom they do

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business.

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### Visit our Social Media Platforms:



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For any questions, email us at [info@r5ciclismo.com](mailto:info@r5ciclismo.com)

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