

# R5CICLISMO

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Gearing Up for Epic Ride to Bogart's Coffee House!

## Quick News

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**Volunteer for Board Membership and Help Shape the Future of R5CICLISMO! Nominations Are Now Open!**

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

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

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**Etiquette and Safety: Helping or Assisting Group Members**

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## Saturday's Ride to Las Pulgas Route #2

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**Sponsors and Partners: Exclusive Discounts for Members Only at Red Monkey Sports**

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# Board Members Election

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## R5CICLISMO Board Members Nominations

Nominations for R5CICLISMO Board Members are now open until August 18th, 2023. To submit your nominations, simply email [info@r5ciclismo.com](mailto:info@r5ciclismo.com). We encourage you to consider nominating yourself for a position within the board. If you wish to nominate someone else from the club, please ensure they are willing to dedicate the necessary time and effort.

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](#)

# 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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## Helping or Assisting Group Members

It's important to be aware of group etiquette, especially when it comes to helping or assisting other riders.

Here are a few tips on how to help or assist group members with mechanical issues or other issues:

- **Be Prepared.** If you're going on a group ride, make sure you have the tools and supplies you need to fix a flat tire or other minor mechanical issue.
- **Be Proactive.** If you see a rider who is struggling, offer to help. This could mean offering to ride with them, helping them fix their bike, or simply offering words of encouragement.
- **Be Respectful.** If you're not sure how to help someone, ask them before you start tinkering with their bike. And be sure to return any tools or supplies that you borrowed.
- **Be Understanding.** Everyone has bad days on the bike. If someone is having a mechanical issue or is feeling tired, be patient and understanding.

### Additional Tips for Helping with Mechanical Issues

- Call out 'mechanical!' if you experience a problem with your bike. Avoid sudden braking. Pull over carefully, using the appropriate 'stopping' signals.
- Riders should carry their own spare tube, CO2, levers, and a multi-tool.
- Each rider should know how to change their own flat tire.
- Regular bike maintenance is crucial to avoid mechanical issues:
  - Check brake pads and tires for wear.
  - Ensure you have fresh tubes or add sealant every 3 months (if tubeless).
  - Clean and lubricate the drivetrain regularly.
  - Pump tires to the appropriate PSI before each ride.
  - Wipe your bike dry after riding in the rain.
  - Have any unusual rattles, creaks, or loose items checked out.
  - Get a full bike tune-up once a year.
  - If you are not comfortable doing your own bike maintenance, take your bike to your local bike shop.

# This Saturday's Ride

## 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...Oso 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


Route and Elevation

## 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.

# July Birthdays

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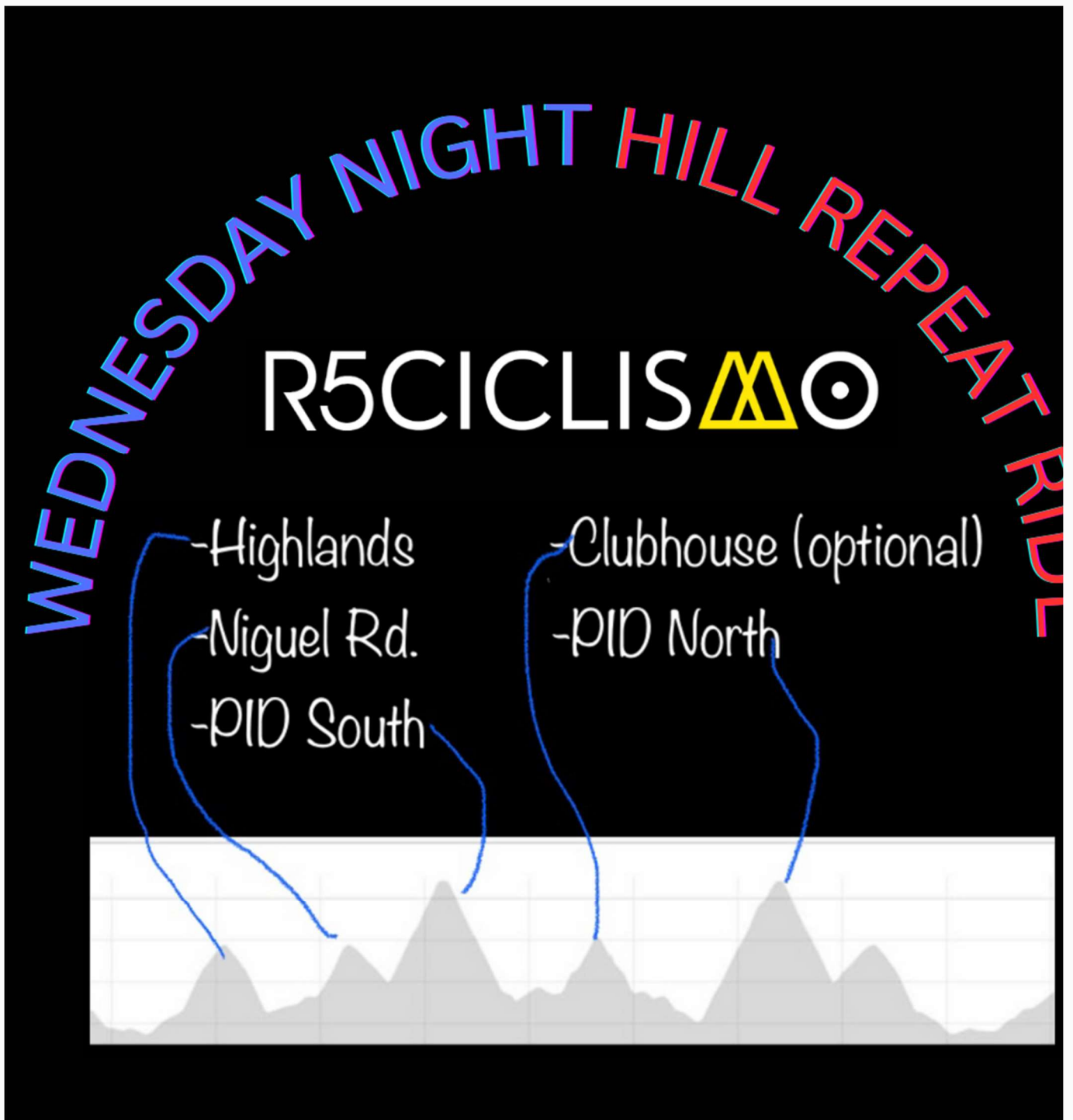
**Join Us in Wishing These Members a Happy Birthday!!!**

- 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
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heading back to the finish together as a group.



# Upcoming Rides

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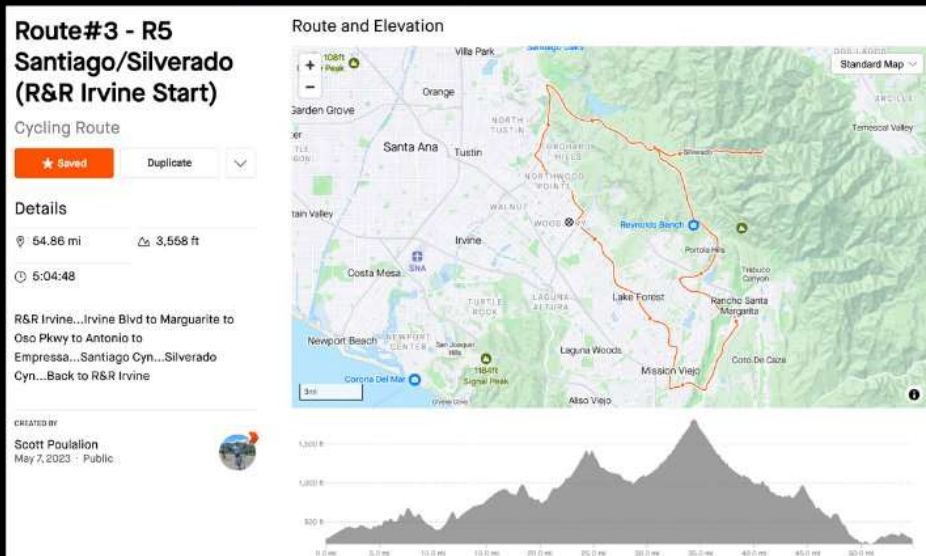


# R5CICLIS

## Saturday Group Ride

# ROUTE #3

## SANTIAGO & SILVERADO



**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



At RedMonkey Sports, we are all about the love of cycling. Our staff members are all experienced riders and understand the products cyclists need. Our online store has 200+ brands and over 45,000 products that fit every rider's needs and wants.

Check out our [RedMonkey Sports website](#) to view the latest offerings from Specialized, Shimano, 3T, Smith, and many more brands.

### **\*\*\*EXCLUSIVE DISCOUNT FOR R5CICLISMO MEMBERS\*\*\***

RedMonkey Sports is offering discounts exclusively to R5CICLISMO members only. Discount structures vary by brand, product, and availability. Some products do not qualify for discounting.

1. Create an account at [RedMonkey Sports](#)

2. Email [marketing@redmonkeysports.com](mailto:marketing@redmonkeysports.com) and provide your name and email address you used when creating your account.
3. RedMonkey Sports Will verify that you are an active R5CICLISMO member with the R5 club membership coordinator.
4. Once your membership has been verified, RedMonkey Sports will email you that your account is now active with your discount.
5. Log in and go shopping! Any issues? Email: [marketing@redmonkeysports.com](mailto:marketing@redmonkeysports.com)

### **RedMonkey/BikeLegal Cycling Kit:**

Looking for a new jersey and bibs to add to your wardrobe that supports BOTH Red Monkey Sports AND our title sponsor Bike Legal? Pre-order yours now at the [apparel store](#)



### **RedMonkey Rides:**

We know you love the Wednesday night and Saturday morning R5CICLISMO rides, but if you are looking for options on Tuesday and Thursday night, or dirt on Saturdays, check out the weekly RedMonkey Sports Club rides on their social channels listed at the bottom of their [website](#).

- Tuesday Take It Easy ride rolls out at 6:15 from Rock n Road Cyclery Irvine
- Thursday Night Ride (Fast and Fiery) rolls out at 6:15pm from Rock n Road Cyclery Irvine
- Saturday MTB/Gravel/Road varies every week

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### **Visit our Social Media Platforms:**



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

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