

# R5CICLIS

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"Rejuvenation at Rest: Fueling Laughter and Friendship"

## Quick News

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**Deadline Approaching This Friday! Submit your Nomination Today to Shape the Future of R5CICLISMO by Joining the Board!**

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**RSVP Now for Exclusive Members-Only BBQ on September 16th!**

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

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**Sponsors and Partners: Visit R5CICLISMO Website.**

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**Etiquette and Safety: Ride Route Safety.**

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**R5CICLISMO's Electronic Guest Rider Waivers.**

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**Saturday's Ride to Laguna Canyon Ride #5.**

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**Pictures from Los Patrones Ride.**

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# **Board Members Election**

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**Calling R5CICLISMO Club Members! Shape Our Club's Future!**

Join the journey of camaraderie and passion as we transition to an exciting new chapter. Our club's temporary board has already boosted membership from 20 to over 70 riders in six months, and now we're seeking new leaders.

Roles available: President, Membership Guru, Communications Whiz, Treasurer Extraordinaire, and Organizational Wizard as Secretary.

Why lead? Shape the heart of our community - from apparel design to thrilling routes. Commitment: just 2-4 hours/month, rewards: immeasurable.

Reflect on our board's achievements: revamped website, newsletters, discounts, ride routes, envy-worthy kits. Whether a veteran or newbie, if cycling ignites your spark, help shape our future.

Want involvement without a board role? Nominate as a "helper." All contributions count.

Let's thrive as Orange County's top cycling club. Help or nominate at [info@r5ciclismo.com](mailto:info@r5ciclismo.com). Nominations open till August 18th, 2023.


[Submit Your Nomination](#)


# Club BBQ Get-Together

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## Members-Only BBQ Get-Together!

 Saturday, September 16th, 2023

 5:00 PM

 Hosted by Scott in Laguna Niguel

Food, drinks, and fun provided by R5CICLISMO. Check your email for the Evite and RSVP by September 10th, 2023.

# 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](#)

# Sponsors and Partners

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Explore our sponsors and partners on the R5CICLISMO website!

[Visit our Sponsors and Partners](#)

# Etiquette and Safety

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## Ride Route Safety:

- **Follow the planned ride route.** Our routes are available on our website, Facebook page, and email newsletter. If you need help saving a route or starting the navigation on your Garmin or Wahoo device, please ask.
- **Notify the ride leader if you need to deviate from the route.** This could be because you want to shorten the ride, turn back home, or are not feeling well. It is important to let the ride leader know so that they can keep track of everyone and ensure everyone's safety. Position yourself safely when you leave the group.

- **Do not take shortcuts mid-route without the ride leader's permission.** This could cause confusion and accidents, as well as leave other riders behind.

# Non-Member Rider's Waiver

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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.

[Complete R5CICLISMO Waiver](#)

# This Saturday's Ride

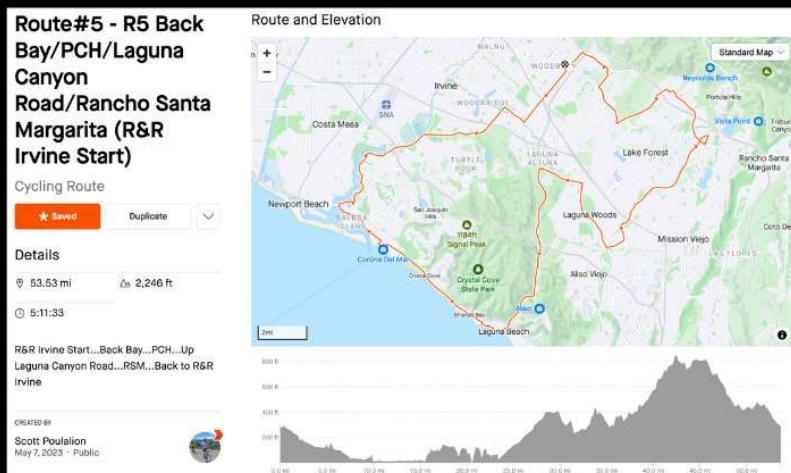
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# R5CICLIS

## 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

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

Prior to participating in our group ride, we kindly ask all non-members to click on the [Rider's Waiver](#) link and complete the waiver.

# August Birthdays

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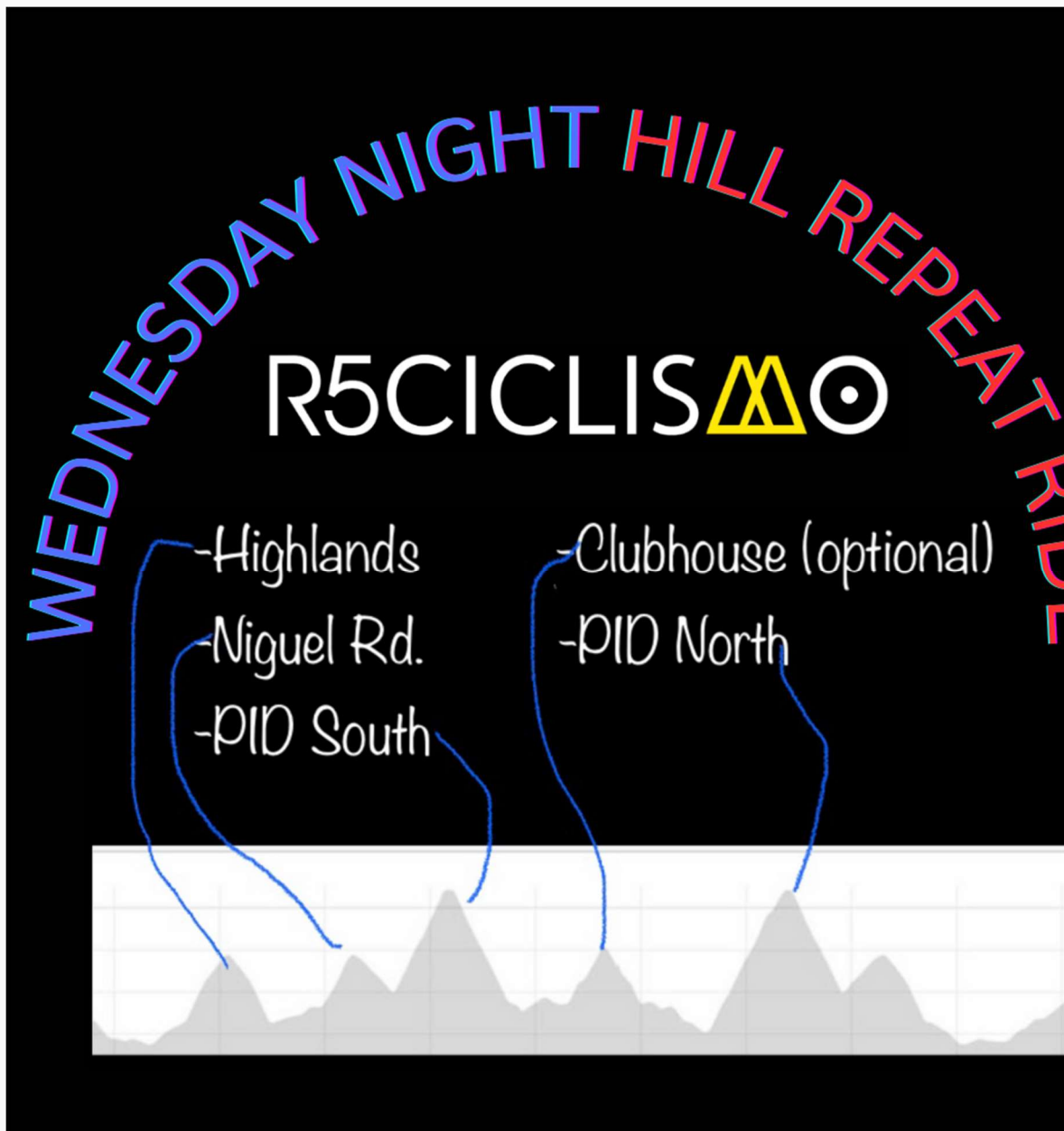
**Join Us in Wishing These Members a Happy Birthday!!!**

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

# 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.

Prior to participating in our group ride, we kindly ask all non-members to click on the [Rider's Waiver](#) link and complete the waiver.

For your safety and the safety of your fellow riders, please keep the following reminders in mind:

- Rider Safety Guidelines:
- Faster riders, start hills with the group.
- Obey traffic signals, avoid splitting groups.
- Pass on left, slower riders stay right.
- Stay in bike lanes; check cars before leaving.
- Caution on PID South; limited U-turn points.
- Optional Clubhouse climb post-PID South.
- Regroup atop PID for return as a group.

# Upcoming Rides and Routes

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Discover New Adventures: Find upcoming rides and routes on the R5CICLISMO website. Explore now!

[Ride and Event Calendar](#)

[Route Descriptions and GPX](#)

## Ride Pictures

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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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