

R5CICLIS

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Impressive turnout for the Newport Back Bay/Laguna Canyon ride.

Quick News

Deadline Approaching to Vote and Shape the Future of R5CICLISMO!

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

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

Sponsors and Partners: *“What would happen to me if I were hit? And what would my insurance cover and not cover?”*

Etiquette and Safety: Riding Tips for this Saturday's Ride.

R5CICLISMO's Electronic Guest Rider Waivers.

Saturday's Ride to Live Oak Route #6.

Pictures from Laguna Canyon Ride.

Board Members Election

It's Voting Time!

Shape the future of R5CICLISMO by casting your vote for the upcoming board. Don't miss out—cast your vote by August 28, 2023, 5:00pm.

Haven't received your electronic ballot? Reach out to us at info@r5ciclismo.com. Your voice matters!

Club BBQ Get-Together

Members-Only BBQ Get-Together!

📅 Saturday, September 16th, 2023

🕒 5:00 PM

📍 Hosted by Scott in Laguna Niguel

Join us for a fantastic time filled with delicious food, refreshing drinks, and non-stop fun—all courtesy of R5CICLISMO! Please RSVP by Sept. 10th to the Evite that was emailed to all members. Can't find it in your inbox or spam? Please contact: elaine.gronberg@r5ciclismo.com Don't miss out on the party of the year!

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!

**[R5CICLISMO 2023 Member
Registration](#)**

Sponsors and Partners



SAFETY TIP Brought to you by [Bike Legal](#)

Have you ever wondered *“What would happen to me if I were hit? And what would my insurance cover and not cover?”*

As cyclists, especially the road cyclists that most of us are, we hate to think about being involved in a cycling crash. But we also know the inherent risks of sharing the road with motorists.

[Bike Legal](#) has written a very informative article that **every cyclist should read**:

[A Bicyclist's Guide to Insurance- Everything You Need to Know in 2023](#)

A Bicyclist's Guide to Insurance- Everything You Need to Know in 2023

Explore our sponsors and partners on the
R5CICLISMO website!

Visit our Sponsors and
Partners

Etiquette and Safety

This Saturday's ride entails considerable challenges, involving substantial climbs and navigating through narrow roads and bike lanes, we kindly request that everyone adhere to the following tips:

Maintain Peloton Formation: Even when stopped at traffic lights, please maintain the established 2-by-2 formation that has been consistent throughout the ride. It's unnecessary to cluster together during stoplights or attempt to change positions within the group by weaving through cars to reach the front. Remaining in the 2-by-2 formation enhances predictability for both fellow cyclists and motorists, thereby enhancing the safety of the group.

Single File on Narrow Roads: On single-lane roads or narrow paths lacking a shoulder or bike lane, it's essential to ride single file while keeping as far right as safely possible.

Follow and Protect: Keep a watchful eye on the cyclist in front of you while safeguarding your own front wheel. This space is your safety zone and your responsibility. Maintain a direct alignment behind the preceding cyclist, mimicking their path while maintaining a safe braking distance. For those less experienced, this distance might be several feet.

Climbing Safety Gap: When climbing, allow for a greater gap between you and the cyclist ahead, anticipating the possibility of them rising from the saddle. This initial slowdown can potentially lead to collisions from behind if proper distance

isn't maintained.

Avoid Half-Wheeling: Do not allow your front wheel to overlap the rear wheel of the cyclist in front of you. This practice, known as half-wheeling, can result in rubbing or impact between the two wheels if either rider swerves, turns, or stands for climbing. Such instances often lead to accidents, particularly for the cyclist behind.

Proper Handlebar Placement: Keep your hands firmly on the handlebars, with your fingers wrapped around the bars or hoods at all times. Avoid resting your hands on top of the bars unless you're climbing.

Regrouping Points: The Ride Leader will communicate the designated regrouping points before and during the ride. These stops are typically brief, intended for restroom breaks and refilling water. If you're unable to maintain the peloton's pace, regrouping points offer an opportunity to catch up. If not feasible or if you alter your route, please notify someone on the ride.

Pace Group Division: Some rides may necessitate breaking into different pace groups based on attendees for the day. This division might occur at the ride's outset or during a rest stop. It's crucial to communicate clearly which pace group you intend to join, ensuring ride leaders are informed and enabling safe positioning within the chosen group. The fastest group often maintains speeds of 18-23+ mph.

Strategic Climbing Positioning: During climbing sections, especially those without bike lanes, positioning is vital. If climbing isn't your forte, consider placing yourself appropriately ahead of the ascent. This minimizes the need for faster climbers to pass slower ones by entering the traffic lane. We understand this might not always be feasible due to varying circumstances, but attempting to align with a group that climbs at a similar pace is appreciated.

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.

Complete R5CICLISMO Waiver

This Saturday's Ride

The image is a screenshot of a cycling route map. At the top, it reads "R5CICLISMO" with a logo, "Saturday Group Ride", and "ROUTE #6 LA PATA/ANTONIO/LIVE OAK". Below this, it says "Route#6 - R5 La Pata North/Antonio/Live Oak (R&R Laguna Niguel Start)". The map shows a route starting at Laguna Niguel, going counter-clockwise through San Clemente, Rancho Santa Margarita, and back to Laguna Niguel. The route is 51.82 miles long and has an elevation of 3,481 feet. The estimated time is 5:01:36. The route was created by Scott Poulalion on May 7, 2023. The map also shows a "Rock N Road LAGUNA NIGUEL START" logo and the "Rock N Road CYCLERY" logo.

Starting at 8:00am - Saturday, 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.

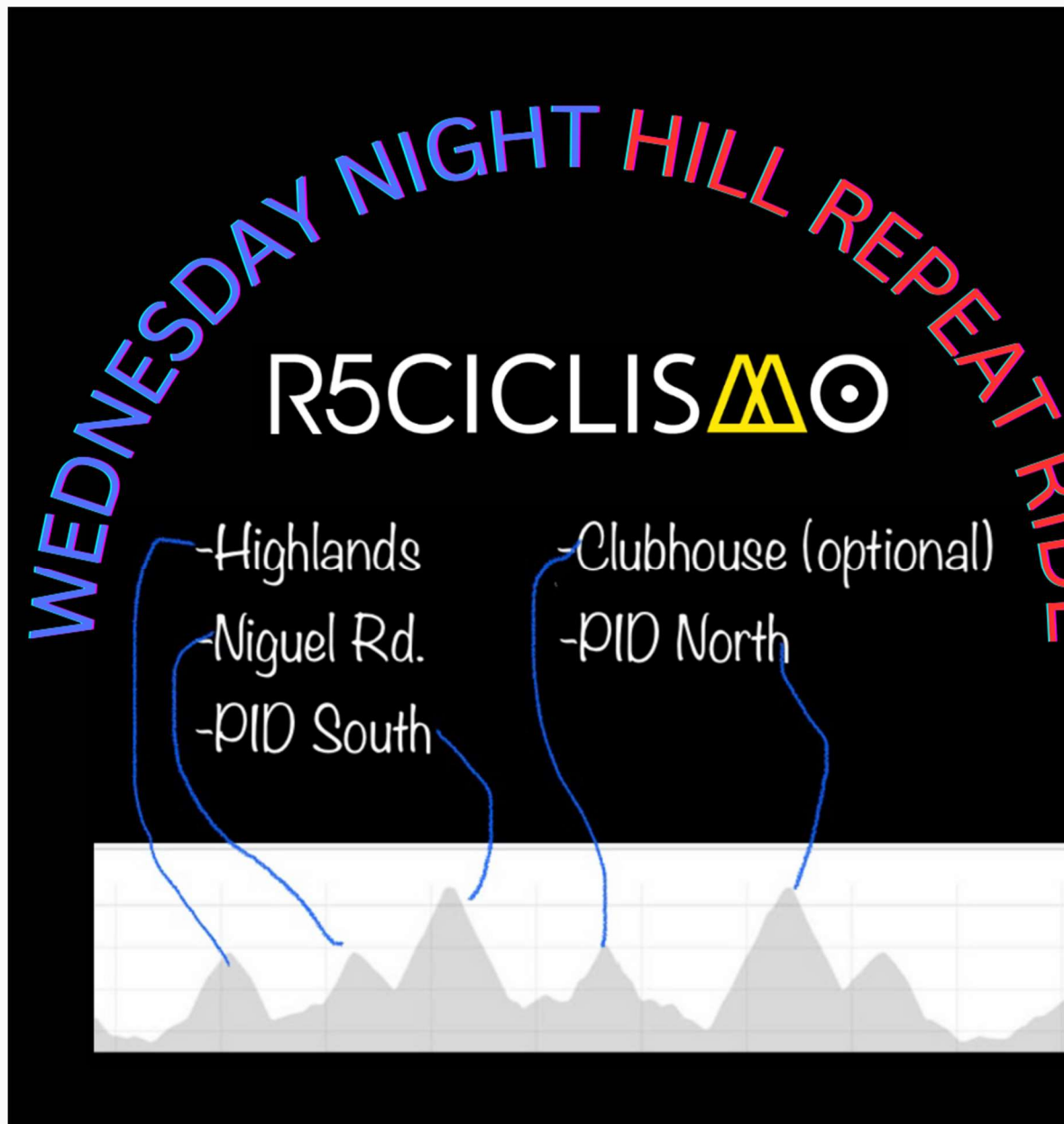
Prior to participating in our group ride, we kindly ask all non-members to click on the [Rider's Waiver](#) link and complete the waiver.

August Birthdays

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.

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

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

[Ride and Event Calendar](#)

Route Descriptions and GPX

Ride Pictures

A big thanks to Alex Lim for taking all of these great pictures each ride.









Visit our Social Media Platforms:



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

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