

R5CICLIS

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Regrouping at after a challenging Live Oak segment.

Quick News

Board Members Election Results

Kit Store is Open

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

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

Sponsors and Partners: Bogarts Coffee House

Etiquette and Safety: Ride Route Safety

R5CICLISMO's Electronic Guest Rider Waivers

Saturday's Ride to Seal Beach #1

New Photo Gallery on R5CICLISMO website.

Live Oak Ride Photos.

Board Members Election

We are pleased to announce the results of the R5CICLISMO board member elections. The following individuals have been elected to serve on the board beginning on September 1, 2023.

- Elaine Gronberg
- Anders Gronberg
- Holly Gable
- Susan Sloan-Velez
- John Condia

Congratulations to the newly elected board members. Your dedication and passion for cycling will undoubtedly contribute to the growth and success of our organization. We extend our gratitude to all members who participated in the election, as your engagement is vital to the continued progress of R5CICLISMO. Additionally, we extend a sincere thank you to the temporary board members for their tireless efforts and unwavering commitment. Your contributions have been invaluable.

Kit Store is Open


For Members-Only:

Elevate your cycling gear year-round with R5CICLISMO kits and accessories. Contact us at kits@r5ciclismo.com to explore the collection.

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! Make sure to grab your exclusive R5CICLISMO T-Shirt and water bottle at the event. Please RSVP by Sept. 10th to the Evite that was emailed to all members. Can't find it in your inbox or spam? Feel free to get in touch with us at elaine.gronberg@r5ciclismo.com.

Don't miss out on the party of the year!

Memberships

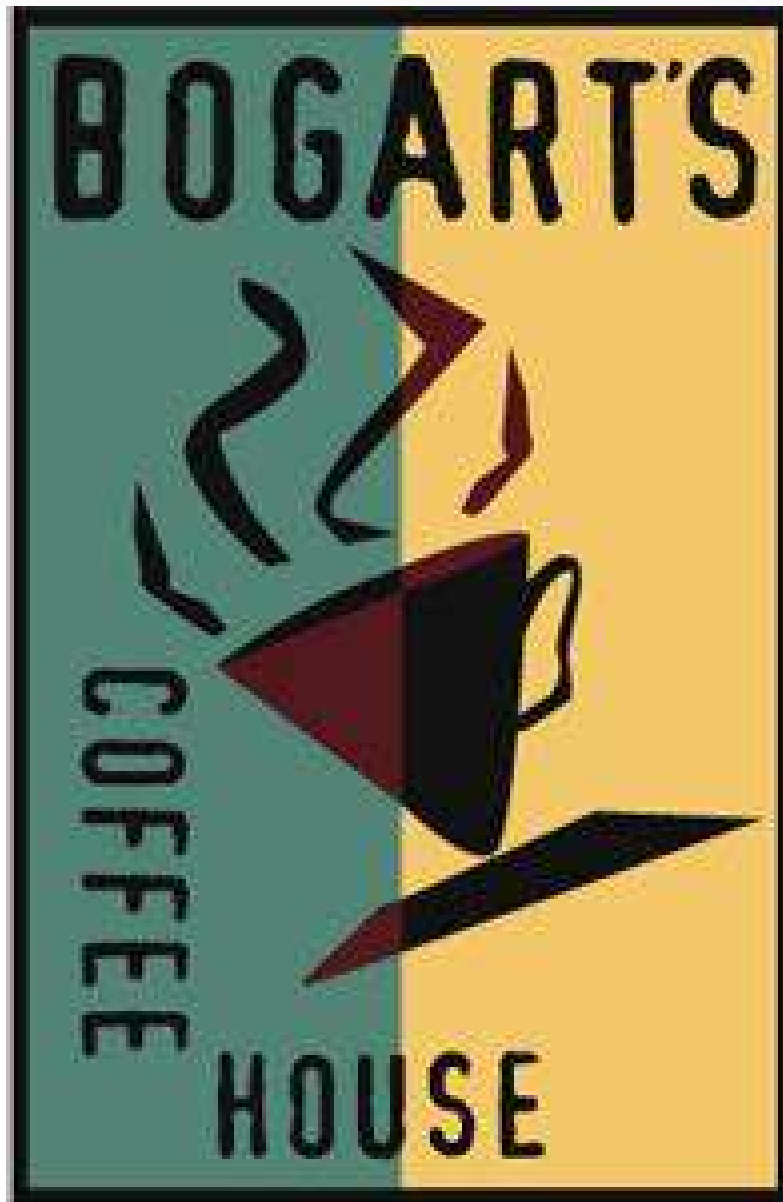
Exclusive Offer: Join our community for the remainder of 2023 at a reduced rate!

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



“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 business.

**Explore our Sponsors and Partners on the
R5CICLISMO website!**

[Visit our Sponsors and Partners](#)

Etiquette and Safety

RIDE ROUTE SAFETY

For the safety of all riders, and the continuity of the ride, we ask that everyone please follow the planned ride route.

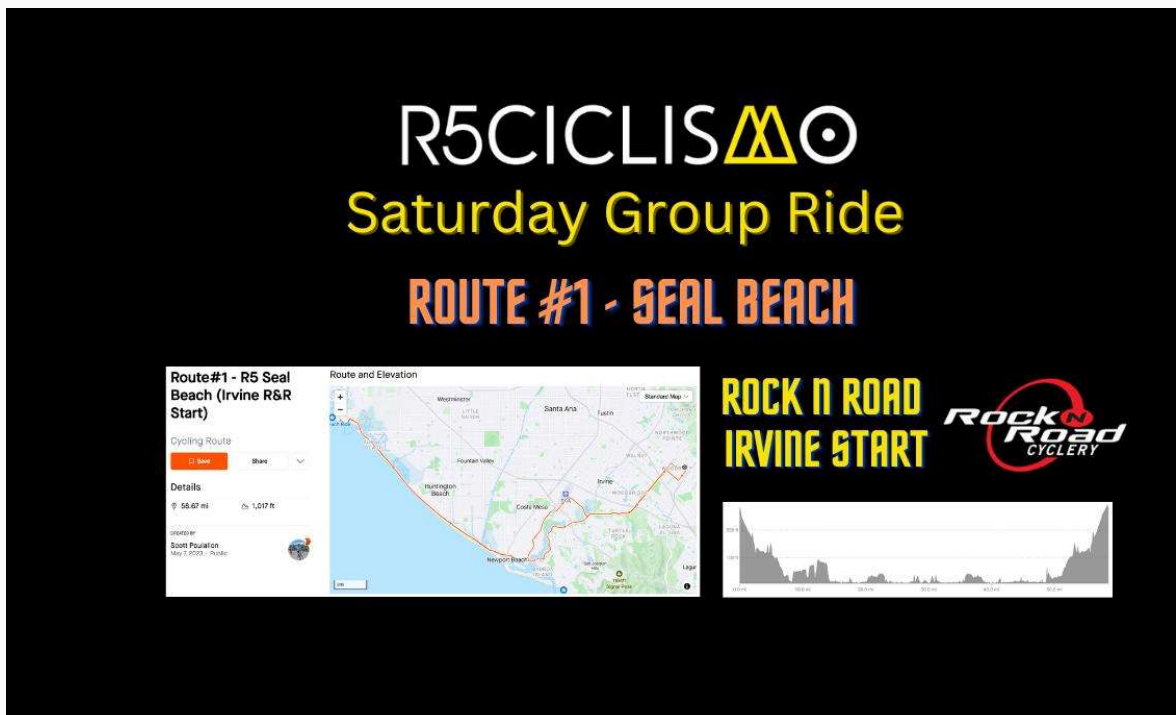
- Rest stops/bathroom breaks will be announced before the beginning of each ride.
- Do not take shortcuts mid-route/mid-ride unless this has been decided upon and announced by the ride leader ahead of time.
- Let the Ride Leader know if you plan to shorten or deviate from the route.
- Routes are available on our website <https://r5ciclismo.com/category/routes/> , under 'events' on our Facebook page, and on our Strava group (<https://www.strava.com/clubs/r5ciclismo>).

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



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.

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.

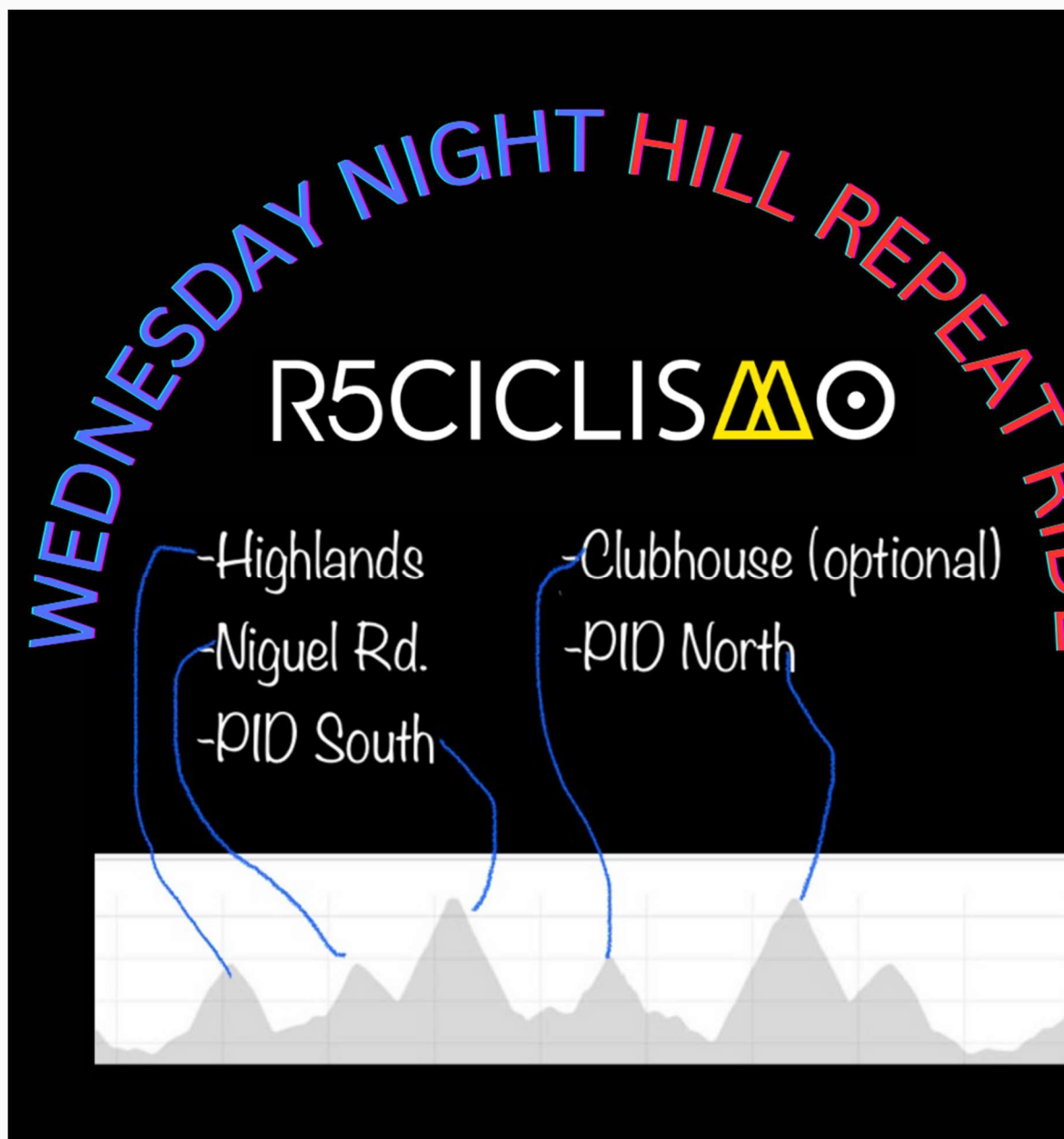
September Birthday

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

- Elaine Gronberg
- Jeff Dye
- Joe Elwood
- Lamese Snow
- Michael Cady
- Mitchell Thomas
- Nancy Poulalion

Weekday Ride



Starting at 6:00pm - 7:30pm Every Wednesday Night

(Last Ride on September 13, 2023)

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](#)

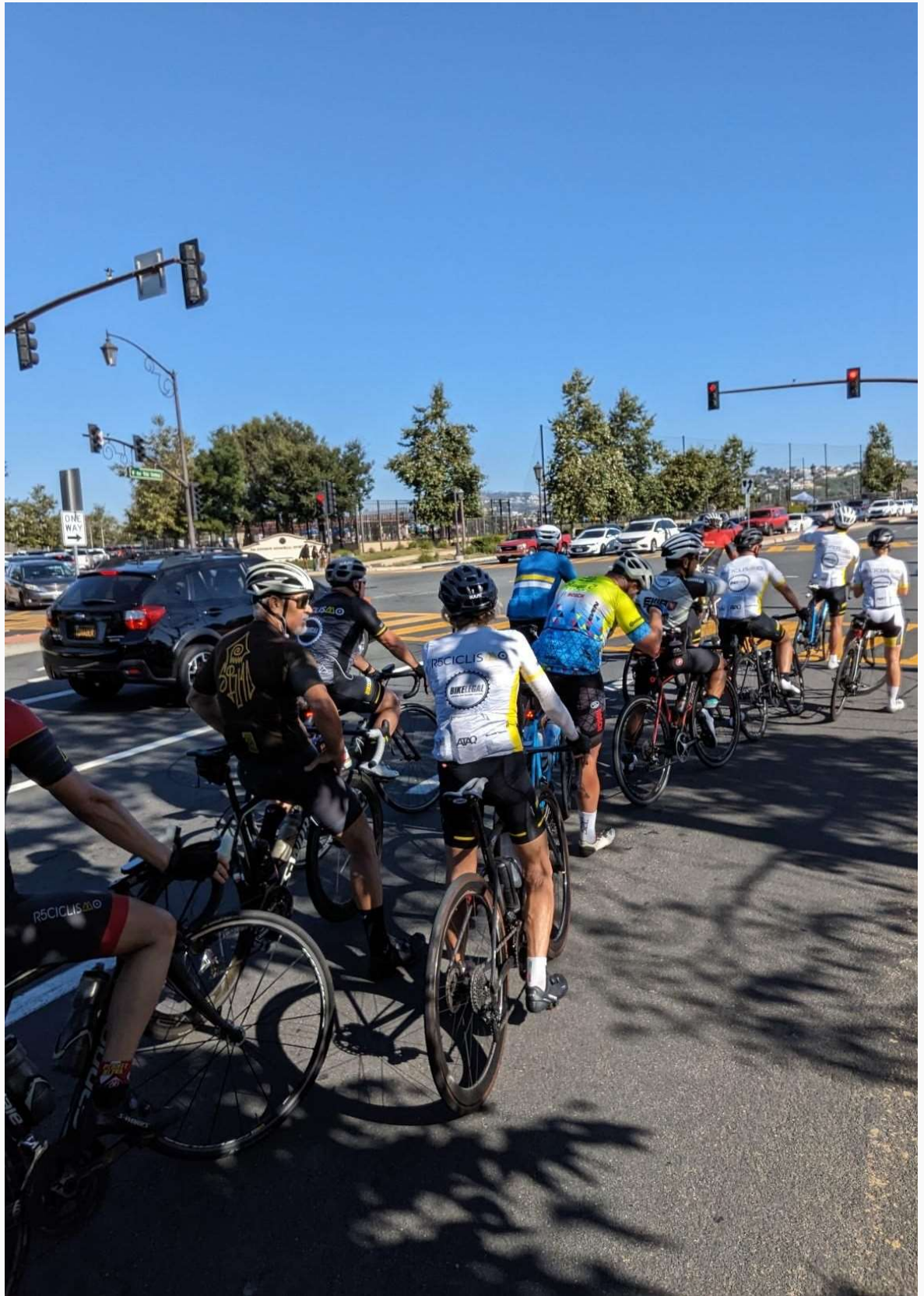
[Route Descriptions and GPX](#)

R5CICLISMO Photo Gallery

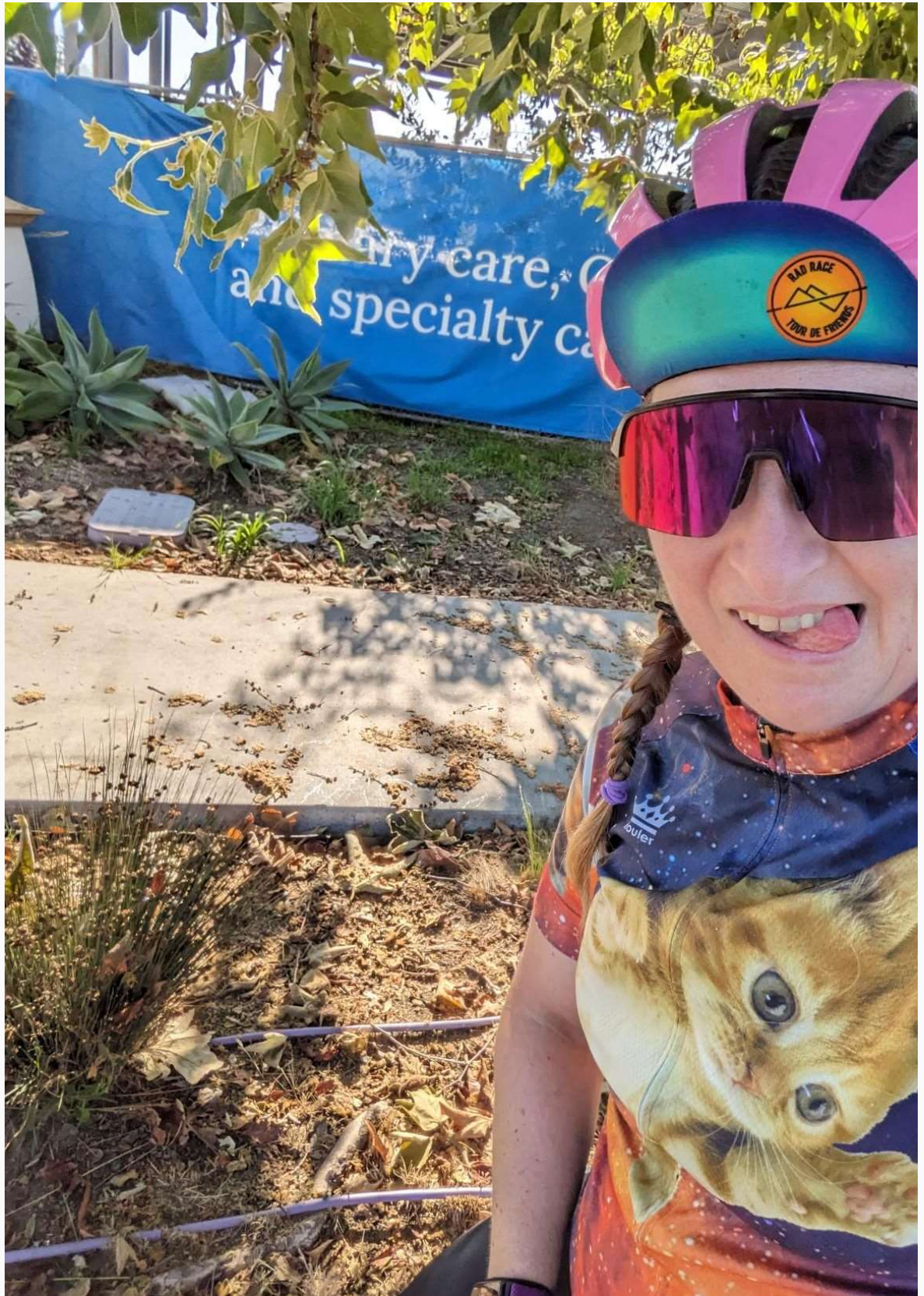
Dive into R5CICLISMO's story through stunning photos. Experience our rides, events, and community in action with our photo gallery.

[R5CICLISMO Photo Gallery](#)

Ride Pictures







Visit our Social Media Platforms:



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

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