

R5CICLISMO

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Quick News

Welcome the New R5CICLISMO Board

This Saturday - Exclusive Members-Only BBQ Party!

Last Wednesday Night Hill Repeat Ride of 2023

Kit Store is Open Year-Round

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

**Sponsors and Partners: Rudy Projects
Facebook Group**

Etiquette and Safety: Reminders

**R5CICLISMO's Electronic Guest Rider
Waivers**

**Saturday's Rides #3 Silverado Canyon and a
Slow and Easy Santiago Canyon Loop**

R5CICLISMO Photo Gallery

Board Members News

Join us in extending a warm welcome to the dedicated members of the new R5CICLISMO board!

- Anders Gronberg: President
- Susan Sloan-Velez: Vice President


- John Condia: Treasurer
- Holly Gable: Secretary
- Elaine Gronberg: Communications


Their passion and commitment drive our club's success. To ensure our club thrives and continues to grow, we're seeking volunteers to support our mission. Your contributions will make a meaningful difference in our cycling community.

Volunteer today to help build a brighter future for our cycling community. We need help with newsletter content creation, graphic design, Wordpress coding and design, and require skills in MailChimp, Excel, and Word. Email us at info@r5ciclismo.com to be part of the team.

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 an amazing time featuring Chef Scott's BBQ, refreshing drinks, and endless enjoyment—all compliments of R5CICLISMO! Be sure to pick up your exclusive R5CICLISMO T-Shirt and water bottle during the event. For any inquiries, please contact us at elaine.gronberg@r5ciclismo.com. Don't miss the event of the year!"

Last Wednesday Hill Repeat Ride



Tonight, was the last Wednesday Night Hill Climb Ride of 2023! Thanks for all the memories and the hard work on those challenging hills. See you next year for more challenging and thrilling rides!

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.

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



Join the Rudy Project Ambassadors Facebook group!

Rudy Project Facebook Page

The group is named Rudy Project Ambassadors North America, if searching on Facebook.

This is a great place to build relationships with other people rocking the Rudy, also a place for you to upload photos, and team/club info, race results and so on.

I'm going to be building a monthly newsletter, and will be looking for content from all of you to inject into it.

The Facebook group is also a great spot to go and get educated, and soon I'll be hosting some FB-Live events to showcase products.

Kelion is in stock and available now before it launches to the public! When you log into your rudoprojectna.com account the home page will have a photo of Kelion, and link to click to access the product page.

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

[Visit our Sponsors and
Partners](#)

Etiquette and Safety

Reminders for Saturday Group Rides:


- Arrive by 7:45am
- Ready to start riding at 8:00am
- Briefing on route and safety at 7:50am
- Everyone should understand and follow the etiquette, safety guidelines, and relevant weekly topics.


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 Rides

R5CICLISMO 

"SPECIAL ROUTE" 

SANTIAGO CYN LOOP- SLOW N EASY

8am Start from Rock N Road Cyclery Irvine

R5 Santiago Canyon Short & Easy

Cycling Route

★ Saved Edit

Details

📍 32.32 mi 🏔️ 1,877 ft

🕒 3:08:38

creator by **Mia Allinson** @ BikeLegal/R5CICLISMO September 13, 2023 · Public

SLOW AND STEADY

Route and Elevation

Map showing the route around Santiago Canyon, including locations like Orange, Tustin, Irvine, and Lake Forest. Elevation profile below the map shows a peak of approximately 1,800 feet.

Starting at 8:00am - Saturday, September 16, 2023

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

Are you looking for an easy social pace ride with R5CICLISMO?

Mila will be leading this modified version of the Santiago Canyon route. It is shorter, and we will ride at a much slower pace than the main group. This is a no-drop ride with 12-14mph avg speed. Ladies this is for you! Gents- you are welcome too.

We will re-group at Cooks Corner, at the top of Cooks climb (Getner rd.), at the top of Jamboree, and maybe a stop at Peets Coffee in Orchard Hills - Because Mila misses her Peets coffee shops! Please be ready to roll at 8:00am.

You do not need to be a member of R5CICLISMO to ride with us.

For non-members: You must complete the online [Rider's Waiver](#).

Distance: 32 miles

Elevation gain: 1800'

Pace: 12-14mph

R5CICLISMO **ROUTE #3**
Saturday Group Ride **SANTIAGO & SILVERADO**

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

Cycling Route

★ Saved Duplicate

Details

📍 4.86 mi 🏔️ 3,558 ft

🕒 5:04:48

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

CREATED BY
Scott Poulston
May 7, 2023 · Public

ROCK N ROAD IRVINE START

Rock Road CYCLERY

Starting at 8:00am - Saturday, September 16, 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.

For non-members: You must complete the online Rider's 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
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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](#)

Visit our Social Media Platforms:



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

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