

R5CICLIS

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We extend a sincere thank you to the outgoing board for their dedicated service and invaluable contributions. We would also like to acknowledge Erin, who is not in the photo.

Quick News

Congratulations to Mammoth Tuff Winners!

Celebrating R5CICLISMO BBQ Get-Together!

2023's Last Wednesday Night Hill Climb Ride Comes to a Close!

Kit Store is Open Year-Round!

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

**Explore Our Sponsors and Partners: Visit
R5CICLISMO Website!**

**Etiquette and Safety: Ride Route Safety and
Supporting Group Members**

R5CICLISMO's Electronic Guest Rider Waivers

Saturday's Ride #4 Dana Point/Patrones

R5CICLISMO Photo Gallery

Mammoth Tuff



We are so proud of [Erin Ludwig](#), [Lamese Snow](#) and [Mendi Kessler](#) for representing R5CICLISMO last weekend at the Mammoth Tuff gravel race! These ladies don't mess around! They battled the high elevation (and I'm assuming dry air and wind which is the norm in Mammoth), and pushed through for amazing results. Kudos to you ladies! We're so happy for you.

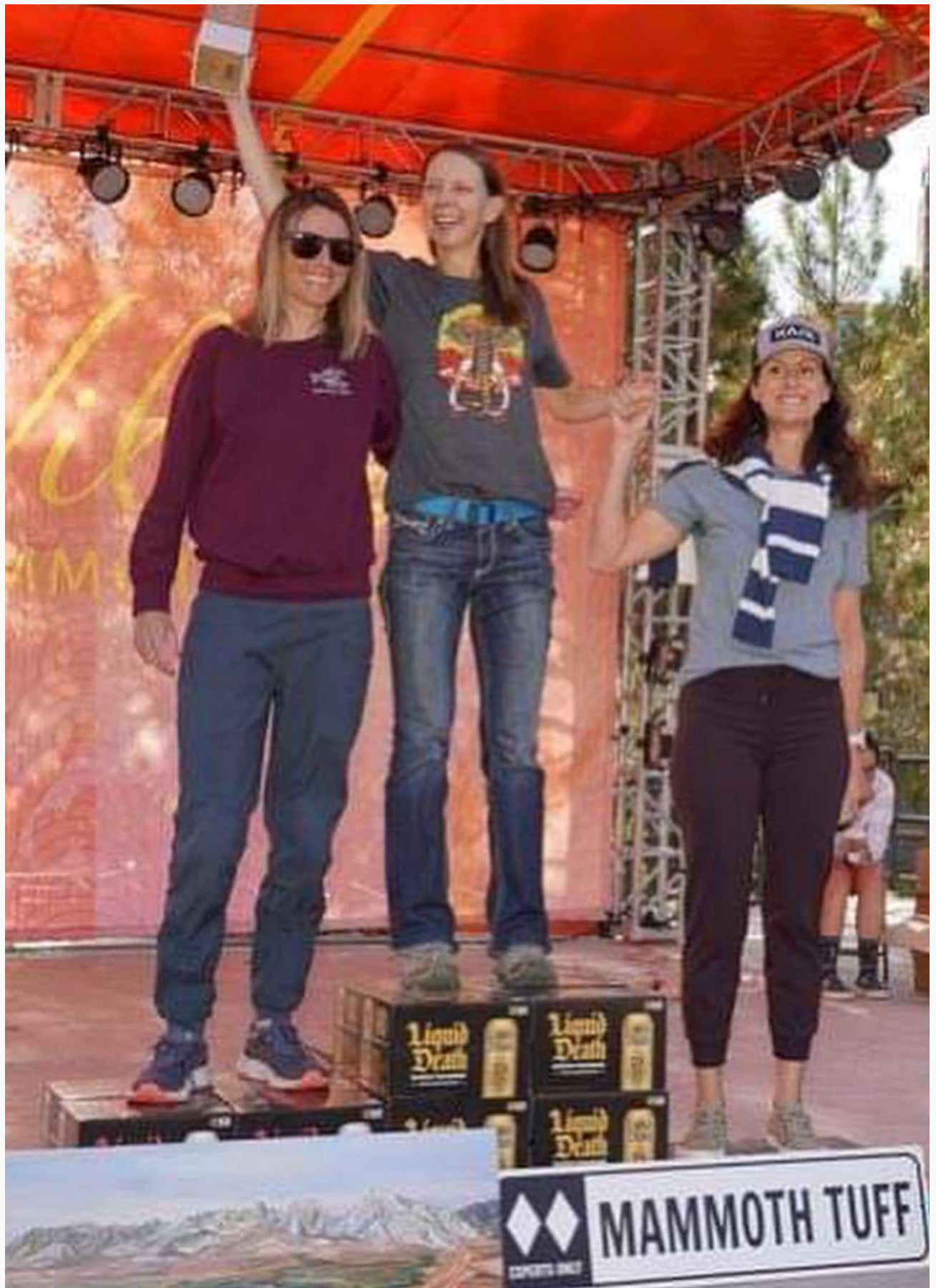
Mammoth TUFF is a gravel cycling event that takes place in the Eastern Sierra, near Mammoth Lakes, California. It is named after the volcanic rock that defines the terrain in the area. The event features three courses of different lengths and difficulties, ranging from 45 miles to 100 miles.



Erin rode the Tuffest distance of 106.9 miles (+7570') and placed 1st in her age group, in addition to being the 2nd woman OVERALL!!



Lamese and Mendi took on the Tuff distance of 40.3 miles (+2341'), and placed 6th and 3rd in their age groups, respectively.



Mendi standing on the podium, clinching the third-place position in her age group.







Club BBQ Get-Together

As the sun dips below the horizon, marking the close of another glorious summer, we gather for a special occasion - our R5CICLISMO BBQ Party. This event is not just about delicious food and camaraderie; it's a celebration of milestones and gratitude.

Welcoming New Board Members

We warmly welcome our new board members who will lead us into a promising future. Their dedication and commitment will undoubtedly steer our club towards greater heights. As we bid farewell to the outgoing board, we express our heartfelt gratitude for guiding us to where we stand today.

A Big Thank You

To the outgoing board members, we extend a sincere thank you. Your hard work and dedication have transformed our club, attracting more members, crafting amazing routes, and keeping us informed through our weekly newsletter.

Celebrating Unity

Tonight is a night to cherish the bonds we've built, the routes we've conquered, and the knowledge we've shared. It's a celebration of the passion that unites us, the joy of the open road, and the thrill of new adventures.

Thank You, Members

Lastly, none of this would be possible without each and every one of you - our members. Your enthusiasm, participation, and support are the lifeblood of R5CICLISMO. Thank you for joining us in this celebration and for making our club what it is today.



We want to extend our deep thanks to Chef Scott for his outstanding culinary skills and for graciously hosting the unforgettable R5CICLISMO BBQ event. Your delicious creations added an extra layer of joy to our gathering, making it truly special.











Visit the [R5CICLISMO Photo Gallery](#) to view additional BBQ Party photos

[R5CICLISMO Photo Gallery](#)

Final Wednesday Hill Repeats



The sun has set on the final Wednesday Night Hill Climb Ride of 2023, and it's time to express our heartfelt gratitude to Scott Poulalion.

Scott has been the driving force behind our weekly hill climbs, making them memorable adventures. Through his leadership, encouragement, and dedication, he turned challenging hills into opportunities for camaraderie and personal growth.

As we bid farewell to this year's rides, we're already looking forward to next year's challenges with Scott at the helm.

Thanks for the memories, Scott!

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

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

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. Rest stops/bathroom breaks will be announced before the beginning of each ride.
- **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 notifying the ride leader.** This could cause confusion and accidents, as well as leave other riders behind.

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.

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

Saturday Group Ride

ROUTE #4

DANA POINT/PATRONES

Route#4 - R5 Dana Point/Patrones/Santa Margarita (R&R Laguna Niguel Start)

Cycling Route

★ Saved Duplicate

Details

51.76 mi 2,721 ft

4:47:34

R&R Laguna Niguel Start...Dana Point...SJC Trail...Patrones...RSM Pkwy...Alton Pkwy...Barranca...Back to R&R Laguna Niguel

CREATED BY
Scott Poulton
May 7, 2023 · Public

**ROCK N ROAD
LAGUNA NIGUEL
START**

Starting at 8:00am - Saturday, September 23, 2023

Ride Start: Rock N Road - Laguna Niguel

Laguna Niguel Start - #4 Dana Point/Patrones/Santa Margarita

This scenic route begins at Rock N Road in Laguna Niguel and takes us in a counterclockwise direction towards Dana Point. From there, you'll traverse the picturesque hills of San Juan Capistrano and continue on Los Patrones before reaching Rancho Santa Margarita. The route then leads you to Foothill Ranch via Santa Margarita Parkway, which turns into Portola Parkway before taking a final descent down Alton Parkway and back to the

starting point at Rock N Road in Laguna Niguel.

This route provides a challenge for riders of all levels, while offering breathtaking views of the area. Come join us on this Saturday group ride!

Laguna Niguel Start - #4 Dana Point/Patrones/Santa Margarita Route

Distance - 52 miles

Elevation Gain - 2730 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.

September Birthdays

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

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

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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