

R5CICLIS

[View this email in your browser](#)



Quick News

Club President's Message

Save the Date: October 28, 2023 - Remote Ride!

Water Bottle and T-Shirt Swag!

Welcome Newest Members of 2023!

Kit Store is Open Year-Round!

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

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

Group Ride Etiquette and Safety

R5CICLISMO's Electronic Guest Ride Waivers

Saturday's Ride - #5 Back Bay and Laguna Canyon

R5CICLISMO Photo Gallery

Club President's Message

On behalf of the new Board, I would like to say "hello" to everyone! The Board is already coming up with new ideas and has started planning some fun activities. As we move forward, we will ask all of you for support with rides, events, and club tasks. *"Alone we can do so little; together we can do so much"* (Helen Keller). As our club grows, we

will be open to new ideas and input on rides and activities, and we will try to find ways to meet the needs of riders of different levels. We are very fortunate to have such a great group of people, all enjoying this crazy sport together!

Ride Fast, Ride Safe, and Ride for the Team,

Anders

October Remote Ride

No tricks, but lots of treats on our October Remote Ride! In fact, there will be popsicles at the summit! Can you guess where we're going?

Save the date, October 28th! (More info to follow)

R5CICLISMO Member Swag

All R5 Members receive a free club water bottle and t-shirt with their membership! If you weren't able to pick yours up at the R5 BBQ, Elaine and Anders will have them available before the Saturday group rides on 9/30, 10/7, and 10/14. If you can't make these dates, please email Elaine at elaine.gronberg@r5ciclismo.com to set up a pickup at their home.

Please note that because the t-shirts run small, everyone will receive a size larger than they had indicated on Bike Reg. However, you may switch to a different size while supplies last.



Welcome New Members

Welcome Newest Members of 2023!

We're thrilled to extend a warm welcome to this year's newest members, who will infuse our club with fresh energy and passion.

Cycling isn't just a sport; it's a dynamic lifestyle that cultivates camaraderie, health, and a profound connection with the great outdoors. At R5CICLISMO, we embrace riders of all levels and backgrounds, fostering a welcoming environment for everyone.

Alex Lim
Anthony Arguija
Anthony Reguero
Belinda Kouche
Ben Duo
Carson Bagley
Chelsea Lund
Darion Jackson
Dave Dorr
David Blackwood
Donald Carson
Douglas Hamrin

Geraldine Decker
Jason Huang
Jennifer Okeefe
John Patrick Gregorio
Kenan Reilly
Kenneth Bagley
Kristin Harrer
Nick Nguyen
Nils Sandburg
Richard Houg
Steve Bullard
Thomas Skelley
Trace Swartzfager
Walter Myers

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 Membership

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

Thank You!

We appreciate everyone's willingness to ride within our group safety guidelines. Our rides feel safer and more fun every week as we continue to be steady, predictable riders. Thank you!

Laguna Canyon Road Safety

- Stay single-file.
- Stay to the right of the white line, always in the bike lane.
- Never take a chance with cars!

Reminders for Saturday Group Rides:


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

Non-Member Ride 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

R5CICLIS 
Saturday Group Ride **ROUTE #5**
BACK BAY/LAGUNA/RSM

Route #5 - R5 Back Bay/PCH/Laguna Canyon Road/Rancho Santa Margarita (R&R Irvine Start)

Cycling Route

★ Saved Duplicate

Details

53.53 mi 2,246 ft

5:11:33

R&R Irvine Start...Back Bay...PCH...Up Laguna Canyon Road...RSM...Back to R&R Irvine

CREATED BY
Scott Poulalion
May 7, 2023 - Public

ROCK N ROAD IRVINE START

Rock Road CYCLERY

Starting at 8:00am - Saturday, September 30, 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, however, 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!!!

- Belinda Kouche
- Dale Lahodny
- Darion Jackson
- Geraldine Decker
- Dave Dorr

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:



Copyright © 2023 R5CICLISMO, All rights reserved.

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

Want to change how you receive these emails?
You can [update your preferences](#) or [unsubscribe from this list](#).

