

R5CICLIS

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Quick News

Velo's Carson Bagley Youngest Belgian Waffle Run Finisher

Last Chance to RSVP for Exclusive Members-Only BBQ on September 16th!

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

**Sponsors and Partners: Rudy Projects
Prescription Eye Wear**

R5CICLISMO's Electronic Guest Rider Waivers

Saturday's Ride #2 to Las Pulgas

R5CICLISMO Photo Gallery

Belgian Waffle Run

Velo's Carson Bagley, at 13 years old, is the youngest Belgian Waffle Run finisher. Click below to read about his amazing experience.

[Carson Bagley's BWR UT Experience](#)

Board Members Election

Just re-announcing the new R5CICLISMO board members.

- 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

Did you know that Rudy Project is the #2 in the world eyeglass company for prescription eyewear?

Not just sport glasses, which we do very well, with several different options, but also for your everyday lifestyle glasses you wear to work or reading a book.

The Rudy Project website is full of information on ordering and our products. Please share this info with your athletes.

Start by choosing a product from one of our RX solutions above, then use the ORDER WITH RX button to begin customizing your prescription eyewear. You'll be able to choose your frame color as well as lens material and color and eventually upload your RX or send it via email after you place your order.

Once you complete your order and have uploaded (or emailed) your prescription, we'll build your custom RX eyewear and deliver your order within 7-10 business days.

NOTE: Please ensure your prescription contains a valid PD measurement and it's written by a licensed eyecare professional within the past 2 years before upload.

<https://www.rudyprojectna.com/collections/sport-prescriptions#faq>

Rudy Project Team Discount

Explore our Sponsors and Partners on the R5CICLISMO website!

Visit our Sponsors and Partners

Non-Member Rider's Waiver

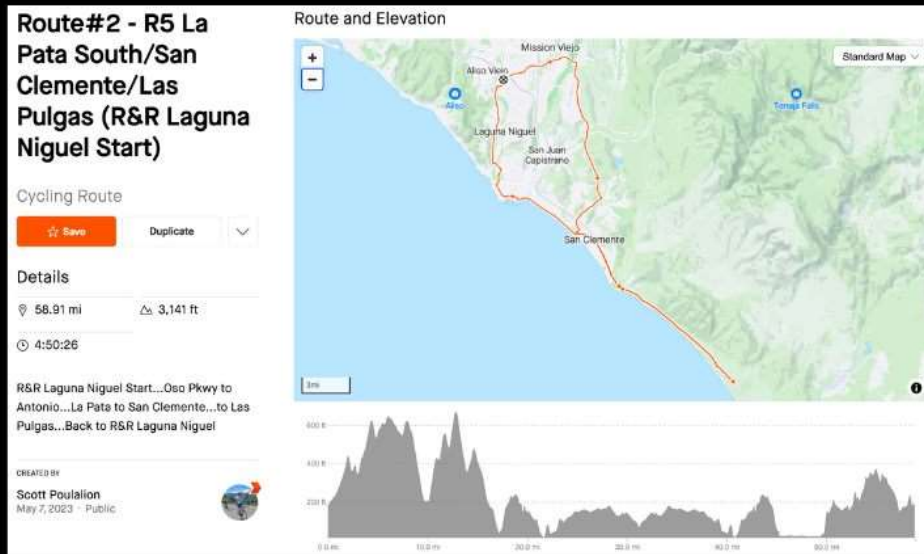
For non-members, please complete R5CICLISMO's new electronic Waiver. Cycling waivers are required by non-member participants to acknowledge the inherent risks in cycling, release R5CICLISMO from liability, and provide informed consent. The Waiver offers legal protection, document participants' awareness, and promote safety during cycling activities.

Complete R5CICLISMO Waiver

This Saturday's Ride

R5CICLIS Saturday Group Ride

ROUTE #2 - LA PATA / SC / LAS PULGAS



**ROCK N ROAD
LAGUNA NIGUEL
START**



Starting at 8:00am - Saturday, 2023

Ride Start: Rock N Road – Laguna Niguel

Laguna Niguel Start - #2 Pata South/San Clemente/Las Pulgas

The route starts at Rock N Road in Laguna Niguel and follows a clockwise path down to San Clemente, including an out-and-back section to Las Pulgas. On the return trip to Rock N Road, the route passes through Dana Point and San Clemente before heading back up via Alicia Parkway.

[Laguna Niguel Start – #2 La Pata South/San Clemente/Las Pulgas Route](#)

Distance – 59 miles

Elevation Gain – 3141 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.

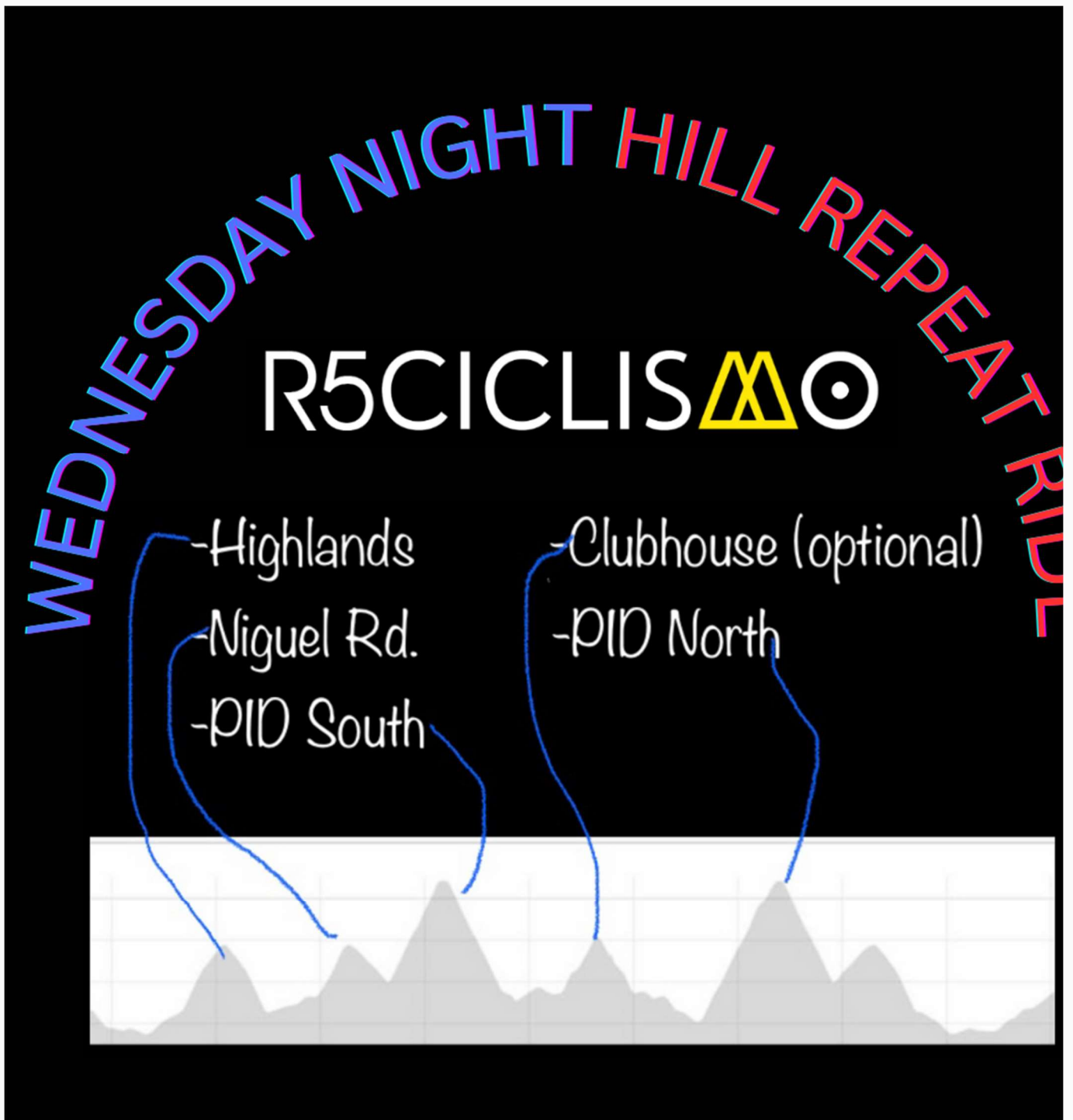
Prior to participating in our group ride, we kindly ask all non-members to click on the [Rider's Waiver](#) link and complete the waiver.

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

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](#)

Visit our Social Media Platforms:



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