



July 2026

Monthly Newsletter

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RIDE CALENDAR LINK (website)

Saturday Rides

New route rotation for 2026 started on February

7. Please download routes at links below.

The Saturday ride rotation was reduced to five routes starting on February 7. In addition, **ALL the Saturday rides (except remote rides on the last Saturday every other month) will start at Stage21 (our club sponsor)**. This way, you always know where rides start and it will be easier for everyone to learn the routes. We also selected routes that are easier to keep the group together with less regrouping. We strive to make our rides welcoming and fun for as many as possible.

**JOIN R5CICLISMO AT TOUR DE BIG BEAR FOR
A 10% DISCOUNT ON YOUR REGISTRATION!**

7/4 - Saturday - R5 Group Ride - Route #3

(7:45am, STAGE21 Start)

Back Bay/PCH/Laguna Canyon Road/Rancho Santa Margarita

<https://www.strava.com/routes/3448917293553188238>

7/11 - Saturday - R5 Group Ride - Route #4

(7:45am, STAGE21 Start)

San Onofre State Park OAB

<https://www.strava.com/routes/3448923638271914828>

7/18 - Saturday - R5 Group Ride - Route #5

(7:45am, STAGE21 Start)

LCR/PCH/Newport Coast/Vista Ridge/Spyglass/Shady Canyon/Portola

<https://www.strava.com/routes/3448916413094144398>

7/25 - Saturday - R5 Group Ride - Route #1

(7:45am, STAGE21 Start)

Seal Beach OAB

<https://www.strava.com/routes/3449105236190424106>

Wednesday Hill Repeats

Hill repeat season is here!

Wednesday Night Hill Repeat Ride

6:00 PM, Board and Brew start

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. Turn around and descend once the first rider reaches the top and passes you descending while you're still climbing.

ROUTE: <https://www.strava.com/routes/2933172616742190706>

Distance – 17 miles

Elevation Gain – 2381 ft

****The Hill Repeat Ride (HRR) runs every Wednesday night through mid-September****

2026 R5Ciclismo Cycling Club Membership

R5CICLISMO CYCLING CLUB MEMBERSHIP

\$40

Come Join Us! Saturday Group Rides,

Remote Rides, Ladies Rides, Sponsor
Discounts, Riding Buddies, Parties!

Sponsors



FEATURE ARTICLE BY BIKELEGAL:

[How to Become a Faster Cyclist: Pro
Training Tips to Boost Speed & Endurance](#)



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Year Round Team Kit Store

🚲 Team Store is open year round with Jakroo. 🚲

The link to the new kit store is [HERE](#).

E-mail info@r5ciclismo.com with any questions.



Ride Waiver

We kindly ask ALL cyclists joining our rides to sign our Ride Waiver. This is required by participants, to acknowledge the inherent risks in cycling, to release R5CICLISMO from liability, and to provide informed consent. The Waiver offers legal protection, documents participants' awareness, and promotes safety during

cycling activities. Once signed, your waiver is valid for the calendar year in which you signed. ***2026 Members have signed the Waiver during the registration process.***

[RIDE WAIVER LINK](#)

July Birthdays

Join us in wishing your clubmates
a

Happy July Birthday

Kathy House 4 July
Jason Huang 14 July
Floh Wasko 26 July
Steve Rooten 31 July



Photos courtesy of Scott Poulalion (Saturday Ride, Silverado Canyon Rd, and Wednesday Night Hill Ride, June 2026)

Summer R5 Club Party

🌞 🌴 SAVE THE DATE AUGUST 30
for the summer R5 party! 🌴 🌞

Visit our Social Media Platforms:



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