

BEAR TRAINING - RIDE #1**@ 41 Miles****Dir Miles 2400' CLIMB Dist**

L	0.0	IRVINE CENTER DR	3.3
L	3.3	BARRANCA	2.7
L	6.0	BAKE >Hill<	4.3
L	10.3	PORTOLA	0.5
R	10.8	ALTON / PALOMA	1.2
		>Hill<	
L	12.0	PORTOLA / SANTA MARGARITA	3.0
		>Flat< to >Hill<	
L	15.0	LOS ALISOS / MELINDA >Climb<	4.6
L	19.6	OLYMPIAD / FELIPE	3.7
		>Rolly<	
R	23.3	OSO PKWY	0.9
R	24.2	(just before Marguerite)	

FOOD / REST STOP**STARBUCK'S****NEAR OSO & MARGUERITE****MISSION VIEJO****return to Deerfield Park**

R	24.2	OSO PKWY	2.8
R	27.0	MOULTON PKWY	0.2
R	27.2	LA PAZ >Hill<	1.6
L	28.8	PASEO de VALENCIA	2.9
L	31.7	AVE de la CARLOTA	0.6
L	32.3	RIDGE ROUTE	1.5
		>Flat< to >Hill<	
R	33.8	SANTA VITTORIO	0.7
R	34.5	LAKE FOREST	0.6
L	35.1	MOULTON / IRVINE CENTER DR	5.7
R	40.8	DEERWOOD	0.1

QUESTIONS / COMMENTS**RIDECOORD@BIKEIRVINE.ORG****BTR01**