

BEAR TRAINING - RIDE #2

@ 46 Miles

Dir Miles 3100' CLIMB Dist

L	0.0	IRVINE CENTER DR	5.7
R	5.7	LAKE FOREST	0.6
L	6.3	SANTA VITTORIA >Hill<	1.3
L	7.6	SANTA MARIA	0.7
R	8.3	MOULTON PKWY	0.7
R	9.0	EL TORO RD. >Hill<	1.6
L	10.6	ALISO CREEK	5.6

(Real Hill at start)

R	16.2	MOULTON PKWY / GOLDEN LANTERN	5.2
---	------	----------------------------------	-----

Major Hill after Crown Valley, then rolly

R	21.4	VIA LADERA	0.1
---	------	------------	-----

FOOD / REST STOP

PEET'S COFFEE / I LOVE BAGELS

Golden Lantern & Via Ladera

LAGUNA NIGUEL

R	21.5	CAMINO del AVION	0.8
---	------	------------------	-----

(CAUTION: Steep Downhill)

R	22.3	NIGUEL RD. >Hill<	2.2
---	------	-------------------	-----

R	24.5	MARINA HILLS	1.3
---	------	--------------	-----

L	25.8	GOLDEN LANTERN / MOULTON PKWY	0.9
---	------	----------------------------------	-----

Caution: Steep Downhill to Sharp

Right turn - WATCH SPEED

R	26.7	PASEO de Las COLINAS	1.3
---	------	----------------------	-----

Caution: Sharp Left downhill turn

into next Left - WATCH SPEED

L	28.0	CAMINO CAPISTRANO	0.1
---	------	-------------------	-----

L	28.1	AVERY	0.2
---	------	-------	-----

L	28.3	MARGUERITE PKWY	2.2
---	------	-----------------	-----

>Long Hill<

R	30.5	FELIPE / OLYMPIAD	3.3
---	------	-------------------	-----

>Hilly<

L	33.8	JERONIMO >Rolly<	6.8
---	------	------------------	-----

L	40.6	ALTON	0.4
---	------	-------	-----

R	41.0	MUIRLANDS / BARRANCA	1.9
---	------	-------------------------	-----

R	42.9	IRVINE CENTER DR	3.2
---	------	------------------	-----

R	46.1	DEERWOOD	0.1
---	------	----------	-----