

BEAR TRAINING - RIDE #4

@ 51 Miles

Dir Miles 3400' CLIMB Dist

L	0.0	IRVINE CENTER DR	1.1
L	1.1	JEFFREY	2.5
R	3.6	IRVINE BLVD / TRABUCO	8.2
L	11.8	LOS ALISOS	0.8
R	12.6	VISTA DEL LAGO	1.0

CAUTION: Steep Up Hill & Downhill

R	13.6	MARGUERITE PKWY	3.2
L	16.8	LA PAZ >Long Climb<	1.5
R	18.3	OLYMPIAD / FELIPE	1.2
		>Downhill<	
R	19.5	OSO / PACIFIC PARK	4.1

FOOD / REST STOP

AMSTERDAM COFFEE HOUSE

Corner Pacific Park & La Paz

Laguna Niguel

return to Deerfield Park

R	23.6	PACIFIC PARK	0.5
L	24.1	ALICIA PKWY	2.1
R	26.2	HIGHLAND >Long Up<	1.7
R	27.9	PACIFIC ISLAND DR / CAMINO DEL AVION	3.4

"The Hill" - CAUTION: Steep Downhill

L	31.3	NIGUEL RD. >Climb<	3.5
R	34.8	ALICIA PKWY	1.9
L	36.7	ALISO CREEK >Hill<	2.8
R	39.5	ALISO VIEJO PKWY	1.3
L	40.8	PASEO DE VALENCIA	0.6
R	41.4	LOS ALISOS	1.1
L	42.5	MUIRLANDS / BARRANCA	4.8
R	47.3	IRVINE CENTER DR	3.3
R	50.6	DEERWOOD	0.1

QUESTIONS / COMMENTS

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