

**BEAR TRAINING - RIDE #5**

**@ 48 Miles**

**Dir Miles 3050' CLIMB Dist**

R	0.0	IRVINE CENTER DR	1.0
R	1.0	HARVARD	0.8
L	1.8	WALNUT	1.0
R	2.8	TUSTIN RANCH	3.3
L	6.1	JAMBOREE >Long Up<	3.2
R	9.3	SANTIAGO CANYON	9.3
		>Climb< & >Rolly<	
L	18.6	MODJESKA CANYON	0.9
R	19.5	MODJESKA GRADE	1.2
		>A Steep Hill<	
L	20.7	SANTIAGO CANYON	1.3
L	22.0	LIVE OAK CANYON / TRABUCO CANYON	5.1

**(Turn Left @ Cook's Corner)**

**RIDE SINGLE FILE PLEASE !!!**

**A Hill, Long Down, then another Hill**

R	27.1	PLANO TRABUCO	0.5
R	27.6	SANTA MARGARITA	0.2
R	27.8	ANTONIO PKWY	0.5
L	28.3	AVE De Las FLORES	1.4

**("X" Santa Margarita then turn RIGHT)**

**FOOD / REST STOP**

**STARBUCKS COFFEE**

**Santa Margarita Pkwy and**

**Avenida de Las Flores**

**RANCHO SANTA MARGARITA**

**return to Deerfield Park**

L	29.7	SANTA MARGARITA	1.4
L	31.1	ALICIA PKWY	1.1
L	32.2	OLYMPIAD	0.9
R	33.1	JERONIMO	1.6
R	34.7	MARGUERITE PKWY	1.5
		>Climb<	
L	36.2	ALICIA PKWY	0.7
R	36.9	TRABUCO	4.2
L	41.1	ALTON	1.6
R	42.7	BARRANCA	1.8
R	44.5	IRVINE CENTER DR	3.3
R	47.8	DEERWOOD	0.1

**QUESTIONS / COMMENTS**

**RIDECOORD@BIKEIRVINE.ORG**

**BTR05**