

BEAR TRAINING - RIDE #5**@ 47 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
X	27.8	ANTONIO, then Right	0.1

FOOD / REST STOP**STARBUCK'S / EAST COAST BAGEL****ANTONIO & SANTA MARGARITA****RANCHO SANTA MARGARITA****return to Deerfield Park**

R	27.9	SANTA MARGARITA	2.4
L	30.3	ALICIA PKWY	1.1
L	31.4	OLYMPIAD	0.9
R	32.3	JERONIMO	1.6
R	33.9	MARGUERITE PKWY	1.5
		>Climb<	
L	35.4	ALICIA PKWY	0.7
R	36.1	TRABUCO	4.2
L	40.3	ALTON	1.6
R	41.9	BARRANCA	1.8
R	43.7	IRVINE CENTER DR	3.3
R	47.0	DEERWOOD	0.1

QUESTIONS / COMMENTS**RIDECOORD@BIKEIRVINE.ORG****BTR05**