

BEAR TRAINING - RIDE #7**@ 55 Miles****Dir Miles 3200' CLIMB Dist**

R	0.0	IRVINE CENTER DR	1.0
L	1.0	HARVARD	3.9
R	4.9	UNIVERSITY / EASTBLUFF / FORD / BONITA CYN.	5.6
R	10.5	NEWPORT COAST	2.9
R	13.4	PELICAN HILL	2.1
R	15.5	NEWPORT COAST	0.3
L	15.8	PCH	4.5
L	20.3	CLIFF	0.5
L	20.8	LAGUNA CANYON	3.1
R	23.9	EL TORO	1.4
R	25.3	ALISO CREEK >UP<	3.0
L	25.3	PACIFIC PARK	0.6
X	28.3	ALICA, then Right	0.6

FOOD / REST STOP**STARBUCK'S / JUICE STOP****PACIFIC PARK & ALICA PKWY****LAGUNA NIGUEL**

R	28.9	PACIFIC PARK / OSO PKWY >UP<	3.5
L	32.4	MARGUERITE	0.9
R	33.3	LA PAZ >Climb<	1.5
L	34.8	OLYMPIAD >Hilly<	2.6
R	37.4	MELINDA / >Climb< LOS ALISOS	4.6

(Cross Marguerite Pkwy & Cont.)

R	42.0	MARGUERITE / PORTOLA	2.1
L	44.1	BAKE PKWY	4.3
R	48.4	MUIRLANDS / BARRANCA	2.6
R	51.0	IRVINE CENTER DR	3.3
R	54.3	DEERWOOD	0.1

QUESTIONS / COMMENTS**RIDECOORD@BIKEIRVINE.ORG****BTR07**