

BEAR TRAINING - RIDE #8**@ 57 Miles****Dir Miles 3600' Climb Dist**

L	0.0	IRVINE CENTER DR	3.3
L	3.3	BARRANCA / MUIRLANDS	2.7
L	6.0	BAKE >Climb<	4.3
R	10.3	PORTOLA / SANTA MARGARITA	4.2
R	14.5	ALICIA >Uphill<	1.1
L	15.6	OLYMPIAD / FELIPE	4.4
L	20.0	MARGUERITE / RANCHO VIEJO	5.9

(Cross Ortega Hwy, then...)

L	25.9	CALLE ARROYO	0.3
R	26.2	LA NOVIA >Short Hill<	2.0
R	28.2	VALLE	0.2
L	28.4	SAN JUAN CREEK	0.1
R	28.5	CAMINO CAPISTRANO	0.4
L	28.9	DEL OBISPO	1.6
R	30.5	CAMINO DEL AVION	0.9

>STEEP<

X	31.4	GOLDEN LANTERN, Then Right	0.2
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FOOD / REST STOP**Peet's Coffee / I Love Bagels****Del Avion & Golden Lantern****LAGUNA NIGUEL****return to Deerfield Park**

R	31.6	CAMINO DEL AVION	0.8
L	32.4	NIGUEL RD.	1.1
L	33.5	PCH	1.6
L	35.1	GOLDEN LANTERN	4.5
L	39.6	MARINA HILLS	1.3
R	40.9	NIGUEL RD.	1.6

>> Steep Down then UP <<

R	42.5	HIGHLANDS	0.8
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Steep Down then Ends @...

L	43.3	ALICIA PKWY	3.8
L	47.1	PASEO de VALENCIA	2.0
L	49.1	AVE de La CARLOTTA	0.6
L	49.7	RIDGE ROUTE	0.9
R	50.6	MOULTON / IRVINE CENTER DR	6.4
R	57.0	DEERWOOD	0.1

QUESTIONS / COMMENTS**RIDECOORD@BIKEIRVINE.ORG****BTR08**