

**FRIDAY RIDE - WOOD CANYON - 34 MILES**

DIR	@ MILES	HILLY 1800' CLIMB	DIST
L	0.0	IRVINE CENTER DR	2.5
R	2.5	LAGUNA CANYON	6.2
L	8.7	EL TORO	3.0
R	11.7	MOULTON	1.2
R	12.9	GLENWOOD/PACIFIC PARK	2.0
L	14.9	CHASE/WOOD CANYON	2.6
R	17.5	ALISO CREEK	0.7
L	18.2	JUST BEFORE LA PAZ	0.1

FOOD/ REST STOP  
 STARBUCKS COFFEE  
 LA PAZ & ALISO CREEK  
 LAGUNA NIGUEL

RETURN TO DEERFIELD

L	18.3	LA PAZ (NORTH)	1.0
R	19.3	PACIFIC PARK/OSO PARKWAY	3.1
L	22.4	MARGUERITE	0.9
L	23.3	LA PAZ	1.1
R	24.4	MUIRLANDS/BARRANCA	6.4
R	30.8	IRVINE CENTER DR	3.3
R	34.1	DEERWOOD	0.1

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