

**BEAR TRAINING - RIDE #4**  
**Mission Viejo, Laguna Niguel**  
**50 MILES ~3,500 FT ELEV. GAIN**

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	Miles		Dist
L	0	DEERWOOD	0.7
R	0.7	DEERCREEK	0.1
R	0.8	DEERFIELD	0.1
L	0.9	YALE	2.3
R	3.2	IRVINE BLVD / TRABUCO	8.6
L	11.8	LOS ALISOS	0.8
R	12.6	VISTA DEL LAGO	1.0
	13.6	CAUTION: <i>Steep Up Hill &amp; Downhill</i>	
R	13.6	MARGUERITE PKWY	2.7
L	16.3	LA PAZ <i>Long Climb</i>	1.6
R	17.9	OLYMPIAD / FELIPE	1.2
R	19.1	OSO / PACIFIC PARK	4.4
L	23.5	ALICIA PKWY	2.1
R	25.6	HIGHLAND (Long Up)	1.7
R	27.3	PACIFIC ISLAND DR / CAMINO DEL AVION	3.3
		<i>"The Hill" - CAUTION: Steep Downhill</i>	
L	30.6	NIGUEL RD.	2.8
R	33.4	JUST B4 CROWN VALLEY	0.0
FOOD/COFFEE STOP - Rosetta Coffee Crown Valley / Niguel Rd.			
R	33.4	NIGUEL RD.	0.4
R	33.8	ALICIA PKWY	1.9
L	35.7	ALISO CREEK (Hill)	2.5
R	38.2	ALISO VIEJO PKWY / LAGUNA HILLS DR.	1.3
L	39.5	PASEO DE VALENCIA	0.6
R	40.1	LOS ALISOS	1.1
L	41.2	MUIRLANDS / BARRANCA	4.8
R	46.0	IRVINE CENTER DR	3.2
R	49.2	DEERWOOD	END

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R	46.0	IRVINE CENTER DR	3.2
R	49.2	DEERWOOD	END

QUESTIONS / COMMENTS

[RIDECOORD@BIKEIRVINE.ORG](mailto:RIDECOORD@BIKEIRVINE.ORG)

BearTR17-4

Report mishaps to [crash@bikeirvine.org](mailto:crash@bikeirvine.org)

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