

**BCI SUNDAY MEDIUM**

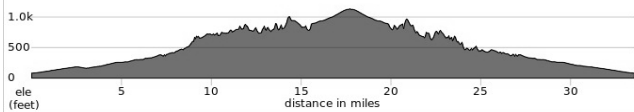
**33 Miles**

	Miles	HILLY	Dist
L	0.0	IRVINE CENTER DR	2.6
R	2.6	LAGUNA CANYON	0.5
L	3.1	BARRANCA PKWY	2.9
L	6.0	ALTON PKWY	0.3
R	6.3	JERONIMO RD	1.2
L	7.5	LAKE FOREST	3.9
R	11.4	PORTOLA / SANTA MARGARITA	6.3
U	17.7	U-TURN @ ANTONIO THEN 2ND RIGHT (JUST PAST CARLS JR)	0.1

**REST STOP - STARBUCKS at SANTA MARGARITA AND ANTONIO, RSM**

**return to Deerfield Park**

R	17.8	SANTA MARGARITA	2.4
L	20.2	ALICIA PKWY	4.2
R	24.4	JERONIMO	3.6
L	28.0	ALTON	0.4
R	28.4	BARRANCA	1.9
R	30.3	IRVINE CENTER DR	3.3
R	33.6	DEERWOOD	0.1



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

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**SUN20M**

**BCI SUNDAY MEDIUM**

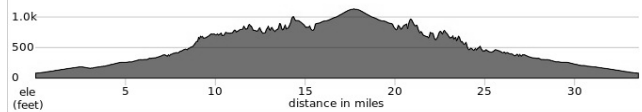
**33 Miles**

	Miles	HILLY	Dist
L	0.0	IRVINE CENTER DR	2.6
R	2.6	LAGUNA CANYON	0.5
L	3.1	BARRANCA PKWY	2.9
L	6.0	ALTON PKWY	0.3
R	6.3	JERONIMO RD	1.2
L	7.5	LAKE FOREST	3.9
R	11.4	PORTOLA / SANTA MARGARITA	6.3
U	17.7	U-TURN @ ANTONIO THEN 2ND RIGHT (JUST PAST CARLS JR)	0.1

**REST STOP - STARBUCKS at SANTA MARGARITA AND ANTONIO, RSM**

**return to Deerfield Park**

R	17.8	SANTA MARGARITA	1.4
L	19.2	ALICIA PKWY	4.2
R	23.4	JERONIMO	3.6
L	27.0	ALTON	0.4
R	27.4	BARRANCA	1.9
R	29.3	IRVINE CENTER DR	3.3
R	32.6	DEERWOOD	0.1



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**SUN20M**

### BCI SUNDAY LONG

36 Miles

~1800'

	Miles		Dist
L	0.0	IRVINE CENTER DR	3.4
L	3.4	BARRANCA PKWY	1.8
L	5.2	ALTON PKWY	4.3
R	9.5	PORTOLA	1.2
L	10.7	GLENN RANCH	1.7
L	12.4	EL TORO	1.0
R	13.4	LIVE OAK CYN / TRABUCO CYN	5.1
R	18.5	PLANO TRABUCO	0.5
R	19.0	SANTA MARGARITA	0.2
R	19.2	X ANTONIO - then 2nd right just past Carls Jr	0.1

### BCI SUNDAY LONG

36 Miles

~1800'

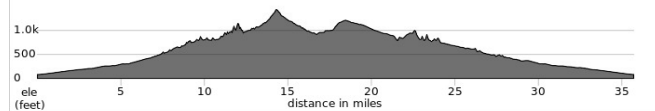
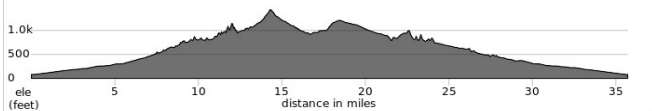
	Miles		Dist
L	0.0	IRVINE CENTER DR	3.4
L	3.4	BARRANCA PKWY	1.8
L	5.2	ALTON PKWY	4.3
R	9.5	PORTOLA	1.2
L	10.7	GLENN RANCH	1.7
L	12.4	EL TORO	1.0
R	13.4	LIVE OAK CYN / TRABUCO CYN	5.1
R	18.5	PLANO TRABUCO	0.5
R	19.0	SANTA MARGARITA	0.2
R	19.2	X ANTONIO - then 2nd right just past Carls Jr	0.1

**REST STOP - STARBUCKS at SANTA  
MARGARITA AND ANTONIO, RSM**

**REST STOP - STARBUCKS at SANTA  
MARGARITA AND ANTONIO, RSM**

R	19.3	SANTA MARGARITA	5.0
L	24.3	EL TORO	2.6
R	26.9	SERANO	1.7
R	28.6	TOLEDO	0.8
L	29.4	ALTON	0.8
R	30.2	BARRANCA	1.5
R	31.7	TECHNOLOGY	1.4
R	33.1	LAGUNA CYN/OAK CYN	0.4
L	33.5	VALLEY OAK	0.3
R	33.8	IRVINE CENTER DR	1.9
R	35.7	DEERWOOD	END

R	19.3	SANTA MARGARITA	5.0
L	24.3	EL TORO	2.6
R	26.9	SERANO	1.7
R	28.6	TOLEDO	0.8
L	29.4	ALTON	0.8
R	30.2	BARRANCA	1.5
R	31.7	TECHNOLOGY	1.4
R	33.1	LAGUNA CYN/OAK CYN	0.4
L	33.5	VALLEY OAK	0.3
R	33.8	IRVINE CENTER DR	1.9
R	35.7	DEERWOOD	END



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**SUN20L**

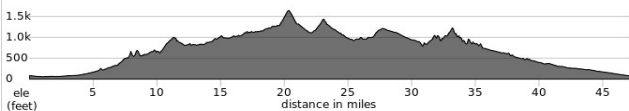
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**SUN20L**

**BCI ONYX TRAINING - RIDE #5**  
**Santiago/Modjeska/Live Oak/RSM**  
**46 MILES ~3,500 FT ELEV. GAIN**

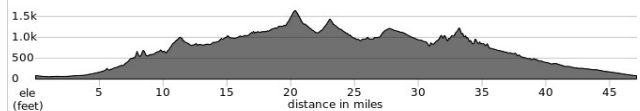
	Miles		Dist
R	0	IRVINE CENTER DR	1.0
R	1.0	HARVARD	0.8
L	1.8	WALNUT	1.0
R	2.8	TUSTIN RANCH	3.3
L	6.1	JAMBOREE	3.3
R	9.4	SANTIAGO CANYON	9.3
L	18.7	MODJESKA CANYON	0.9
R	19.6	MODJESKA GRADE <i>Climb to top, then STEEP downhill. Control your speed, STOP SIGN at bottom</i>	1.2
L	20.8	SANTIAGO CANYON	1.3
L	22.1	LIVE OAK CANYON / TRABUCO CANYON <i>Narrow and winding - Ride Single File!</i>	5.5
R	27.6	PLANO TRABUCO	0.7
R	28.3	SANTA MARGARITA	0.2
R	28.5	X ANTONIO - THEN 2ND RT JUST PAST CARLS JR	0.1
<b>REST STOP - STARBUCKS at SANTA MARGARITA AND ANTONIO, RSM</b>			
R	28.6	SANTA MARGARITA	1.9
R	30.5	MELINDA/LOS ALISOS	3.6
R	34.1	SANTA MARGARITA	0.5
L	34.6	EL TORO	2.6
R	37.2	SERANO	1.7
R	38.9	TOLEDO	0.8
L	39.7	ALTON	0.9
R	40.6	BARRANCA	1.4
R	42.0	TECHNOLOGY	1.5
R	43.5	LAGUNA CYN/OAK CYN	0.4
L	43.9	VALLEY OAK	0.2
R	44.1	IRVINE CENTER DR	1.9
R	46.0	DEERWOOD	END



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 ONYX19-5

**BCI ONYX TRAINING - RIDE #5**  
**Santiago/Modjeska/Live Oak/RSM**  
**46 MILES ~3,500 FT ELEV. GAIN**

	Miles		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	3.3
R	9.4	SANTIAGO CANYON	9.3
L	18.7	MODJESKA CANYON	0.9
R	19.6	MODJESKA GRADE <i>Climb to top, then STEEP downhill. Control your speed, STOP SIGN at bottom</i>	1.2
L	20.8	SANTIAGO CANYON	1.3
L	22.1	LIVE OAK CANYON / TRABUCO CANYON <i>Narrow and winding - Ride Single File!</i>	5.5
R	27.6	PLANO TRABUCO	0.7
R	28.3	SANTA MARGARITA	0.2
R	28.5	X ANTONIO - THEN 2ND RT JUST PAST CARLS JR	0.1
<b>REST STOP - STARBUCKS at SANTA MARGARITA AND ANTONIO, RSM</b>			
R	28.6	SANTA MARGARITA	1.9
R	30.5	MELINDA/LOS ALISOS	3.6
R	34.1	SANTA MARGARITA	0.5
L	34.6	EL TORO	2.6
R	37.2	SERANO	1.7
R	38.9	TOLEDO	0.8
L	39.7	ALTON	0.9
R	40.6	BARRANCA	1.4
R	42.0	TECHNOLOGY	1.5
R	43.5	LAGUNA CYN/OAK CYN	0.4
L	43.9	VALLEY OAK	0.2
R	44.1	IRVINE CENTER DR	1.9
R	46.0	DEERWOOD	END



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 ONYX19-5