

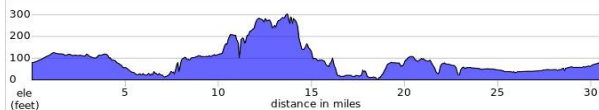
BCI SUNDAY - MEDIUM

31 Miles

	Miles	850' CLIMB	Dist
L	0.0	IRVINE CENTER DR	1.2
R	1.2	JEFFREY RD	1.2
R	2.4	Bike Trail ("B4" 405-Fwy)	0.9
R	3.3	Past Bike Trail Bridge	0.1
R	3.4	YALE (Go Over Bridge)	0.7
R	4.1	UNIVERSITY / EASTBLUFF	3.7
R	7.8	VISTA DEL ORO	1.9
R	9.7	MAR VISTA	0.4
R	10.1	EASTBLUFF / FORD / BONITA CANYON	1.3
R	11.4	MESA VIEW	0.1
L	11.5	FORD	0.3
R	11.8	SAN MIGUEL	1.4
L	13.2	SAN JOAQUIN HILLS	0.5
R	13.7	MARGUERITE	0.8
L	14.5	5th STREET	0.3
R	14.8	POPPY	0.6
R	15.4	OCEAN	0.7
R	16.1	FERNLEAF	0.2
L	16.3	BAYSIDE	1.9
R	18.2	Driveway B4 PCH	0.1

FOOD / REST STOP**STARBUCKS****BAYSIDE & PCH, NEWPORT BEACH**

R	18.3	BAYSIDE (west)	0.0
L	18.3	PCH	0.4
R	18.7	DOVER	0.7
R	19.4	WESTCLIFF	0.3
L	19.7	SANTIAGO	0.4
R	20.1	GALAXY	1.3
R	21.4	SANTIAGO	0.2
R	21.6	IRVINE AVE	1.3
R	22.9	MESA DR / BIRCH	1.8
L	24.7	VON KARMAN / TUSTIN RANCH RD	3.4
R	28.1	WARNER	0.8
L	28.9	HARVARD	0.6
R	29.5	PASEO WESTPARK	0.1
L	29.6	HEARTHSTONE	0.2
R	29.8	IRVINE CENTER DR	0.7
L	30.5	DEERWOOD	END

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SUN08M1

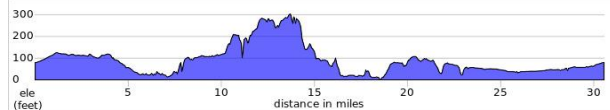
BCI SUNDAY - MEDIUM

31 Miles

	Miles	850' CLIMB	Dist
L	0.0	IRVINE CENTER DR	1.2
R	1.2	JEFFREY RD	1.2
R	2.4	Bike Trail ("B4" 405-Fwy)	0.9
R	3.3	Past Bike Trail Bridge	0.1
R	3.4	YALE (Go Over Bridge)	0.7
R	4.1	UNIVERSITY / EASTBLUFF	3.7
R	7.8	VISTA DEL ORO	1.9
R	9.7	MAR VISTA	0.4
R	10.1	EASTBLUFF / FORD / BONITA CANYON	1.3
R	11.4	MESA VIEW	0.1
L	11.5	FORD	0.3
R	11.8	SAN MIGUEL	1.4
L	13.2	SAN JOAQUIN HILLS	0.5
R	13.7	MARGUERITE	0.8
L	14.5	5th STREET	0.3
R	14.8	POPPY	0.6
R	15.4	OCEAN	0.7
R	16.1	FERNLEAF	0.2
L	16.3	BAYSIDE	1.9
R	18.2	Driveway B4 PCH	0.1

FOOD / REST STOP**STARBUCKS****BAYSIDE & PCH, NEWPORT BEACH**

R	18.3	BAYSIDE (west)	0.0
L	18.3	PCH	0.4
R	18.7	DOVER	0.7
R	19.4	WESTCLIFF	0.3
L	19.7	SANTIAGO	0.4
R	20.1	GALAXY	1.3
R	21.4	SANTIAGO	0.2
R	21.6	IRVINE AVE	1.3
R	22.9	MESA DR / BIRCH	1.8
L	24.7	VON KARMAN / TUSTIN RANCH RD	3.4
R	28.1	WARNER	0.8
L	28.9	HARVARD	0.6
R	29.5	PASEO WESTPARK	0.1
L	29.6	HEARTHSTONE	0.2
R	29.8	IRVINE CENTER DR	0.7
L	30.5	DEERWOOD	END

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SUN08M1

BCI SUNDAY - LONG

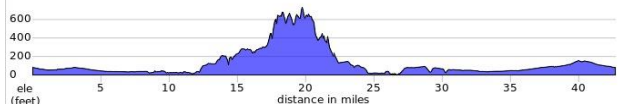
43 Miles

Miles ~ 1,400 Ft Climb Dist

R	0.0	IRVINE CENTER DR / EDINGER	3.1
L	3.1	RED HILL	3.2
L	6.3	MAIN	1.0
R	7.3	VON KARMAN	0.6
L	7.9	MICHELSON	1.3
R	9.2	HARVARD	0.9
R	10.1	UNIVERSITY / EASTBLUFF / BONITA CANYON	4.4
R	14.5	MESA VIEW	0.1
L	14.6	FORD	0.3
R	14.9	SAN MIGUEL	1.5
L	16.4	SAN JOAQUIN HILLS	2.5
R	18.9	NEWPORT COAST	1.1
R	20.0	PELICAN HILL	2.1
R	22.1	NEWPORT COAST	0.3
R	22.4	PCH	1.5
L	23.9	MARGUERITE	0.0
R	23.9	BAYSIDE	2.4
R	26.3	Driveway B4 PCH	0.1

**STARBUCKS
BAYSIDE & PCH
NEWPORT BEACH**

R	26.4	BAYSIDE	0.1
L	26.5	PCH	0.4
R	26.9	DOVER	1.3
R	28.2	IRVINE AVE	2.0
R	30.2	MESA / BIRCH	1.9
L	32.1	VON KARMAN / TUSTIN RANCH RD	5.9
R	38.0	BRYAN	2.0
R	40.0	WESTWOOD	0.4
R	40.4	YALE	1.9
R	42.3	IRVINE CENTER DR	0.3
L	42.6	DEERWOOD	END



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SUN08L1

BCI SUNDAY - LONG

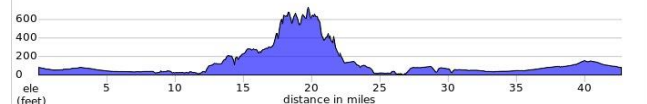
43 Miles

Miles ~ 1,400 Ft Climb Dist

R	0.0	IRVINE CENTER DR / EDINGER	3.1
L	3.1	RED HILL	3.2
L	6.3	MAIN	1.0
R	7.3	VON KARMAN	0.6
L	7.9	MICHELSON	1.3
R	9.2	HARVARD	0.9
R	10.1	UNIVERSITY / EASTBLUFF / BONITA CANYON	4.4
R	14.5	MESA VIEW	0.1
L	14.6	FORD	0.3
R	14.9	SAN MIGUEL	1.5
L	16.4	SAN JOAQUIN HILLS	2.5
R	18.9	NEWPORT COAST	1.1
R	20.0	PELICAN HILL	2.1
R	22.1	NEWPORT COAST	0.3
R	22.4	PCH	1.5
L	23.9	MARGUERITE	0.0
R	23.9	BAYSIDE	2.4
R	26.3	Driveway B4 PCH	0.1

**STARBUCKS
BAYSIDE & PCH
NEWPORT BEACH**

R	26.4	BAYSIDE	0.1
L	26.5	PCH	0.4
R	26.9	DOVER	1.3
R	28.2	IRVINE AVE	2.0
R	30.2	MESA / BIRCH	1.9
L	32.1	VON KARMAN / TUSTIN RANCH RD	5.9
R	38.0	BRYAN	2.0
R	40.0	WESTWOOD	0.4
R	40.4	YALE	1.9
R	42.3	IRVINE CENTER DR	0.3
L	42.6	DEERWOOD	END



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SUN08L1

BCI SUNDAY - LONG PLUS

56 Miles

	Miles	HILLY	Dist
L	0.0	IRVINE CENTER DR	1.2
R	1.2	JEFFREY RD	1.2
R	2.4	Bike Trail ("B4" 405-Fwy)	0.9
R	3.3	Past Bike Trail Bridge	0.1
R	3.4	YALE (Go Over Bridge)	0.8
R	4.2	UNIVERSITY / EASTBLUFF / BONITA CANYON	5.9
R	10.1	MESA VIEW	0.1
L	10.2	FORD	0.3
R	10.5	SAN MIGUEL	1.5
L	12.0	SAN JOAQUIN HILLS	2.5
R	14.5	NEWPORT COAST	1.1
R	15.6	PELICAN HILL	2.1
R	17.7	NEWPORT COAST	0.3
R	18.0	PCH	1.3
R	19.3	POINSETTA	0.1
L	19.4	2nd STREET	0.2
L	19.6	MARGUERITE	0.1
X	19.7	PCH	0.0
R	19.7	BAYSIDE	2.3

**STARBUCKS: BAYSIDE & PCH
NEWPORT BEACH**

R	22.0	BAYSIDE (west)	0.0
L	22.0	PCH	0.4
R	22.4	DOVER	1.4
R	23.8	IRVINE / CAMPUS	4.0
L	27.8	VON KARMAN	2.0
L	29.8	ALTON	0.7
R	30.5	RED HILL	2.5
R	33.0	WALNUT	0.9
L	33.9	TUSTIN RANCH	3.1
L	37.0	PIONEER WAY	0.1
R	37.1	PIONEER	1.5
R	38.6	JAMBOREE	3.2
L	41.8	IRVINE BLVD	7.3
R	49.1	BAKE	1.3
R	50.4	MUIRLANDS / BARRANCA	2.5
R	52.9	IRVINE CENTER DR	3.1
R	56.0	DEERWOOD	0.1

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SUN08LP1

BCI SUNDAY - LONG PLUS

56 Miles

	Miles	HILLY	Dist
L	0.0	IRVINE CENTER DR	1.2
R	1.2	JEFFREY RD	1.2
R	2.4	Bike Trail ("B4" 405-Fwy)	0.9
R	3.3	Past Bike Trail Bridge	0.1
R	3.4	YALE (Go Over Bridge)	0.8
R	4.2	UNIVERSITY / EASTBLUFF / BONITA CANYON	5.9
R	10.1	MESA VIEW	0.1
L	10.2	FORD	0.3
R	10.5	SAN MIGUEL	1.5
L	12.0	SAN JOAQUIN HILLS	2.5
R	14.5	NEWPORT COAST	1.1
R	15.6	PELICAN HILL	2.1
R	17.7	NEWPORT COAST	0.3
R	18.0	PCH	1.3
R	19.3	POINSETTA	0.1
L	19.4	2nd STREET	0.2
L	19.6	MARGUERITE	0.1
X	19.7	PCH	0.0
R	19.7	BAYSIDE	2.3

**STARBUCKS: BAYSIDE & PCH
NEWPORT BEACH**

R	22.0	BAYSIDE (west)	0.0
L	22.0	PCH	0.4
R	22.4	DOVER	1.4
R	23.8	IRVINE / CAMPUS	4.0
L	27.8	VON KARMAN	2.0
L	29.8	ALTON	0.7
R	30.5	RED HILL	2.5
R	33.0	WALNUT	0.9
L	33.9	TUSTIN RANCH	3.1
L	37.0	PIONEER WAY	0.1
R	37.1	PIONEER	1.5
R	38.6	JAMBOREE	3.2
L	41.8	IRVINE BLVD	7.3
R	49.1	BAKE	1.3
R	50.4	MUIRLANDS / BARRANCA	2.5
R	52.9	IRVINE CENTER DR	3.1
R	56.0	DEERWOOD	0.1

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SUN08LP1