

BEAR TRAINING
RIDE #1 LAKE FOREST,
MISSION VIEJO, LAGUNA HILLS
39 MILES 2,400 FT ELEV. GAIN

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	Miles		Dist
L	0.0	IRVINE CENTER DR.	3.4
L	3.4	BARRANCA	1.8
L	5.2	ALTON/PALOMA (Hill)	5.6
L	10.8	PORTOLA/SANTA MARGARITA(Flat/Hill)	3.0
L	13.8	LOS ALISOS/MELINDA (Climb)	4.6
L	18.4	OLYMPIAD (Rolly)	3.8
R	22.2	OSO	0.8
R	23.0	REST STOP, just before Marguerite, Chocobean Coffee Shop	
R	23.0	OSO (West)	2.8
R	25.8	MOULTON	0.2
R	26.0	LA PAZ (Hill)	1.6
L	27.6	PASEO DE VALENCIA	3.0
L	30.6	CARLOTA	0.6
L	31.2	RIDGE ROUTE (Flat/Hill)	1.5
R	32.7	SAN VITTORIO/TESLA	1.1
L	33.8	MOULTON/IRVINE CENTER DRIVE	5.2
R	39.0	DEERWOOD	-----

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R	39.0	DEERWOOD	-----

QUESTIONS / COMMENTS

RIDECOORD@BIKEIRVINE.ORG

BearTR17-1

Report mishaps to crash@bikeirvine.org

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