

BCI SUNDAY MEDIUM

@		38 Miles	
Dir	Miles	650' 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)	0.8
R	4.2	UNIVERSITY	1.9
R	6.1	Bike Trail just past JAMBOREE	0.2
L	6.3	Bike Trail before BAYVIEW	1.3
S	7.6	exit on UNIVERSITY	0.8
L	8.4	ORANGE	0.5
R	8.9	WILSON	2.4
L	11.3	CANYON	0.3
R	11.6	VICTORIA / HAMILTON	1.1
R	12.7	BUSHARD	1.0
L	13.7	INDIANAPOLIS	2.0
L	15.7	LAKE	0.1
R	15.8	PALM	1.1
R	16.9	GOLDEN WEST	0.5
R	17.4	YORKTOWN, then left	0.1

**REST STOP:STARBUCKS COFFEE
GOLDEN WEST & YORKTOWN
HUNTINGTON BEACH**

L	17.5	GOLDENWEST (South)	1.0
L	18.5	PCH	7.5
X	26.0	DOVER	
R	26.0	R/L jog on Bike Trail under PCH	0.2
R	26.2	(north) on DOVER	1.4
R	27.6	IRVINE / CAMPUS	5.1
L	32.7	UNIVERSITY (near UCI)	0.4
L	33.1	HARVARD	4.0
R	37.1	IRVINE CENTER DR	0.9
L	38.0	DEERWOOD	0.1

Questions/Comments: rides@bikeirvine.org
Report mishaps to crash@bikeirvine.org
SUN35M1

BCI SUNDAY MEDIUM

@		38 Miles	
Dir	Miles	650' 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)	0.8
R	4.2	UNIVERSITY	1.9
R	6.1	Bike Trail just past JAMBOREE	0.2
L	6.3	Bike Trail before BAYVIEW	1.3
S	7.6	exit on UNIVERSITY	0.8
L	8.4	ORANGE	0.5
R	8.9	WILSON	2.4
L	11.3	CANYON	0.3
R	11.6	VICTORIA / HAMILTON	1.1
R	12.7	BUSHARD	1.0
L	13.7	INDIANAPOLIS	2.0
L	15.7	LAKE	0.1
R	15.8	PALM	1.1
R	16.9	GOLDEN WEST	0.5
R	17.4	YORKTOWN, then left	0.1

**REST STOP:STARBUCKS COFFEE
GOLDEN WEST & YORKTOWN
HUNTINGTON BEACH**

L	17.5	GOLDENWEST (South)	1.0
L	18.5	PCH	7.5
X	26.0	DOVER	
R	26.0	R/L jog on Bike Trail under PCH	0.2
R	26.2	(north) on DOVER	1.4
R	27.6	IRVINE / CAMPUS	5.1
L	32.7	UNIVERSITY (near UCI)	0.4
L	33.1	HARVARD	4.0
R	37.1	IRVINE CENTER DR	0.9
L	38.0	DEERWOOD	0.1

Questions/Comments: rides@bikeirvine.org
Report mishaps to crash@bikeirvine.org
SAT35M1

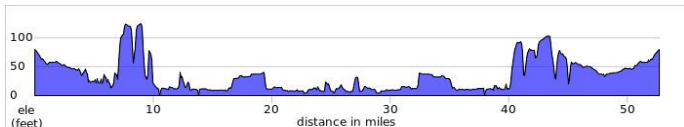
BCI SUNDAY LONG

@ 53 MILES

Dir	Miles	mostly flat ~850'	Dist
R	0.0	IRVINE CENTER DR	1.0
L	1.0	HARVARD	3.9
R	4.9	UNIVERSITY / EASTBLUFF	3.2
R	8.1	JAMBOREE	1.5
R	9.6	PCH	15.4
L	25.0	SEAL BEACH BLVD / OCEAN AVE	0.8

**BOGART'S COFFEE HOUSE
MAIN ST & OCEAN AVE, SEAL BEACH**

R	25.8	OCEAN AVE	0.0
R	25.8	MAIN ST	0.3
R	26.1	ELECTRIC AVE	0.4
L	26.5	SEAL BEACH BLVD	0.3
R	26.8	PCH	13.3
L	40.1	RIVERSIDE/CLIFF	1.2
L	41.3	DOVER	0.6
R	41.9	WESTCLIFF DR	0.2
L	42.1	SANTIAGO DR	1.6
R	43.7	IRVINE AVE	1.4
R	45.1	MESA/BIRCH	1.8
L	46.9	VON KARMAN/TRR	3.4
R	50.3	WARNER	0.8
L	51.1	HARVARD	0.6
R	51.7	PASEO WESTPARK	0.1
L	51.8	HEARTHSTONE	0.1
R	51.9	IRVINE CENTER DR	0.8
L	52.7	DEERWOOD	END

Questions/Comments: rides@bikeirvine.orgReport mishaps to crash@bikeirvine.org

SUN35L1

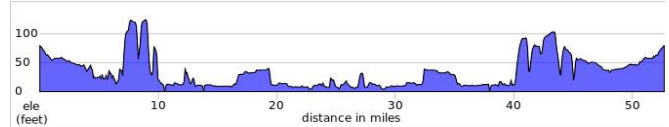
BCI SUNDAY LONG

@ 53 MILES

Dir	Miles	mostly flat ~850'	Dist
R	0.0	IRVINE CENTER DR	1.0
L	1.0	HARVARD	3.9
R	4.9	UNIVERSITY / EASTBLUFF	3.2
R	8.1	JAMBOREE	1.5
R	9.6	PCH	15.4
L	25.0	SEAL BEACH BLVD / OCEAN AVE	0.8

**BOGART'S COFFEE HOUSE
MAIN ST & OCEAN AVE, SEAL BEACH**

R	25.8	OCEAN AVE	0.0
R	25.8	MAIN ST	0.3
R	26.1	ELECTRIC AVE	0.4
L	26.5	SEAL BEACH BLVD	0.3
R	26.8	PCH	13.3
L	40.1	RIVERSIDE/CLIFF	1.2
L	41.3	DOVER	0.6
R	41.9	WESTCLIFF DR	0.2
L	42.1	SANTIAGO DR	1.6
R	43.7	IRVINE AVE	1.4
R	45.1	MESA/BIRCH	1.8
L	46.9	VON KARMAN/TRR	3.4
R	50.3	WARNER	0.8
L	51.1	HARVARD	0.6
R	51.7	PASEO WESTPARK	0.1
L	51.8	HEARTHSTONE	0.1
R	51.9	IRVINE CENTER DR	0.8
L	52.7	DEERWOOD	END

Questions/Comments: rides@bikeirvine.orgReport mishaps to crash@bikeirvine.org

SUN35L1

BCI SUNDAY LONG PLUS

@ 59 Miles			
Dir	Miles	FLAT / ROLLY	Dist
L	0.0	IRVINE CENTER DR	2.5
R	2.5	LAGUNA CANYON	2.0
R	4.5	OLD LAGUNA CANYON	7.5
R	12.0	CLIFF	0.3
R	12.3	PCH	6.1
L	18.4	MARGUERITE AVE	0.0
R	18.4	BAYSIDE DR	2.4
L	20.8	PCH	14.7
L	35.5	SEAL BEACH BLVD / OCEAN AVE	0.7

BCI SUNDAY LONG PLUS

@ 59 Miles			
Dir	Miles	FLAT / ROLLY	Dist
L	0.0	IRVINE CENTER DR	2.5
R	2.5	LAGUNA CANYON	2.0
R	4.5	OLD LAGUNA CANYON	7.5
R	12.0	CLIFF	0.3
R	12.3	PCH	6.1
L	18.4	MARGUERITE AVE	0.0
R	18.4	BAYSIDE DR	2.4
L	20.8	PCH	14.7
L	35.5	SEAL BEACH BLVD / OCEAN AVE	0.7

FOOD / REST STOP**BOGART'S COFFEE HOUSE****MAIN ST & OCEAN AVE, SEAL BEACH****FOOD / REST STOP****BOGART'S COFFEE HOUSE****MAIN ST & OCEAN AVE, SEAL BEACH**

R	36.2	OCEAN AVE	0.0
R	36.2	MAIN ST	0.3
R	36.5	ELECTRIC AVE	0.4
L	36.9	SEAL BEACH BLVD	0.3
R	37.2	PCH	2.9
L	40.1	WARNER AVE	1.8
R	41.9	GRAHAM ST	0.5
L	42.4	SLATER AVE	1.9
R	44.3	GOTHARD ST	0.5
L	44.8	TALBERT AVE / MacARTHUR BLVD	4.3
R	49.1	HYLAND AVE	0.4
L	49.5	SUNFLOWER AVE	3.3
R	52.8	MAIN ST	1.5
L	54.3	VON KARMAN AVE	2.0
R	56.3	WARNER AVE	0.8
L	57.1	HARVARD AVE	0.8
R	57.9	IRVINE CENTER DR	1.0
L	58.9	DEERWOOD	0.1

R	36.2	OCEAN AVE	0.0
R	36.2	MAIN ST	0.3
R	36.5	ELECTRIC AVE	0.4
L	36.9	SEAL BEACH BLVD	0.3
R	37.2	PCH	2.9
L	40.1	WARNER AVE	1.8
R	41.9	GRAHAM ST	0.5
L	42.4	SLATER AVE	1.9
R	44.3	GOTHARD ST	0.5
L	44.8	TALBERT AVE / MacARTHUR BLVD	4.3
R	49.1	HYLAND AVE	0.4
L	49.5	SUNFLOWER AVE	3.3
R	52.8	MAIN ST	1.5
L	54.3	VON KARMAN AVE	2.0
R	56.3	WARNER AVE	0.8
L	57.1	HARVARD AVE	0.8
R	57.9	IRVINE CENTER DR	1.0
L	58.9	DEERWOOD	0.1

Questions/Comments: rides@bikeirvine.org
 Report mishaps to crash@bikeirvine.org
 SUN35LP1

Questions/Comments: rides@bikeirvine.org
 Report mishaps to crash@bikeirvine.org
 SUN35LP1