

ONYX TRAINING RIDE #8
57 MILES ~ 4,500'

Miles			Dist
L	-	IRVINE CENTER DR.	3.4
L	3.4	BARRANCA/MUIRLANDS	2.6
L	6.0	BAKE PKWY. climb	4.3
R	10.3	PORTOLA/SANTA MARGARITA	4.2
R	14.5	ALICIA uphill	1.1
L	15.6	OLYMPIAD/FELIPE hilly	4.6
L	20.2	MARGUERITE/RANCHO VIEJO	5.6
X	25.8	ORTEGA HWY.	0.2
L	26.0	CALLE ARROYO	0.1
R	26.1	LA NOVIA short hill	2.2
R	28.3	VALLE	0.3
L	28.6	SAN JUAN CREEK	0.1
R	28.7	CAMINO CAPISTRANO	0.4
L	29.1	DEL OBISPO	1.6
R	30.7	CAMINO DEL AVION	0.9
X	31.6	Golden Lantern -	0.1
R	31.7	Rest Stop Peets Coffee	0.1
R	31.8	CAMINO DEL AVION	0.8
L	32.6	NIGUEL RD	1.1
L	33.7	PACIFIC COAST HWY.	1.5
L	35.2	GOLDEN LANTERN	4.4
L	39.6	MARINA HILLS	1.2
R	40.8	NIGUEL RD	1.7
R	42.5	HIGHLANDS	0.8
L	43.3	ALICIA	3.8
L	47.1	PASEO DE VALENCIA	2.1
L	49.2	AVENIDA DE LA CARLOTA	0.6
L	49.8	RIDGE ROUTE	0.9
R	50.7	MOULTON/IRVINE CENTER DRIVE	6.3
R	57.0	DEERWOOD	END

RIDECOORD@BIKEIRVINE.ORG

ONYXTR17-8

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