

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

L	IRVINE CENTER DR.	3.3	3.3
L	BARRANCA	2.6	5.9
L	BAKE (Hill)	4.9	10.2
L	PORTOLA	0.8	11.0
R	ALTON/PALOMA (Hill)	0.4	11.4
L	PORTOLA/SANTA MARGARITA(Flat/Hill)	4.1	15.5
L	LOS ALISOS/MELINDA (Climb)	4.7	20.2
L	OLYMPIAD (Rolly)	5.1	25.3
R	OSO	1.5	26.8
R	REST STOP, just before Marguerite, next to Mobil Station CHOC O BEAN COFFEE	-----	26.8
R	OSO	1.6	28.8
R	MOULTON	0.4	29.1
R	LA PAZ (Hill)	1.6	30.7
L	PASEO DE VALENCIA	2.9	33.6
L	CARLOTA	0.7	34.3
L	RIDGE ROUTE (Flat / Hill)	1.5	35.8
R	SAN VITTORIO	0.6	36.4
R	LAKE FOREST	0.6	37.0
L	MOULTON/IRVINE CENTER DRIVE	5.8	42.8
R	DEERWOOD	-----	42.8

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