

**BEAR TRAINING RIDE #2**  
**46 MILES 3,100 FT. ELEV. GAIN**

L	IRVINE CENTER DR.	5.7	5.7
R	LAKE FOREST	0.6	6.3
L	SANTA VITTORIA (Hill)	1.3	7.6
L	SANTA MARIA	0.7	8.3
R	MOULTON PKWY.	0.7	9.0
R	EL TORO RD. (Hill)	1.6	10.6
L	ALISO CREEK (Real Hill at start)	5.6	16.2
R	MOULTON/GOLDEN LANTERN (Major Hill after Crown Valley, then Rolly)	5.2	21.4
R	VIA LADERA Rest Stop - Restrooms, Coffee, I Luv Bagels	0.1	21.5
R	CAMINO DEL AVION (Caution - steep Downhill)	0.8	22.3
R	NIGUEL RD. (Hill)	2.2	24.5
R	MARINA HILLS	1.3	25.8
L	GOLDEN LANTERN/MOULTON (Caution - Steep Downhill to sharp right turn - watch speed)	0.9	26.7
R	PASEO DE LAS COLINAS (Caution - sharp left downhill turn into next left)	1.3	28.0
L	CAMINO CAPISTRANO	0.1	28.1
L	AVERY	0.2	28.3
L	MARGUERITE(Long Hill)	2.2	30.5
R	FELIPE/OLYMPIAD (Hilly)	3.3	33.8
L	JERONIMO (Rolly to Los Alisos)	6.8	40.6
L	ALTON	0.4	41.0
R	MUIRLANDS/BARRANCA	1.9	42.9
R	IRVINE CENTER DR.	3.2	46.1
R	DEERWOOD	0.0	46.1

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