

**BEAR TRAINING RIDE #3**  
**43 MILES 2,900 FT. ELEV. GAIN**

|   |   |      |      |
|---|---|------|------|
| L | IRVINE CENTER DR.   | 1.1  | 1.1  |
| R | JEFFREY   | 2.3  | 3.4  |
| L | JORDAN/RIDGELINE - Hill   | 1.3  | 4.7  |
| L | TURTLE ROCK   | 3.5  | 8.2  |
| R | STARCREST - Steep Climb   | 0.8  | 9.0  |
| R | RIDGELINE - Steep Downhill  | 0.4  | 9.4  |
| R | TURTLE ROCK   | 0.6  | 10.0 |
| L | SUNNYHILL   | 0.2  | 10.2 |
| R | SHADY CANYON  | 1.5  | 11.7 |
| L | BONITA CANYON   | 0.5  | 12.2 |
| L | NEWPORT COAST- Hill   | 1.9  | 14.1 |
| R | SAN JOAQUIN HILLS - Downhill - Caution, next turn at base of hill | 1.5  | 15.6 |
| R | SPYGLASS - Hill   | 1.1  | 16.7 |
| L | SAN MIGUEL - Steep Downhill                                       | 1.0  | 17.7 |
| L | SAN JOAQUIN HILLS - Hill  | 2.5  | 20.2 |
| R | NEWPORT COAST   | 2.5  | 22.7 |
| R | PACIFIC COAST HWY   | 1.6  | 24.3 |
| R | MARGUERITE - Hill   | 1.2  | 25.5 |
| L | PACIFIC VIEW  | 0.4  | 25.9 |
| L | REST STOP, Shopping Ctr, Food - Restrooms                         | 0.1  | 26.0 |
| L | PACIFIC VIEW  | 0.1  | 26.1 |
| L | SAN MIGUEL  | 0.1  | 26.2 |
| L | SAN JOAQUIN HILLS   | 0.5  | 26.7 |
| R | MARGUERITE  | 1.0  | 27.7 |
| L | PACIFIC COAST HWY   | 1.7  | 29.4 |
| L | NEWPORT COAST - Hill  | 0.3  | 29.7 |
| L | PELICAN HILL - Long Climb   | 2.0  | 31.7 |
| L | NEWPORT COAST - Downhill  | 2.9  | 34.6 |
| R | BONITA CANYON/CULVER  | 1.7  | 36.3 |
| L | CAMPUS  | 1.4  | 37.7 |
| R | UNIVERSITY  | 0.4  | 38.1 |
| L | HARVARD   | 4.0  | 42.1 |
| R | IRVINE CENTER DRIVE   | 1.0  | 43.1 |
| L | DEERWOOD  | ---- | 43.1 |

Questions or Comments?  
Mike 949-466-6641

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