

**BEAR TRAINING RIDE #4**  
**51 MILES 3,400 FT. ELEV. GAIN**

L	IRVINE CENTER DR.	1.1	1.1
L	JEFFREY	2.5	3.6
R	IRVINE BLVD./TRABUCO	8.2	11.8
L	LOS ALISOS	0.8	12.6
R	VISTA DEL LAGO - Steep Up Hill - Steep Downhill	1.0	13.6
R	MARGUERITE	3.2	16.8
L	LA PAZ - a long climb	1.5	18.3
R	OLYMPIAD/FELIPE- Downhill	1.2	19.5
R	OSO/PACIFIC PARK	4.1	23.6
R	Rest Stop- Corner La Paz / Oso - Starbucks, Restrooms	-----	-----
R	OSO / PACIFIC PARK	0.5	24.1
L	ALICIA	2.1	26.2
R	HIGHLAND Long Hill	1.7	27.9
R	PACIFIC ISLAND DRIVE/CAMINO DEL AVION - THE HILL!! Caution - Steep Downhill	3.4	31.3
L	NIGUEL RD. - Climb	3.5	34.8
R	ALICIA	1.9	36.7
L	ALISO CREEK - Hill	2.8	39.5
R	ALISO VIEJO PKWY	1.3	40.8
L	PASEO DE VALENCIA	0.6	41.4
R	LOS ALISOS	1.1	42.5
L	MUIRLANDS/BARRANCA	4.8	47.3
R	IRVINE CENTER DR	3.3	50.6
R	DEERWOOD	-----	50.6

Questions or Comments  
Mike 949-466-6641

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