

Bear Training Ride # 7  
56 Miles 3200' climb

Dir		To Next Turn Miles	
R	IRVINE CENTER DR	1.0	1.0
L	HARVARD	3.9	4.9
R	UNIVERSITY /		
to	/ EASTBLUFF / FORD /		
R	/ BONITA CYN	5.9	10.8
R	Climb	4.5	15.3
L	PCH	4.5	19.8
L	CLIFF	0.3	20.1
L	LAGUNA CYN	3.2	23.3
R	EL TORO	1.4	24.7
R	ALISO CREEK Climb	3.1	27.8
L	PACIFIC PARK	0.7	28.5

**REST STOP**

**STARBUCKS/RUBIOS  
JUICE STOP/TOGOS  
ALICIA & PACIFIC PARK  
SANTA ANA**

R	PACIFIC PARK Climb	3.4	31.9
L	MARGUERITE	0.9	32.8
R	LA PAZ Climb	2.5	35.3
L	OLYMPIAD Hilly	2.5	37.8
R	MELINDA/LOS ALISOS Climb		
X	Santa Margarita 1st time	4.6	42.4
R	SANTA MARGARITA / turn 2nd time !		
to	/ PORTOLA	2.1	44.5
L	BAKE	4.3	48.8
R	MUIRLANDS/		
to	/ BARRANCA	2.6	51.4
R	IRVINE CTR DR	3.3	54.7
R	DEERWOOD		54.7

**QUESTIONS/COMMENTS**  
**Mike 949-466-6641**  
**® 040607**

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