

**Bear Training Ride # 8**  
**58 Miles, 3600' Elev. Gain To Next**

Dir		Turn Miles	
L	IRVINE CENTER DR	3.3	3.3
L	BARRANCA /		
to	/ MUIRLANDS	2.6	5.9
L	BAKE Climb	4.4	10.3
R	PORTOLA /		
to	/SANTA MARGARITA	4.2	14.5
R	ALICIA Uphill	1.1	15.6
L	OLYMPIAD / FELIPE	4.4	20.0
L	MARGUERITE /		
to	/ RANCHO VIEJO	5.7	25.7
X	ORTEGA HWY	0.1	25.8
L	CALLE ARROYO	0.5	26.3
R	LA NOVIA Short Hill	1.8	28.1
R	VALLE	0.1	28.2
L	SAN JUAN CREEK	0.1	28.3
R	CAMINO CAPISTRANO	0.4	28.7
L	DEL OBISPO	0.9	29.6
R	Steep	1.1	30.7
X	GOLDEN LANTERN		30.7

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**REST STOP**  
**I LUV BAGELS/ DIEDRICHS**  
**ALICIA & PACIFIC PARK**

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R	CAMINO DEL AVION	1.2	31.9
L	NIGUEL RD	1.1	33.0
L	PACIFIC COAST HWY	1.5	34.5
L	GOLDEN LANTERN	6.8	41.3
L	MARINA HILLS	1.2	42.5
R	NIGUEL Steep Dwn,then Up	1.4	43.9
R	HIGHLANDS Steep Down CAUTION: Dead ends at	0.7	44.6
L	ALICIA	3.7	48.3
L	PASEO DE VALENCIA	2.0	50.3
L	AVENIDA DE CARLOTTA	0.6	50.9
L	RIDGE ROUTE	0.9	51.8
R	MOULTON/IRVINE CTR	6.4	58.2
R	DEERWOOD		58.2

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R	DEERWOOD		58.2

**QUESTIONS/COMMENTS**

**Mike 949-466-6641**

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