

SUNDAY SOCIAL - MEDIUM
29 Miles FLAT

| Dir | | To Next | |
|-----|-------------------------|---------|-------|
| | | Turn | Miles |
| L | IRVINE CENTER DR | 0.7 | 0.7 |
| R | YALE | 0.5 | 1.2 |
| R | WEST YALE LOOP | 2.8 | 4.0 |
| R | YALE (Over 405) | 0.8 | 4.8 |
| R | UNIVERSITY/EASTBLUFF | 3.6 | 8.4 |
| R | BACK BAY ROAD | 3.0 | 11.4 |
| R | Bike Trail past RV Park | 0.4 | 11.8 |
| L | BAYSIDE | 0.3 | 12.1 |
| L | PCH | 1.7 | 13.8 |
| L | AVOCADO | | 13.8 |

FOOD/REST STOP
PETE'S CAFE/BRISTOL FARMS
Corner PCH & AVOCADO
NEWPORT BEACH

Return to Deerfield Park

| | | | |
|---|------------------|-----|------|
| R | PCH | 2.1 | 15.9 |
| R | DOVER | 0.5 | 16.4 |
| L | 16 TH | 0.4 | 16.8 |
| R | IRVINE/CAMPUS | 6.4 | 23.2 |
| L | UNIVERSITY | 0.4 | 23.6 |
| L | HARVARD | 3.9 | 27.5 |
| R | IRVINE CENTER DR | 1.1 | 28.6 |
| L | DEERWOOD | | 28.6 |

QUESTIONS/COMMENTS
RIDECOORD@BIKEIRVINE.ORG

SUN07.XLS ~ Medium @100804

SUNDAY SOCIAL - LONG
41 Miles 1570' Climb

| Dir | | To Next | |
|-----|--------------------|---------|-------|
| | | Turn | Miles |
| L | IRVINE CENTER DR | 0.4 | 0.4 |
| L | YALE | 1.6 | 2.0 |
| R | TRABUCO | 0.8 | 2.8 |
| R | JEFFERY/UNIVERSITY | 3.8 | 6.6 |
| L | RIDGELINE | 0.3 | 6.9 |
| R | TURTLE ROCK | 3.2 | 10.1 |
| R | SUNNYHILL | 0.2 | 10.3 |
| R | SHADY CANYON | 1.5 | 11.8 |
| L | BONITA CANYON | 0.6 | 12.4 |
| L | NEWPORT COAST | 3.1 | 15.5 |
| R | PELICAN HILL | 2.1 | 17.6 |
| R | NEWPORT COAST | 0.4 | 18.0 |
| R | PCH | 1.5 | 19.5 |
| L | MARGUERITE | 0.0 | 19.5 |
| R | BAYSIDE | 2.4 | 21.9 |
| R | PCH | 1.7 | 23.6 |
| L | AVOCADO | 0.0 | 23.6 |

FOOD/REST STOP
PETE'S CAFE/BRISTOL FARMS
Corner PCH & AVOCADO
NEWPORT BEACH

| | | | |
|---|------------------|-----|------|
| R | PCH | 2.1 | 25.7 |
| R | DOVER | 0.5 | 26.2 |
| L | 16 TH | 0.4 | 26.6 |
| R | IRVINE/CAMPUS | 5.0 | 31.6 |
| L | VON KARMAN | 2.0 | 33.6 |
| L | ALTON | 0.8 | 34.4 |
| R | RED HILL | 2.0 | 36.4 |
| R | WALNUT | 3.3 | 39.7 |
| R | YALE | 1.0 | 40.7 |
| R | IRVINE CENTER DR | 0.4 | 41.1 |
| R | DEERWOOD | | 41.1 |

QUESTIONS/COMMENTS
RIDECOORD@BIKEIRVINE.ORG

SUN07.XLS ~ Long @071006

SUNDAY SOCIAL - LONG PLUS
50 Miles HILLY

| Dir | | To Next | |
|-----|--------------------|---------|-------|
| | | Turn | Miles |
| L | IRVINE CENTER DR | 0.4 | 0.4 |
| L | YALE | 1.6 | 2.0 |
| R | TRABUCO | 0.8 | 2.8 |
| R | JEFFERY/UNIVERSITY | 3.8 | 6.6 |
| L | RIDGELINE | 0.3 | 6.9 |
| R | TURTLE ROCK | 3.2 | 10.1 |
| R | SUNNYHILL | 0.2 | 10.3 |
| R | SHADY CANYON | 1.5 | 11.8 |
| L | BONITA CANYON | 0.6 | 12.4 |
| L | NEWPORT COAST | 3.1 | 15.5 |
| R | PELICAN HILL | 2.1 | 17.6 |
| R | NEWPORT COAST | 0.4 | 18.0 |
| R | PCH | 1.5 | 19.5 |
| L | MARGUERITE | 0.0 | 19.5 |
| R | BAYSIDE | 2.4 | 21.9 |
| R | PCH | 1.7 | 23.6 |
| L | AVOCADO | 0.0 | 23.6 |

FOOD/REST STOP
PETE'S CAFE/BRISTOL FARMS
Corner PCH & AVOCADO
NEWPORT BEACH

| | | | |
|---|---------------------------|-----|------|
| R | PCH | 5.6 | 29.2 |
| R | BROOKHURST | 1.2 | 30.4 |
| R | Hamilton/Victoria/22nd St | 3.6 | 34.0 |
| L | IRVINE/CAMPUS | 3.1 | 37.1 |
| L | VON KARMAN | 2.0 | 39.1 |
| L | ALTON | 0.8 | 39.9 |
| R | RED HILL | 3.5 | 43.4 |
| R | IRVINE BLVD | 3.2 | 46.6 |
| R | YALE | 2.6 | 49.2 |
| R | IRVINE CENTER DR | 0.4 | 49.6 |
| R | DEERWOOD | | 49.6 |

QUESTIONS/COMMENTS
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SUN07.XLS ~ Long Plus @071006