

SUNDAY SOCIAL - MEDIUM

33 Miles HILLY

Dir	To Next	Turn Miles
L	IRV CTR DR/ MOULTON	7.3 7.3
R	EL TORO	3.0 10.3
L	LAGUNA CANYON	3.2 13.5
R	CLIFF	0.1 13.6
R	ROSA BONHEUR	0.1 13.7
R	CYPRESS	0.0 13.7
L	MONTEREY	0.5 14.2
L	HIGH	0.0 14.2
R	HILLCREST	0.5 14.7
L	Unmarked (LEDROIT)	0.1 14.8
R	PCH	4.9 19.7
R	POPPY	0.3 20.0
L	5 TH	0.4 20.4
S	Bike Trail at JASMINE	0.2 20.6
R	GOLDENROD	0.5 21.1
R	CROWN	0.4 21.5
L	SAN JOAQUIN	0.2 21.7
R	Just Before San Miguel	0.1 21.8

FOOD/REST STOP
GELSON'S MARKET
Corner San Miguel & San Joaquin Hills
NEWPORT BEACH

R	SAN MIGUEL	1.5 23.3
R	FORD	0.1 23.4
L	PRAIRE	0.1 23.5
L	BONITA CYN/ EASTBLUFF/UNIVERSITY	4.7 28.2
L	HARVARD	3.9 32.1
R	IRVINE CENTER DR	1.0 33.1
L	DEERWOOD	33.1

QUESTIONS/COMMENTS
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SUN13.XLS - MED

SUNDAY SOCIAL - LONG

44 Miles

HILLY

	Next Miles
L	IRV CTR DR/ MOULTON 7.3 7.3
R	EL TORO 3.0 10.3
L	LAGUNA CANYON 3.2 13.5
R	CLIFF 0.1 13.6
R	ROSA BONHEUR 0.1 13.7
R	CYPRESS 0.0 13.7
L	MONTEREY 0.5 14.2
L	HIGH 0.0 14.2
R	HILLCREST 0.5 14.7
L	Unmarked (LEDROIT) 0.1 14.8
R	PCH 3.7 18.5
R	NEWPORT COAST 2.7 21.2
L	SAN JOAQUIN 0.2 21.4
R	NEWPORT RIDGE 0.9 22.3
R	TERRACE RIDGE 0.1 22.4
S	Around Barrier 0.1 22.5
R	EL CAPITAN 0.4 22.9
R	SPYGLASS 0.7 23.6
L	SAN MIGUEL 0.5 24.1
R	PORT SUTTON 0.1 24.2
L	NEWPORT HILLS W 1.3 25.5
R	FORD 0.5 26.0
R	SAN MIGUEL 1.5 27.5
L	BAYWOOD DR 0.1 27.6

FOOD/REST STOP
GELSON'S MARKET
Corner San Miguel & San Joaquin Hills
NEWPORT BEACH

R	SAN JOAQUIN HILLS	1.6 29.2
L	BACK BAY	1.0 30.2
R	JAMBOREE	0.2 30.4
R	PCH	1.0 31.4
R	DOVER	0.7 32.1
R	WESTCLIFF	0.3 32.4
R	WESTWIND/POLARIS	0.6 33.0
R	GALAXY	1.3 34.3
R	SANTIAGO	0.2 34.5
R	IRVINE/BIKE TRAIL	2.4 36.9
S	Over Bridge	0.3 37.2
L	UNIVERSITY	1.8 39.0
L	HARVARD	3.9 42.9
R	IRVINE CENTER DR	1.0 43.9
L	DEERWOOD	43.9

QUESTIONS/COMMENTS
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SUN13.XLS - LONG

SUNDAY SOCIAL - LONG PLUS

52 Miles

HILLY

	Next Miles
L	IRV CTR DR/ MOULTON 7.3 7.3
R	EL TORO 3.0 10.3
L	LAGUNA CANYON 3.2 13.5
R	CLIFF 0.1 13.6
R	ROSA BONHEUR 0.1 13.7
R	CYPRESS 0.0 13.7
L	MONTEREY 0.5 14.2
L	HIGH 0.0 14.2
R	HILLCREST 0.5 14.7
L	Unmarked (LEDROIT) 0.1 14.8
R	PCH 3.7 18.5
R	NEWPORT COAST 2.7 21.2
L	SAN JOAQUIN 0.2 21.4
R	NEWPORT RIDGE 0.9 22.3
R	TERRACE RIDGE 0.1 22.4
S	Around Barrier 0.1 22.5
R	EL CAPITAN 0.4 22.9
R	SPYGLASS 0.7 23.6
L	SAN MIGUEL 0.5 24.1
R	PORT SUTTON 0.1 24.2
L	NEWPORT HILLS W 1.3 25.5
R	FORD 0.5 26.0
R	SAN MIGUEL 1.5 27.5
L	BAYWOOD DR 0.1 27.6

FOOD/REST STOP
GELSON'S MARKET
Corner San Miguel & San Joaquin Hills
NEWPORT BEACH

R	SAN JOAQUIN	1.6 29.2
L	BACK BAY	1.0 30.2
R	JAMBOREE	0.2 30.4
R	PCH	4.4 34.8
R	BROOKHURST	2.7 37.5
R	ADAMS	1.0 38.5
R	PLACENTIA	1.5 40.0
L	VICTORIA / 22ND	2.3 42.3
L	IRVINE / CAMPUS	4.4 46.7
L	UNIVERSITY / JEFFREY	4.4 51.1
L	IRVINE CENTER DR	1.0 52.1
R	DEERWOOD	52.1

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