

SUNDAY SOCIAL - Medium

39 Miles	FLAT	To Next	
Dir		Turn	Miles
R	IRVINE CENTER DR	1.0	1.0
L	HARVARD	1.3	2.3
R	Bike Trail past Barranca	4.5	6.8
L	JAMBOREE	0.3	7.1
R	EASTBLUFF	0.3	7.4
R	BACK BAY DR	3.2	10.6
R	DUNES	0.7	11.3
L	BAYSIDE	0.2	11.5
R	PCH	0.4	11.9
R	DOVER	0.4	12.3
L	16 TH	1.1	13.4
L	ORANGE	0.3	13.7
L	OLD NEWPORT	0.3	14.0
R	HOSPITAL RD	0.2	14.2
X	PLACENTIA	0.2	14.4
L	Next Left, UNMARKED	0.1	14.5
R	Bike Tr at Green Fence	0.4	14.9
R	SUPERIOR	0.1	15.0
U	TICONDEROGA	0.3	15.3
R	PCH	4.2	19.5
R	FIRST	0.2	19.7
L	ORANGE	0.1	19.8
R	3RD/LAKE	1.2	21.0
R	UTICA, Around Barrier	0.6	21.6
X	BEACH	0.1	21.7

STARBUCK'S/BAGEL ME
Corner Beach & Utica
Huntington Beach

R	BEACH (N) Use Sidewalk	0.2	21.9
R	YORKTOWN	2.5	24.4
L	WARD	2.0	26.4
R	SLATER	1.2	27.6
R	Santa Ana River Trail	1.0	28.6
L	Bike Trail be4 405 Fwy	0.3	28.9
S	SUNFLOWER	0.3	29.2
R	HYLAND--Watch Grooves	0.3	29.5
L	SOUTH COAST	2.0	31.5
L	BEAR	0.3	31.8
R	SUNFLOWER	1.4	33.2
R	MAIN	2.5	35.7
L	HARVARD	2.4	38.1
R	IRVINE CENTER DR	1.3	39.4
L	DEERWOOD	0.0	39.4

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SUN14.XLS - Medium

SUNDAY SOCIAL - LONG

48 Miles	FLAT	To Next	
Dir		Turn	Miles
L	IRVINE CENTER DR	2.0	2.0
R	LAGUNA CANYON	9.5	11.5
R	CLIFF DR.	0.3	11.8
R	PCH	5.8	17.6
L	POPPY	0.3	17.9
R	OCEAN	0.7	18.6
R	FERNLEAF	0.2	18.8
L	BAYSIDE	1.9	20.7
L	PCH	0.4	21.1
R	DOVER	0.4	21.5
L	16 TH	1.1	22.6
L	ORANGE	0.3	22.9
L	OLD NEWPORT	0.3	23.2
R	HOSPITAL RD	0.2	23.4
X	PLACENTIA	0.2	23.6
L	Next Left, UNMARKED	0.1	23.7
R	Bike Tr at Green Fence	0.4	24.1

SHIFT MIND SET TO "TRAIL"

R	SUPERIOR	0.1	24.2
U	SUPERIOR AT TICONDEROGA	0.3	24.5
R	PCH	4.2	28.7
R	FIRST	0.2	28.9
L	ORANGE	0.1	29.0
R	3RD/LAKE	1.2	30.2
R	UTICA, Around Barrier	0.6	30.8
X	BEACH	0.1	30.9

STARBUCK'S/BAGEL ME
Corner Beach & Utica
Huntington Beach

R	BEACH (N) Use Sidewalk	0.2	31.1
R	YORKTOWN	2.5	33.6
L	WARD	2.0	35.6
R	SLATER	1.2	36.8
R	Santa Ana River Trail	1.0	37.8
L	Bike Trail be4 405 Fwy	0.3	38.1
S	SUNFLOWER	3.7	41.8
R	MAIN	2.5	44.3
L	HARVARD	2.4	46.7
R	IRVINE CENTER DR	1.3	48.0
L	DEERWOOD	0.0	48.0

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SUN14.XLS - Long

SUNDAY SOCIAL - LONG+

56 Miles	FLAT	To Next	
Dir		Turn	Miles
L	IRVINE CENTER DR	2.0	2.0
R	LAGUNA CANYON	9.5	11.5
R	CLIFF DR.	0.3	11.8
R	PCH	5.8	17.6
L	POPPY	0.3	17.9
R	OCEAN	0.7	18.6
R	FERNLEAF	0.2	18.8
L	BAYSIDE	1.9	20.7
L	PCH	0.4	21.1
R	DOVER	0.4	21.5
L	16 TH	1.1	22.6
L	ORANGE	0.3	22.9
L	OLD NEWPORT	0.3	23.2
R	HOSPITAL RD	0.2	23.4
X	PLACENTIA	0.2	23.6
L	Next Left, UNMARKED	0.1	23.7
R	Bike Tr at Green Fence	0.4	24.1

SHIFT MIND SET TO "TRAIL"

R	SUPERIOR	0.1	24.2
U	SUPERIOR AT TICONDEROGA	0.3	24.5
R	PCH	4.2	28.7
R	FIRST	0.2	28.9
L	ORANGE	0.1	29.0
R	3RD/LAKE	1.2	30.2
R	UTICA, Around Barrier	0.6	30.8
X	BEACH	0.1	30.9

STARBUCK'S/BAGEL ME
Corner Beach & Utica
Huntington Beach

R	BEACH (N) Use Sidewalk	0.2	31.1
R	YORKTOWN	2.5	33.6
L	WARD	2.0	35.6
R	SLATER	1.2	36.8
R	Santa Ana River Trail	5.5	42.3
L	PCH	3.8	46.1
L	BAYSIDE	0.1	46.2
L	BACK BAY	2.9	49.1
L	EASTBLUFF/UNIVERSITY	2.0	51.1
L	HARVARD	3.8	54.9
R	IRVINE CENTER DR	1.0	55.9
L	DEERWOOD	0.0	55.9

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SUN14.XLS - Long Plus