

**BEAR TRAINING - RIDE #3****@ 43 Miles**

Dir	Miles	2900' CLIMB	Dist
L	0.0	IRVINE CENTER DR	1.1
R	1.1	JEFFREY	2.3
L	3.4	JORDAN / RIDGELINE	1.3
		>Hill<	
L	4.7	TURTLE ROCK	3.5
R	8.2	STARCREST >Steep Up<	0.8
R	9.0	RIDGELINE >Fast Down<	0.4
R	9.4	TURTLE ROCK	0.6
L	10.0	SUNNYHILL	0.2
R	10.2	SHADY CANYON	1.5
L	11.7	BONITA CANYON	0.5
L	12.2	NEWPORT COAST >Hill<	1.9
R	14.1	SAN JOAQUIN HILLS	1.5

**Watch Speed - Next turn @ base of Hill**

R	15.6	SPYGLASS >Hill<	1.1
L	16.7	San Miguel >Fast Down<	1.0
L	17.7	SAN JOAQUIN HILLS	2.5
		>Hill<	
R	20.2	NEWPORT COAST	2.5
R	22.7	PCH	1.6
R	24.3	MARGUERITE >Hill<	1.2
L	25.5	PACIFIC VIEW	0.4

**FOOD / REST STOP: Gelson's Market****Pacific View & Left before San Miguel****NEWPORT BEACH**

L	25.9	PACIFIC VIEW	0.1
L	26.0	SAN MIGUEL	0.1
L	26.1	SAN JOAQUIN HILLS	0.5
R	26.6	Marguerite >Fast Down<	1.0
L	27.6	PCH	1.7
L	29.3	NEWPORT COAST >Hill<	0.3
L	29.6	Pelican Hill >Long Up<	2.0
L	31.6	Newport Coast >Down<	2.9
R	34.5	BONITA CYN / CULVER	1.7
L	36.2	CAMPUS	1.4
R	37.6	UNIVERSITY	0.4
L	38.0	HARVARD	4.0
R	42.0	IRVINE CENTER DR	1.0
L	43.0	DEERWOOD	0.1