

BEAR TRAINING - RIDE #4

@ 51 Miles

Dir Miles 3400' CLIMB Dist

L	0.0	DEERWOOD	0.7
R	0.7	DEERCREEK	0.0
R	0.7	DEERFIELD	0.1
L	0.8	YALE	2.3
R	3.1	IRVINE BLVD / TRABUCO	9.0
L	12.1	LOS ALISOS	0.8
R	12.9	VISTA DEL LAGO	1.0

CAUTION: Steep Up Hill & Downhill

R	13.9	MARGUERITE PKWY	3.2
L	17.1	LA PAZ >Long Climb<	1.5
R	18.6	OLYMPIAD / FELIPE	1.2
		>Downhill<	
R	19.8	OSO / PACIFIC PARK	4.1

FOOD / REST STOP

AMSTERDAM COFFEE HOUSE

Corner Pacific Park & La Paz

Laguna Niguel

return to Deerfield Park

R	23.9	PACIFIC PARK	0.5
L	24.4	ALICIA PKWY	2.1
R	26.5	HIGHLAND >Long Up<	1.7
R	28.2	PACIFIC ISLAND DR / CAMINO DEL AVION	3.4

"The Hill" - CAUTION: Steep Downhill

L	31.6	NIGUEL RD. >Climb<	3.5
R	35.1	ALICIA PKWY	1.9
L	37.0	ALISO CREEK >Hill<	2.8
R	39.8	ALISO VIEJO PKWY	1.3
L	41.1	PASEO DE VALENCIA	0.6
R	41.7	LOS ALISOS	1.1
L	42.8	MUIRLANDS / BARRANCA	4.8
R	47.6	IRVINE CENTER DR	3.3
R	50.9	DEERWOOD	0.1

QUESTIONS / COMMENTS

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BTR04