

George's Modified Food Park Loop (best ride in Orange County!):

Distance ~30 miles

Duration 1.5-2 hours

-From the ARC, head towards Campus Drive and turn right.
-Continue on Campus past Culver, and turn right on Turtle Rock Dr. (the road will climb steadily and curve towards the east) -As you pass Turtle Rock Community Park on your right, get ready to turn right on Sunnyhill.
-At the end of Sunnyhill, there is a gate for cars to your left. There is a path that bypasses the gate but it's hard to spot. Just ride up on the left-side sidewalk at the intersection and it will lead you around the gate to the bike path. Turn left on the bike path and ride through Shady Canyon. (there's a nice little hill at the end).
-As you crest the hill and begin the descent down Shady Canyon Dr., be aware that the bike path ends abruptly at the bottom and you'll have to get back on the road. Also, there usually is dirt/debris at the end of the path. Watch for cars!
-At the bottom of Shady Canyon Dr. there is a traffic circle, go 90 degrees right onto Quail Hill Pkwy.
-As you approach Laguna Canyon Rd., there is another traffic circle. Go around it and head towards the 405 freeway.
-The road you're on is the old Laguna Canyon Rd. (it goes over the freeway). Turn right on Alton.
-Turn right on Irvine Center Dr. (as you approach the 405, you will need to merge to the left)
-Turn right on Tesla (after you cross Lake Forest get ready to climb)
-Turn left on Ridge Route
-Turn right on Moulton Pkwy (you may want to ride on the sidewalk since the bike lane is nonexistent)
-Turn right on El Toro
-Turn left on Laguna Canyon Rd
-As you enter downtown Laguna, you can either veer right onto Cliff Dr., or veer hard right onto Acacia (you will need to stand up and be in the granny gear to make it up this hill)
-Take the PCH north towards Newport Beach
-Turn right on Newport Coast Dr.
-Turn left on San Joaquin Hills Rd
-Turn right on Macarthur (this section is fast)
-Turn right on Bison and head towards UCI -Do a few practice laps on our criterium course

The OFFICIAL (Coach Dave) 7 Sisters (sometimes known by other names) is;

For all of the climbs go to the top of the climb at hard tempo pace and then turn around and coast back to the bottom (EXCEPT for Park when you shortcut right onto Wendt (off Thalia) to Park i.e. do not go all the way down to PCH). Ride to the next climb at "CAN SPEAK" heart rate - this is important for base fitness adaptation. The directions for all 7 climbs are;

From UCI head south to Alicia Parkway (I use Barranca/Muirlands)

1st climb: Turn off Alicia Parkway up to the top of Highland Avenue and then back down to Alicia turn right

2nd climb: Turn right off Alicia to the top of Pacific Island drive (north end) and then back down to Alicia turn right

3rd climb: Turn right off Alicia to the top of Pacific Island drive (south end) and then back down to Alicia turn right and then right again at PCH

4th climb: Turn right off PCH to the top of Nyes Place and back down to PCH turn right

5th climb: Turn right off PCH to the top of Blue Bird Canyon and back down to PCH turn right

6th climb: Turn right off PCH onto Thalia then turn right again to the top of Temple Hills drive and back down but only down to Wendt (do not go all the way down to PCH)

7th climb: Turn right at Wendt off Thalia (just after the sharp left hand turn) then turn right again to the top of Park Avenue and back down and turn right at 3rd street (do not go all the way down to PCH)

3rd street has that very steep concrete road -- go down and then turn right at Laguna Canyon Road and then continue your LSD ride back to UCI.

Coffee Crew:

Day Every Tuesday and Thursday (all year)

Start Time 6:15am (yes that is AM)

Main Start University and Campus Drive in Irvine

Distance 30-35 miles

Duration 1.5-2 hours

Notes 20-50 people can be found here regularly during the week. Starts in Irvine. Ride travels east before returning to Newport Beach. Notable climbs would be Ridgeline and backside of Newport Coast.

Food Park:

Day Every Saturday (all year)

Start Time 8:30am

Start At the corner of Main and Harvard in the city of Irvine.

Directions: Take the 405 to Irvine (just south of the 55 fwy), to north on Jamboree and right on Main to Harvard.

Distance 30-40 miles

Duration 2 hours

(It's the same hard core group as the Como ride who make up the majority of this weekly Saturday morning spin (50-100 riders). As with many of the Saturday rides there are two routes, one long and one short. The split is at Alton/Laguna Canyon. The shorter group turns right into Laguna Canyon. The long group continues on Alton Parkway and does the "Church Hill" power climb on El Toro Road before continuing down into Laguna Canyon. Next it's north on PCH to the Newport coast climb which breaks up all the fun.)

Como Street:

Day Every Sunday (all year)

Start Time 8:00am (old man Como) 8:30am ("fast group") *note- 8:30 Como does not seem to exist anymore. Most people show up for the 8:00am Como and then half the group goes up Bake, and the other half goes up El Toro. The groups may or may not join up at the re-group point, but there are always packs of riders that will suit your ability level.

Main Start Tustin Market Place, off the 5 fwy at Jamboree in Tustin CA
(In front of the Red Robin)

Distance 30-35 miles

Duration 2-2.5 hours

George's favorite hills ride (~43 miles of pain)

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-Turn right on Irvine Center Dr. (as you approach the 405, you will need to merge to the left)

-Turn right on Tesla (after you cross Lake Forest get ready to climb)

-Turn left on Ridge Route

-Turn right on Moulton Pkwy (you may want to ride on the sidewalk since the bike lane is nonexistent)

-Turn left on Aliso Creek Rd

-Turn right on Alicia Parkway

-Turn right on Pacific Island Drive (say hello to your granny gear!)

-Turn right on Crown Valley Parkway

-Turn right onto PCH and head north towards Newport Beach

-Turn right on Newport Coast Dr.

-Turn left on San Joaquin Hills Rd

-Turn right on Macarthur (this section is fast)

-Turn right on Bison and head towards UCI

-Do a few practice laps on our criterium course

Check out paramount racing's training rides:

<http://www.paramountracing.org/rides.asp?page=7>

Check out BCI's rides

<http://bikeirvine.org/rides.shtml>

<http://www.bikeirvine.org/saturday-rides.shtml>

This Sat = 43 miles, hilly - Bake, Santiago Canyon, Portola, Jeffery.

Both clubs start slowly but there is a hard core of riders that are Cat 3 level - they get going after a while so be patient.

OC Wheelman rides (usually on Tuesdays at 9am):

See the OCW website at <http://www.ocw.org/>

<http://www.ocw.org/RideCalendar/Default.asp?Page=9&RideDate=7/9/2005>

This Sat 49 miles Hilly-Tustin Ranch, Portola U-Turn, Eastbluff, Spyglass, PCH

Rock n' road rides (<http://www.rocknroadcyclery.net/>)

Rock 'n Road Shop Ride - Sunday

Departs from the Rock 'n Road Mission Viejo Parking Lot at **7:45AM**. Ride heads out Irvine Blvd to Jamboree, climbing to the top of Dump where it regroups and heads through Santiago Canyon. Some split off and head for coffee after climbing Cook's while others add Live Oak to finish the ride and get extra mileage. Group size varies from 15-40. Pace is not for the light hearted and there is plenty of climbing on the route.

Rock 'n Road Shop Ride - Tues/Thurs

Departs from the Rock 'n Road Mission Viejo Parking Lot at 6:00PM. An Off-Road Mountain bike ride, typically 1.5 - 2 hour ride.
BRING LIGHTS

Tustin/Diedrich's Ride - Thursday

Departs from the Diedrich's parking lot in Tustin (Main Street / Newport Blvd.) at 6:30AM. 2 hour ride. Ride winds thru Irvine to Back Bay and Newport Coast to Shady Canyon and back trough Irvine to complete the loop. Group size: 10 - 20 riders. Pace picks up in two or three spots and there is a regroup at the top of Newport Coast at the park before heading back.

El Dorado Crit

Tuesday evening. The race starts at 5:45 in Long Beach. It is a 1.75 mile course through a park and lasts an hour. (you need to show up in the UCI jersey in order to race for free)

Mountain Bike Rides

Too many to list! Have one of our team riders take you to El Moro Canyon, Alicia Canyon, or Silverado Canyon.