

The Cycling Commuter: Main Campus to Ketchum Health

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I have been commuting on my bicycle most of my adult life. Most of that riding has been here in the Land of Cars. Even though there are many cars, the streets are wide and many streets run parallel, so you can usually find a quiet street to get where you are going. I commute to MBKU regularly and I know there are a large number of students who also ride their bicycles. I decided to scope out a route between the Fullerton Campus and Ketchum Health. Spring approaches and it is a mere seven miles between the two locations on a bicycle (~30 mins).



The route is not too complicated. Take Yorba Linda Blvd east over the freeway to get to Target. Crossing over the 57 freeway is probably the hardest part of this ride due to the amount of traffic getting on and off the freeway for CSUF. You may want to ride on the sidewalk to pass over the bridge, if you are not comfortable with traffic whizzing by while you are trying to climb over.

Once off the freeway overpass, you can cut through the Target parking and make a right onto Placentia out of the parking lot. Take Placentia Avenue a short way until you make a left onto Madison, which is a bit quieter. Ride on Madison past Valencia High School until you get to Kraemer Blvd. Make a right to go down Kraemer to Alta Vista. Kraemer is a busy street, but there is an available sidewalk if you want to avoid riding too much in the street. Once you make the left onto Alta Vista there is an expansive bike lane and a lot less traffic. This part of the ride is scenic and you will see some of the older parts of Orange County mixed in with new developments.

As you proceed east on Alta Vista, you will begin to see a lot more oil wells, because Brea and Yorba Linda have a lot of oil underneath them. You are on Alta Vista the longest amount of time, which is nice, since it is also the portion of the ride that has the best bicycle lane. Alta Vista dead ends on a street named Van Buren. Make a right onto Van Buren. On Van Buren, you will see some more oil wells as you get closer to Orangethorpe Avenue.

The Google bike route recommends taking Orangethorpe, but I recommend crossing it and then taking a frontage road to Los Ninos Park. You will pass by a Habitat for Humanity development and some more oil wells of course. Once you pass through Los Ninos Park, you pop out on Richfield. Make a right onto Richfield and proceed down toward La Palma.

La Palma is very busy, so I recommend making a left onto Miraloma, which runs parallel to La Palma going east for a while until you get to Lakeview. Make a right onto Lakeview, but make a left into the Bank of the West parking lot instead of going all the way down to La Palma. That

way you can ride east on the north side of La Palma using the sidewalk. The sidewalk on the south side is incomplete and there is no bike lane in the street, so riding on the sidewalk makes sense through there.

Once you see Fairmont Private School, you can think about crossing over to the other side of La Palma. This sidewalk is continuous from there to Ketchum Health, though I usually wait until I get to the Mercedes-Benz car dealership to cross over.

I [posted this route](#) on the bicycling app Strava.

I also [posted a video of the ride from MBKU to Ketchum Health](#), so that you can see the route. It is good to know landmarks and street signs before riding off.

I hope you enjoy the ride. It is only 7 miles and you will see parts of Orange County that you would not ordinarily see from the freeway or riding in a shuttle along major streets. Happy pedaling!