

NCAC Training Mocha Ride



Start at Mike's Bikes of Folsom, 705 Gold Lake Dr, Folsom, CA

Dir	Type	Notes	Elev.	Total
→	Right	Turn right onto Gold Lake Dr from Mike's Bikes of Folsom	187 ft	
→	Right	Turn right onto Leidesdoff St	187 ft	0.03 mi
X	Cross	Cross & continue onto Riley St	187 ft	0.2 mi
X	Cross	Use crosswalk to cross Scott St and access Bike Trail on right	187 ft	0.3 mi
→	Right	Turn right onto bike path towards Beal's Point after crossing river	151 ft	0.6 mi
←	Left	Turn left at top of hill and crosswalk onto Beal's Point Rd	479 ft	3.9 mi
→	Right	Turn right onto Auburn-Folsom Rd and cont for aprx 7.5 miles	462 ft	4.2 mi
←	Left	Turn left onto Horseshoe Bar Rd	568 ft	11.6 mi
←	Left	Turn left onto Brace Rd at T-intersection	367 ft	15.1 mi
→	Curve Right	Curve right and Brace Rd becomes Laird Rd	387 ft	15.3 mi
→	Right	Turn right onto Cavitt Stallman Rd	453 ft	18.4 mi
←	Left	Turn left onto Barton Rd	374 ft	19.9 mi
←	Left	Turn left to stay on Barton Rd; will curve to the right	358 ft	20.9 mi
X	Cross	Cross Douglas Blvd	328 ft	21.6 mi
→	Curve Right	Curve right and Barton Rd becomes Santa Juanita	367 ft	23.7 mi
←	Left	Turn left onto Oak Ave / Oak Ave Pkwy	299 ft	25.0 mi
→	Rest Stop	Look for Starbucks on right for Rest Stop	299 ft	25.1 mi
→	Right	Turn right from Oak Ave Pkwy onto Folsom-Auburn Rd	289 ft	26.2 mi
X	Cross	Cross the street at Greenback Ln to access bike bridge at southwest corner to cross river STAY OFF BIKE TRAIL USE CROSSWALK IF NECESSARY	200 ft	26.7 mi
	Cont.	Continue on bike bridge and follow path along Folsom Blvd	151 ft	27.2 mi
←	Left	Turn left onto Leidesdorf St	190 ft	27.3 mi
←	Left	Turn left onto Decatur St/Gold Lake Dr	187 ft	27.6 mi
→	Finish	Finish at Mike's Bikes of Folsom	187 ft	

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Here are four basic bicycling tips:

- Maintain control of your bicycle.
- Protect yourself—reduce the risk of head injury by **always wearing a helmet.**
- Be visible, alert, and communicate your intentions.
- Ride with traffic.
- Maintain Control of Your Bicycle

There are many things you can do to control your bicycle, even in an emergency. First, ensure your bicycle is the right size and properly adjusted to fit you. A properly fitted bicycle is easier to control, more comfortable, and causes less fatigue. A bicycle shop can help you choose the correct size bicycle. Ensure your bicycle is in good working order by inspecting it regularly.

Be Visible and Alert

Even if you obey all traffic laws, there is always a risk of being hit by a motorist who is not obeying the laws, or who simply does not see you. Ride carefully—vehicles waiting at stop signs, in driveways, or parking spaces may suddenly pull out in front of you. Watch for vehicles that have just passed you and may turn right, as well as vehicles coming the opposite way that may turn left in front of you. Be prepared to stop or take evasive action. **You must obey all stop signs and traffic lights at all times!**



Have Fun and Enjoy the Ride!