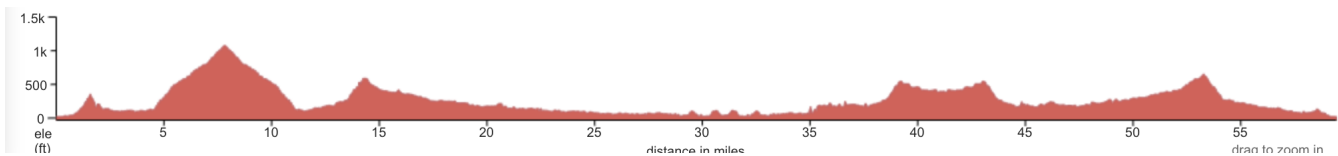


# NCAC Training Ride

3/7/20 60m/4.2k



Leg	Dir	Type	Notes	Total	Leg2	Dir3	Type4	Notes2	Total6
	→	Right		0	0.4	←	Left	Turn left onto Broadway/□Mar	11.7
0.1	→	Right	Turn right onto Las Gallinas Av	0.1	0	→	Right	Turn right onto Claus Dr/□Mar	11.7
0.1	←	Left	Turn left onto Manuel T Freita	0.1	0	←	Left	Turn left onto Marin County B	11.7
1.3	→	Right	Manuel T Freitas Pkwy turns ri	1.4	13.3	→	Right	Turn right onto Platform Bridg	25
0.2	→	Right	Turn right onto Fawn Dr	1.7	2.4	←	Left	Turn left onto Pt. Reyes - Pet	27.4
0.4	→	Right	Turn right to stay on Fawn Dr	2.1	3.1	←	Left	Turn left onto CA-1 S	30.5
0.1	←	Left	Turn left onto Butterfield Rd	2.2	0.4	←	Left	Turn left to stay on CA-1 S (sig	30.9
1.1	→	Right	Slight right onto Suffield Ave	3.3	0.1	→	Right	Turn right after Wells Fargo B	31
0.1	→	Right	Slight right onto Sir Francis Dr	3.4	0	→	Right	Turn right onto Mesa Rd	31
0.2	←	Left	Turn left onto Pastori Ave	3.6	0.1	↑	Straight	Make a U-turn at Toby St	31.1
0.1	→	Right	Turn right onto Center Blvd/□	3.6	0.1	→	Right	Turn right onto CA-1 N	31.2
0.4	←	Left	Turn left onto Bolinas Rd	4	0.4	→	Right	Turn right onto Point Reyes-Pe	31.6
0.4	←	Left	Slight left to stay on Bolinas R	4.4	3.1	←	Left	Turn left to stay on Point Rey	34.7
2.1	↑	Straight	Continue onto Bolinas - Fairfa	6.5	6.4	←	Left	Turn left	41.1
1.3	←	Left	Turn left onto Azalea Hill Trai	7.8	0.1	→	Right	Turn right onto Point Reyes-Pe	41.2
0	↑	Straight	Make a U-turn	7.8	3.3	←	Left	Turn left onto Nicasio Valley F	44.5
0	→	Right	Turn right onto Bolinas - Fairf	7.8	3.2	←	Left	Turn left onto Old Rancheria F	47.7
1.3	↑	Straight	Continue onto Bolinas Rd	9.2	0.1	→	Right	Turn right onto Nicasio Valley	47.8
2.1	→	Right	Slight right onto Cascade Dr	11.3	0.6	←	Left	Slight left onto Lucas Valley R	48.4
0	↑	Straight	Continue onto Bolinas Rd	11.3	9.7	→	Right	Turn right onto Las Gallinas Av	58.1
					1.3	←	Left	Turn left at Las Gallinas Ave	59.4



## Ride Leaders:

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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 that may turn left in front of you.

**You must obey all s**



way that may turn  
ke evasive action.  
ts at all times!

**Have Fun and Enjoy the Ride!**