NCAC Training Ride



Starbucks, 260 Northgate Dr, San Rafael, CA 94903, USA

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Leg	Dir	Туре	Notes	Total
	\rightarrow	Right	Las Gallinas Ave	0.1
0.1	←	Left	Manuel T Freitas Pkwy	0.2
1.3	\rightarrow	Right	becomes Mission Pass Path	1.5
0.2	\rightarrow	Right	Fawn Dr	1.7
0.4	\rightarrow	Right	Fawn Dr	2.1
0.1	←	Left	Butterfield Rd	2.3
1.1	←	Left	Sir Francis Drake Blvd	3.4
0.1	\rightarrow	Right	San Anselmo Ave	3.5
0.3	←	Left	Marin Bicycle Rte 20	3.8
0.6	←	Left	San Anselmo Ave	4.4
0.3	\rightarrow	Right	San Anselmo Ave	4.7
0.6	\rightarrow	Right	Bolinas Ave	5.3
0.1	←	Left	Shady Ln	5.3
0.5	←	Left	Lagunitas Rd	5.9
0.1	\rightarrow	Right	Marin Bicycle Rte 20	6
0.8	\rightarrow	Right	College Ave	6.8
0.4	1	Straight	Magnolia Ave	7.1
1.2	←	Left	E Ward St	8.4
0.1	\rightarrow	Right	Turn right	8.5
0.2	←	Left	William Ave	8.7
0.1	\rightarrow	Right	Chanticleer St	8.7
0	←	Left	Larkspur Path	8.8
0.7	←	Left	Tamal Vista Blvd	9.5
0.2	←	Left	Redwood Hwy	9.7
0.4	←	Left	Slight left	10.1
0.3	\rightarrow	Right	Cal Park Hill Pathway	10.3
1	←	Left	Cal Park Hill Pathway	11.3
0.3	\rightarrow	Right	Andersen Dr	11.6
0	1	Straight	U-turn	11.6
0.5	\rightarrow	Right	Du Bois St	12.1
0.4	←	Left	Lincoln Ave	12.5
0.4	\rightarrow	Right	4th St	12.9
0.4	\rightarrow	Right	Union St	13.3
0.1	←	Left	3rd St	13.4
0.4	1	Straight	Point San Pedro Rd	13.8

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1.6	\rightarrow	Right	Loch Lomond Dr	15.4
0.1	\rightarrow	Right	Point San Pedro Rd	15.6
2.3	↑	Straight	N San Pedro Rd	17.9
5.6	\rightarrow	Right	Civic Center Dr	23.5
0.4	1	Straight	Civic Center Dr	24
0.4	←	Left	Merrydale Rd	24.3
0.2	\rightarrow	Right	Las Gallinas Ave	24.5
0.5	\rightarrow	Left	towards Starbucks	25

Ride Leaders

NCAC Training Ride 3 - DATE 4/25/21



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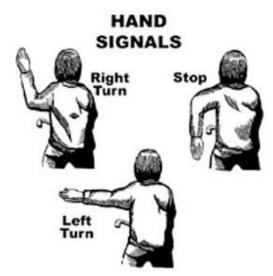
Here are four basic bicycling tips:

- 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!