

NCAC Training Ride

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



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

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