

# NCAC Training Ride



Foresthill Canyon Loop – Parking Lot Corner of Newcastle Rd & Indian Hill Rd, Newcastle, CA 95658 (across from the Flyers Gas Station, 601 Newcastle Rd) – Rest Stop - Parking Lot @ entrance of the Auburn State Recreation Area Confluence, El Dorado St (Old Forest Rd) / Hwy 193 & Hwy 49 Intersection, Auburn, CA

Dir	Type	Notes	Elev.	Total
	Begin	Begin at Parking Lot on the Corner of Newcastle Rd & Indian Hill Rd in Newcastle, CA		
→	Right	Right onto Indian Hill Rd	914ft	0.1mi
←	Left	Left onto Auburn Folsom Rd	1345ft	2.4mi
→	Right	Right onto High St	1247ft	4.0mi
→	Veer Right	Slight Right onto El Dorado St (sign for CA-49)	1334ft	4.9mi
↑	Cont.	El Dorado St becomes Golden Chain Hwy / CA-193E / CA-49 S	967ft	6.1mi
→	Rest Stop	Rest Stop at Parking Lot just past Green Bridge (No Water)	567ft	7.2mi
←	Left	Left out on Rest Stop back onto Old Foresthill Rd	567ft	7.3mi
↑	Cont.	Old Foresthill Rd becomes Old Auburn Foresthill Rd	1081ft	9.0mi
←	Left	Left onto Foresthill Rd	1456ft	10.6mi
←	Left	Left onto Lincoln Way	1560ft	13.8mi
→	Right	Right into El Dorado St / CA-49 N	1343ft	15.3mi
←	Left	Left onto High St	1330ft	15.5mi
←	Left	Left onto Auburn Folsom Rd	1258ft	16.4mi
→	Right	Right onto Indian Hill Rd	1297ft	18.0mi
→	End	End at Parking Lot on the Corner of Newcastle Rd & Indian Hill Rd	914ft	20.5mi

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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!**