

Folsom / Auburn 2019



Start/End – Parking Lot near Mike’s Bikes of Folsom, 905 Leidesdorff St, Folsom, CA – Rest Stops – Railhead Park, 163 Pacific Ave, Auburn, CA – Regional Park, 3770 Richardson Dr, Auburn, CA – McBean Memorial Park, 65 McBean Park Dr, Lincoln, CA

Dir	Type	Notes	Total
	Begin	Mikes Bikes-Folsom	
→	Right	Right onto Gold Lake Dr	0.1mi
→	Right	Right onto Folsom Blvd	0.2mi
X	Cross	Cross Greenback Ln and continue on Folsom-Auburn Rd (use crosswalk)	0.5mi
→	Right	Right onto Pacific Ave	17.0mi
←	Rest Stop	Left into Water Stop at Railhead Park	17.3mi
→	Right	Right out of Water Stop back onto Pacific Ave	17.3mi
→	Right	Right onto Sacramento St	17.4mi
→	Right	Right onto Auburn Folsom Rd	17.7mi
→	Right	Right onto High St	17.8mi
→	Veer Right	Slight Right & High St becomes El Dorado St (towards Lincoln Way)	18.5mi
←	Left	Left onto Lincoln Way	18.6mi
←	Left	Left onto Foresthill Rd / Auburn Ravine Rd	20.2mi
→	Right	Right onto Bowman Rd	20.3mi
←	Left	Left onto Dry Creek Rd	23.0mi
←	Left	Left onto Richardson Dr	27.1mi
←	Rest Stop	Left into REST STOP at Regional Park	27.5mi
→	Right	Right out of Rest Stop back onto Richardson Dr towards Dry Creek	27.5mi
←	Left	Left onto Dry Creek Rd	27.8mi
←	Left	Left onto Joeger Rd	28.5mi
←	Left	Left onto Mt Vernon Rd	30.2mi
→	Veer Right	Slight right to stay on Mt Vernon Rd	30.9mi
→	Right	Right onto Millertown Rd	33.2mi
→	Curve Right	Curve Right to stay on Millertown Rd	33.4mi
←	Left	Left to stay on Millertown Rd	34.0mi
→	Right	Right onto Wise Rd	35.5mi
←	Left	Left onto Lozanos Rd	36.8mi
←	Left	Left onto Bald Hill Rd / Lozanos Rd	37.4mi
→	Right	Immediate Right onto Lozanos Rd	37.4mi
→	Right	Right onto Ophir	38.4mi
→	Right	Right onto Taylor Rd (no street sign) near Ophir Park & Ride & Stop Sign	38.8mi

Dir	Type	Notes	Total
→	Right	Right onto Ridge Rd	38.9mi
→	Sharp Right	Sharp Right onto Gold Hill Rd	42.4mi
←	Left	Left to stay on Gold Hill Rd	43.2mi
←	Left	Left onto Fruitvale Rd	44.0mi
←	Left	Left onto Hungry Hollow Rd	47.6mi
→	Right	Right onto Virginiatown Rd	48.8mi
	Cont.	Continue onto E. 12 th St	49.6mi
←	Left	Left onto East Ave	49.9mi
→	Right	Right onto 4 th St towards McBean Park	50.6mi
←	Rest Stop	Left into Rest Stop at McBean Memorial Park	50.6mi
→	Right	Right out of Rest Stop back onto 4 th St / McBean Park Dr	50.7mi
	Cont.	Continue onto CA-193 E / Lincoln Newcastle Hwy	51.5mi
→	Right	Right onto Sierra College Blvd	53.1mi
←	Left	Left onto Rocklin Rd	61.0mi
→	Right	Right onto Barton Rd	61.8mi
←	Left	Left to stay on Barton Rd	64.3mi
←	Left	Left onto Douglas Blvd	65.0mi
→	Right	Right onto Auburn Folsom Rd	66.1mi
	Cont.	Continue onto Folsom-Auburn Rd	68.3mi
	Cross.	Cross Greenback Ln (use crosswalk)	70.6mi
←	Left	Immediate Left to cross back over Folsom-Auburn Blvd (use crosswalk)	70.6mi
→	Right	Immediate Right onto sidewalk to ride across river	70.6mi
→	Right	Right to exit sidewalk onto Gold Lake Dr	71.0mi
	End	End at Parking Lot across from Mike's Bike	71.1mi

Emergency Contacts
Jerry Prettyman Tammy Yotter
305-300-4281 (916) 320-7554
Crew & SAG Capt. Medical

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Here are four basic bicycling tips:

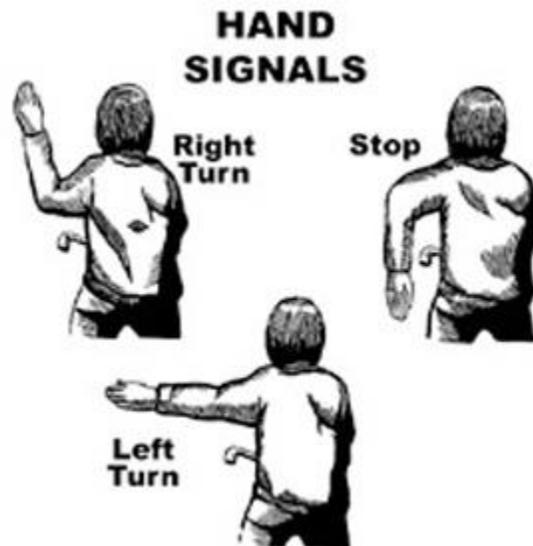
- Maintain control of your bicycle.
- Protect yourself—reduce the risk of head injury by **always wearing a helmet.**
- Be visible, alert, and communicate your intentions.
- Ride with traffic.

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!