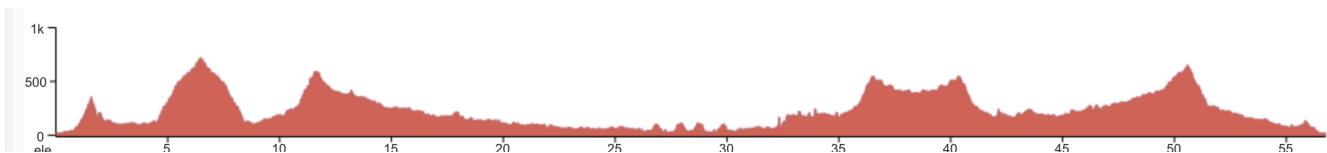


NCAC Training Ride

3/1/20 57m/3.9k



Leg	Dir	Type	Notes	Total	Leg2	Dir3	Type4	Notes2	Total6
	→	Right		0	13.3	→	Right	Platform Bridge Rd	22.3
0.1	→	Right	Las Gallinas Ave	0.1	2.4	←	Left	Pt. Reyes - Petaluma Rd	24.7
0.1	←	Left	Manuel T Freitas Pkwy	0.1	3.1	←	Left	Turn left onto CA-1 S	27.8
1.3	→	Right	Mission Pass Path	1.4	0.4	←	Left	Turn left to stay on CA-1 S	28.2
0.2	→	Right	Turn right onto Fawn Dr	1.7	0.1	→	Right	Wells Fargo Bank	28.3
0.4	→	Right	Turn right to stay on Fawn Dr	2.1	0	→	Right	Turn right onto Mesa Rd	28.4
0.1	←	Left	Turn left onto Butterfield Rd	2.2	0.1	↑	Straight	Make a U-turn at Toby St	28.4
1.1	→	Right	Slight right onto Suffield Ave	3.3	0.1	→	Right	Turn right onto CA-1 N	28.5
0.1	→	Right	Sir Francis Drake Blvd	3.4	0.4	→	Right	Point Reyes-Petaluma Rd	28.9
0.2	←	Left	Turn left onto Pastori Ave	3.6	3.1	←	Left	Point Reyes-Petaluma Rd	32
0.1	→	Right	Center Blvd	3.6	6.4	←	Left	Turn left	38.4
0.4	←	Left	Turn left onto Bolinas Rd	4	0.1	→	Right	Point Reyes-Petaluma Rd	38.5
0.4	←	Left	Bolinas Rd	4.4	3.3	←	Left	Nicasio Valley Rd	41.8
2.1	↑	Straight	Make a U-turn	6.5	3.2	←	Left	Old Rancheria Rd	45.1
2.1	→	Right	Slight right onto Cascade Dr	8.6	0.1	→	Right	Nicasio Valley Rd	45.1
0	↑	Straight	Continue onto Bolinas Rd	8.6	0.6	←	Left	Lucas Valley Rd	45.7
0.4	←	Left	Turn left onto Broadway	9	9.7	→	Right	Las Gallinas Ave	55.4
0	→	Right	Claus Dr	9	1.3	←	Left	Turn left at Las Gallinas Ave	56.7
0	←	Left	Sir Francis Drake Blvd	9					



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 coming the opposite way that may turn left in front of you. **Take evasive action.**

You must obey all traffic laws at all times!



Have Fun and Enjoy the Ride!