## **NCAC Newcastle Hills Ride**



Newcastle Hills Ride – Parking Lot Corner of Newcastle Rd & Indian Hill Rd, Newcastle, CA 95658 (across from the Mobil Gas Station, 601 Newcastle Rd) – Rest Stop – Flower Farm, 9280 Horseshoe Bar Rd, Loomis, CA 95650

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Dir	Туре	Notes	Elev.	Total
	Begin	Begin at Parking Lot on the Corner of Newcastle Rd & Indian Hill Rd in Newcastle, CA	903ft	
$\rightarrow$	Right	Right heading south on Newcastle Rd	903ft	0.1mi
<b>←</b>	Left	Left onto Powerhouse Dr	776ft	0.6mi
←	Left	Left onto Auburn Folsom Rd	888ft	2.4mi
$\rightarrow$	Right	Right onto Shirland Tract Rd	837ft	2.7mi
$\rightarrow$	Right	Immediate Right onto Rattlesnake Rd	842ft	2.8mi
$\rightarrow$	Slight Right	Slight Right onto Newcastle Rd	713ft	4.3mi
←	Left	Left onto Auburn Folsom Rd	775ft	5.4mi
$\rightarrow$	Right	Right onto Horseshoe Bar Rd	580ft	7.8mi
<b>←</b>	Rest Stop	Left into Rest Stop at Flower Farm Cafe	595ft	7.9mi
←	Left	Left out of Rest Stop back onto Horseshoe Bar Rd	592ft	8.0mi
<b>←</b>	Left	Left onto Val Verde Rd	490ft	9.9mi
$\rightarrow$	Curve Right	Curve Right and Val Verde Rd becomes Wells Rd	476ft	11.6mi
$\rightarrow$	Right	Right onto Laird Rd	486ft	11.8mi
←	Left	Curve Left and Laird Rd becomes Brace Rd	389ft	13.7mi
$\rightarrow$	Right	Right onto Sierra College Blvd	328ft	15.1mi
$\rightarrow$	Right	Right onto Del Mar Ave	388ft	17.1mi
←	Left	Left to stay on Del Mar Ave	379ft	17.8mi
$\uparrow$	Cont.	Forward and Del Mar Ave becomes English Colony Way	435ft	19.0mi
$\rightarrow$	Right	Right onto Rippey Rd	633ft	21.3mi
$\rightarrow$	Right	Right onto Taylor Rd	457ft	22.7mi
←	Left	Left onto King Rd	409ft	23.7mi
←	Left	Left onto Penryn Rd	426ft	24.9mi
$\rightarrow$	Right	Right onto Taylor Rd	528ft	26.3mi
$\rightarrow$	Slight Right	Slight Right onto Old State Hwy at Y	812ft	28.9mi
$\rightarrow$	Slight Right	Slight Right and Old State Hwy becomes Newcastle Rd	910ft	29.3mi
$\rightarrow$	End	End at Parking Lot on the Corner of Newcastle Rd & Indian Hill Rd	903ft	29.5mi

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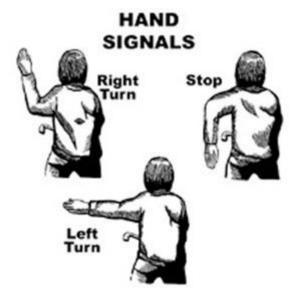
Here are four basic bicycling tips:

- 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!