

# NCAC Benchmark Final Gravity



FINAL GRAVITY RIDE – Final Gravity Taproom & Bottleshop, 9205 Sierra College Blvd #100  
 Roseville, CA 95661 – Rest Stops – Ophir Park & Ride, Auburn, CA 95603 & Railhead Park,  
 175 Pacific Ave, Auburn, CA 95603

Leg	Dir	Type	Notes	Total
		Begin	Final Gravity Taproom & Bottleshop	0.0mi
0.0	→	Right	Right onto Sierra College Blvd	0.1mi
0.5	→	Right	Right onto Douglas Blvd	0.6mi
2.0	←	Left	Left onto Barton Rd	2.6mi
0.7	→	Right	Right to stay on Barton Rd	3.3mi
1.0	→	Right	Right onto Cavitt Stallman Rd	4.3mi
1.5	←	Left	Left onto Laird Rd	5.8mi
1.3	→	Right	Right onto Wells Ave	7.1mi
0.2	←	Curve Left	Wells Ave curves Left and becomes Val Verde Rd	7.4mi
1.7	←	Left	Left onto Horseshoe Bar Rd	9.1mi
1.2	→	Right	Right to stay on Horseshoe Bar Rd	10.4mi
1.0	→	Right	Right onto Taylor Rd	11.3mi
5.5	←	Left	Left onto Ophir Rd	16.8mi
0.1	→	Rest Stop	Right into REST STOP at Ophir Park & Ride (No Rest Room)	16.9mi
0.0	→	Right	Right out of Rest Stop back onto Ophir Rd	16.9mi
2.0	←	Sharp Left	Sharp Left onto Wise Rd	18.8mi
0.6	→	Right	Right onto Millertown Rd	19.4mi
1.5	→	Right	Right to stay on Millertown Rd	20.9mi
0.8	→	Right	Right onto Mt Vernon Rd	21.7mi
0.7	→	Right	Right at the 1 <sup>st</sup> cross St onto Nevada St	22.5mi
0.9	←	Left	Left onto Placer St	23.3mi
0.1	→	Right	Right onto Union St / Maple Street Bridge	23.4mi
0.1	→	Left	Left onto Maple	23.5mi
0.2		Cont.	Continue onto Auburn Folsom Rd	23.7mi
0.5	←	Left	Left onto Pacific Ave	24.4mi
0.2	←	Rest Stop	Left into REST STOP at Railhead Park	24.6mi
0.0	→	Right	Right out of Rest Stop back onto Pacific Ave	24.6mi
0.2	←	Left	Left onto Auburn Folsom Rd	24.8mi
0.7	←	Left	Left onto Maidu Dr	25.5mi
0.1	→	Right	Right onto Shirland Tract Rd	25.6mi

Leg	Dir	Type	Notes	Total
1.3	→	Right	Right to stay on Shirland Tract Rd	26.9mi
1.3	←	Left	Left onto Auburn Folsom Rd **Cross Traffic does NOT Stop**	28.2mi
9.9	→	Right	Right at the 1 <sup>st</sup> cross St onto Eureka Rd	38.1mi
2.5	→	Right	Right to stay on Eureka Rd	40.6mi
0.5		End	Left to end at Final Gravity Taproom & Bottleshop	41.1mi

# NCAC Benchmark #1 - 1/20/19



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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!**