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 | | |
| \rightarrow | Right | Right onto Indian Hill Rd | 914ft | 0.1mi |
| ← | Left | Left onto Auburn Folsom Rd | 1345ft | 2.4mi |
| \rightarrow | Right | Right onto High St | 1247ft | 4.0mi |
| \rightarrow | Veer Right | Slight Right onto El Dorado St (sign for CA-49) | 1334ft | 4.9mi |
| 1 | Cont. | El Dorado St becomes Golden Chain Hwy / CA-193E / CA-49 S | 967ft | 6.1mi |
| \rightarrow | 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 |
| 1 | Cont. | Old Foresthill Rd becomes Old Auburn Foresthill Rd | 1081ft | 9.0mi |
| ← | Left | Left onto Foresthill Rd | 1456ft | 10.6mi |
| \leftarrow | Left | Left onto Lincoln Way | 1560ft | 13.8mi |
| \rightarrow | 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 |
| \rightarrow | Right | Right onto Indian Hill Rd | 1297ft | 18.0mi |
| \rightarrow | End | End at Parking Lot on the Corner of Newcastle Rd & Indian Hill Rd | 914ft | 20.5mi |

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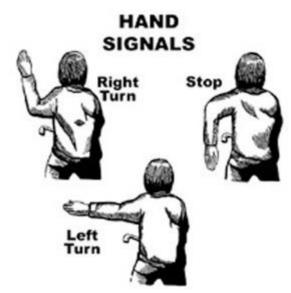
Here are four basic bicycling tips:

- 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!