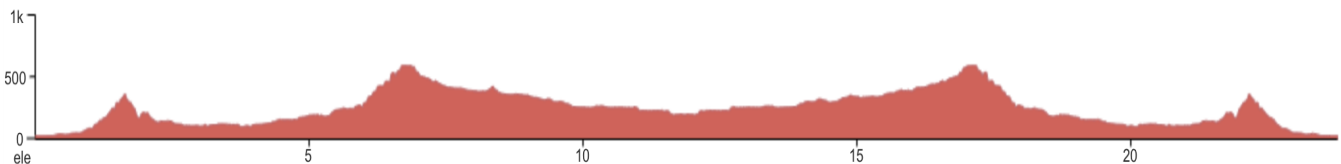


NCAC Training Ride

1/5/20 24m/1.7k



Leg	Dir	Type	Notes	Total	Leg2	Dir3	Type4	Notes2	Total6
←	Left	Starbucks		0.1	3.2	→	Right	Turn right onto Claus Dr/Marin County Bicycle Rte 20	19.7
0	→	Right	Turn right onto Las Gallinas Ave	0.1	0	←	Left	Turn left onto Broadway/Marin County Bicycle Rte 20	19.7
0.1	←	Left	Turn left onto Manuel T Freitas Pkwy	0.2	0.4	←	Left	Turn left onto Pastori Ave	20.1
1.3	→	Right	Manuel T Freitas Pkwy turns right and becomes Mission Pass Path	1.5	0.1	→	Right	Turn right onto Sir Francis Drake Blvd	20.2
0.2	→	Right	Turn right onto Fawn Dr	1.7	0.2	←	Left	Slight left onto Suffield Ave	20.4
0.4	→	Right	Turn right to stay on Fawn Dr	2.1	0.1	↑	Straight	Continue onto Butterfield Rd	20.4
0.1	←	Left	Turn left onto Butterfield Rd	2.3	1.1	→	Right	Turn right onto Fawn Dr	21.5
1.1	→	Right	Slight right onto Suffield Ave	3.4	0.1	←	Left	Turn left to stay on Fawn Dr	21.7
0.1	→	Right	Slight right onto Sir Francis Drake Blvd	3.4	0.4	←	Left	Turn left onto Mission Pass Path	22.1
0.3	←	Left	Turn left onto Pastori Ave	3.7	0.2	←	Left	Mission Pass Path turns left and becomes Manuel T Freitas Pkwy	22.3
0.1	→	Right	Turn right onto Center Blvd/Marin County Bicycle Rte 20	3.7	1.3	→	Right	Turn right onto Las Gallinas Ave	23.6
0.4	→	Right	Turn right onto Claus Dr/Marin County Bicycle Rte 20	4.1	0.1	←	Left	Turn left	23.7
0	←	Left	Turn left onto Marin County Bicycle Rte 20/Sir Francis Drake Blvd	4.2	0	→	Right	Turn right	23.7
7.7	↑	Straight	Make a U-turn at Park Rd	11.8					
2.6	→	Right	Turn right onto Nicasio Valley Rd	14.4					
0.1	←	Left	Turn left onto San Geronimo Valley Dr	14.5					
2	→	Right	Turn right onto Sir Francis Drake Blvd	16.5					



Ride Leaders:

Raj Walia **Susan Walia** **Jennifer Hayden Christiansen**
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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!