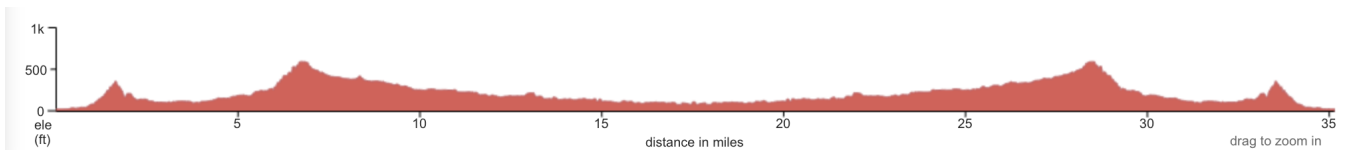


# NCAC Training Ride

1/11/20 35m/2.3k



Leg	Dir	Type	Notes	Total	Leg2	Dir3	Type4	Notes2	Total6
←		Starbucks	Turn Left out of Starbucks		0 ←	Left		Turn left onto Broadway/≈Marin C	31.1
0 →	Right		Turn right onto Las Gallinas Ave	0.1	0.4 ←	Left		Turn left onto Pastori Ave	31.5
0.1 ←	Left		Turn left onto Manuel T Freitas Pk	0.2	0.1 →	Right		Turn right onto Sir Francis Drake E	31.5
1.3 →	Right		Manuel T Freitas Pkwy turns right	1.5	0.2 ←	Left		Slight left onto Suffield Ave	31.7
0.2 →	Right		Turn right onto Fawn Dr	1.7	0.1 ↑	Straight		Continue onto Butterfield Rd	31.8
0.4 →	Right		Turn right to stay on Fawn Dr	2.1	1.1 →	Right		Turn right onto Fawn Dr	32.9
0.1 ←	Left		Turn left onto Butterfield Rd	2.3	0.1 ←	Left		Turn left to stay on Fawn Dr	33
1.1 →	Right		Slight right onto Suffield Ave	3.4	0.4 ←	Left		Turn left onto Mission Pass Path	33.5
0.1 →	Right		Slight right onto Sir Francis Drake	3.4	0.2 ←	Left		Mission Pass Path turns left and be	33.7
0.3 ←	Left		Turn left onto Pastori Ave	3.7	1.3 →	Right		Turn right onto Las Gallinas Ave	35
0.1 →	Right		Turn right onto Center Blvd/≈Mari	3.7	0.1 ←	Left		Turn left	35
0.4 →	Right		Turn right onto Claus Dr/≈Marin C	4.1	0 →	Right		Turn right	35
0 ←	Left		Turn left onto Marin County Bicycl	4.2					
20.9 →	Right		Turn right onto Meadow Way	25.1					
0.6 →	Right		Turn right onto Creamery Rd/≈Me	25.7					
0.3 →	Right		Turn right onto San Geronimo Vall	26					
1.9 →	Right		Turn right onto Sir Francis Drake E	27.9					
3.2 →	Right		Turn right onto Claus Dr/≈Marin C	31.1					



## 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. 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!**