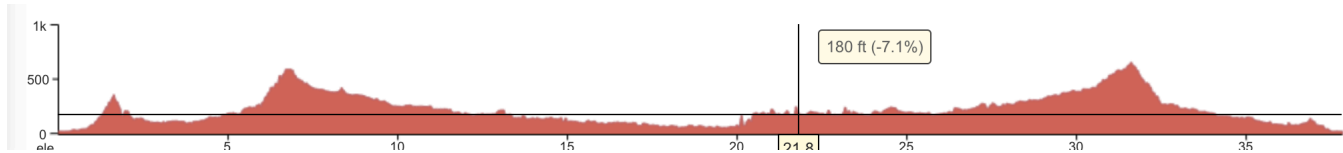


NCAC Training Ride

2/1/20 38m/2.3k



Leg	Dir	Type	Notes	Total	Leg2	Dir3	Type4	Notes2	Total6
←	Left	Left	0.1		1.3	←	Left	Turn left	37.7
0	→	Right	Turn right onto Las Gallinas Ave	0.1	0	→	Right	Turn right	
0.1	←	Left	Turn left onto Manuel T Freitas Pkw	0.2					
1.3	→	Right	Las Gallinas Pkwy turns right and becomes Marin County Bicycle Route 20	1.5					
0.2	→	Right	Turn right onto Fawn Dr	1.7					
0.4	→	Right	Turn right to stay on Fawn Dr	2.1					
0.1	←	Left	Turn left onto Butterfield Rd	2.3					
1.1	→	Right	Slight right onto Suffield Ave	3.4					
0.1	→	Right	Turn right onto Sir Francis Drake Blvd	3.4					
0.3	←	Left	Turn left onto Pastori Ave	3.7					
0.1	→	Right	Turn right onto Center Blvd / Marin County Bicycle Route 20	3.7					
0.4	→	Right	Turn right onto Claus Dr / Marin County Bicycle Route 20	4.1					
0	←	Left	Turn left onto Marin County Bicycle Route 20 / Sir Francis Drake Blvd	4.2					
13.3	→	Right	Turn right onto Platform Bridge Rd	17.4					
2.4	↑	Straight	Continue onto Pt. Reyes - Petaluma Rd	19.8					
3.1	→	Right	Turn right onto Nicasio Valley Rd	22.9					
3.8	←	Left	Slight left onto Lucas Valley Rd	26.7					
9.7	→	Right	Turn right onto Las Gallinas Ave	36.4					



Ride Leaders:

Raj Walia 415 448-6677

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. **Take evasive action.**

You must obey all traffic laws at all times!



Have Fun and Enjoy the Ride!