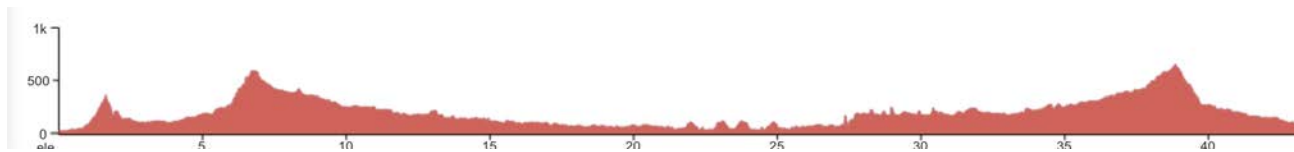


# NCAC Training



Leg	Dir	Type	Notes	Total	Leg2	Dir3	Type4	Notes2
0	→	Right	right onto Las Gallinas Ave	0.1	3.1	←	Left	Pt. Reyes - Petaluma Rd
0.1	←	Left	left onto Manuel T Freitas	0.2	3.1	→	Right	Nicasio Valley Rd
1.3	→	Right	Mission Pass Path	1.5	3.8	←	Left	Lucas Valley Rd
0.2	→	Right	Turn right onto Fawn Dr	1.7	9.7	→	Right	Las Gallinas Ave
0.4	→	Right	Turn right to stay on Fawn Dr	2.1	1.3	←	Left	Turn left
0.1	←	Left	Turn left onto Butterfield Rd	2.3	0	→	Right	Turn right
1.1	→	Right	Slight right onto Suffield Ave	3.4				
0.1	→	Right	right onto Sir Francis Drake	3.4				
0.3	←	Left	Turn left onto Pastori Ave	3.7				
0.1	→	Right	Turn right onto Center Blvd	3.7				
0.4	→	Right	Turn right onto Claus Dr	4.1				
0	←	Left	Turn left onto Sir Francis Drake	4.2				
13.3	→	Right	right onto Platform Bridge Rd	17.4				
2.4	←	Left	Pt. Reyes - Petaluma Rd	19.8				
3.1	←	Left	Turn left onto CA-1 S	22.9				
0.4	←	Left	Turn left to stay on CA-1 S (sig	23.4				
0.1	↑	Straight	Make a U-turn at 3rd St	23.4				
0.1	→	Right	Wells Fargo Bank	23.5				
0.4	→	Right	Pt. Reyes - Petaluma Rd	23.9				



## Ride Leaders:

<b>Raj Walia</b>	415 448-6677
<b>Susan Walia</b>	415 845-1114
<b>Jenn Christiansen</b>	650 504-6575

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

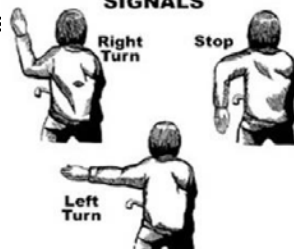
There are many things you can do to control your bicycle, even in an emergency. First, ensure your bicycle is the right size and properly adjusted to fit you. A properly fitted bicycle is easier to control, more comfortable, and causes less fatigue. A bicycle shop can help you choose the correct size 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.

You must obey all s

#### HAND SIGNALS



ke evasive action.

s at all times!

**Have Fun and Enjoy the Ride!**

