

NCAC Training Airport Loop

Airport Loop - Start at One Community Health 1500 21st St, Sacramento, CA 95811 -
Break at 5871 Garden Hwy, Sacramento, CA 95837 - Back to 812 21st St, Sacramento, CA



Dir	Type	Notes	Total
→	Right	Turn right out of OCH parking lot onto O St	0.0 mi
←	Left	Turn left onto 21 st St (CAUTION: Traffic does not stop)	0.02 mi
←	Left	Turn left onto C St & Cross RR Tracks near 19 th St	1.0 mi
→	Right	Turn Right onto Bike Trail	1.2 mi
→	Right	Turn right to stay on Bike Trail North & Cross Bridge	1.7 mi
↑	Straight	Continue on bike trail under Freeway	2.17 mi
←	Left	Turn left onto American River Bike Trail towards Discovery Park	2.38 mi
→	Right	Turn right off bike trail and up to Natomas Park Drive	4.65 mi
←	Left	Turn left onto bike trail at Garden Hwy and Natomas Park Dr	4.88 mi
↑	Straight	Continue on bike trail under Freeway	5.15 mi
X	Cross	Cross Garden Highway at Gateway Oaks Drive	5.55 mi
←	Left	Turn left along Garden Highway for aprx. 9 miles	5.68 mi
←	Stop	Turn left to enter Rest Stop at Swabbies	15.34 mi
←	Left	Turn left to exit Swabbies and continue along Garden Highway	15.35 mi
→	Right	Turn right onto Elverta Road (becomes W. Elverta Road)	18.93 mi
→	Right	Turn right onto E. Levee Road	25.37 mi
X	Cross	Cross Elkhorn Blvd and continue on E. Levee Road for aprx. 8 miles	27.38 mi
→	Right	Exit E. Levee Road onto Arden /Garden Hwy & turn Right towards Northgate Blvd.	33.15 mi

Dir	Type	Notes	Total
←	Left	Turn left onto Northgate Blvd	33.44 mi
↑	Cont.	Continue down Northgate Blvd to access Bike Trail	34.06 mi
→	Right	Slight right onto Bike Trail	34.07 mi
←	Left	Slight left towards Bridge	34.21 mi
←	Left	Slight left toward C Street access	34.54 mi
←	Left	Exit Bike Path on C St turning left and cross RR tracks	34.99 mi
→	Right	Turn right onto 20 th St	35.09 mi
←	Left	Turn left onto O St to end at OCH Parking Lot on right	36.12 mi

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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!