

NCAC Training - China Camp Park



Starting Point – Starbucks, 260 Northgate Dr, San Rafael, CA 94903, USA

Leg	Dir	Type	Notes	Total
	→	Right	Northgate Dr	0.1
0.0	←	Left	Las Gallinas Ave	0.2
0.3	←	Left	Merrydale Rd	0.5
0.2	→	Right	Civic Center Dr	0.7
0.3	↑	Straight	Civic Center Dr	1.0
0.5	←	Left	N San Pedro Rd	1.5
5.6	↑	Straight	Point San Pedro Rd	7.2
2.3	←	Left	Loch Lomond Dr	9.5
0.2	←	Left	Point San Pedro Rd	9.6
1.6	↑	Straight	3rd St	11.3
0.5	→	Right	Grand Ave	11.8
0.3	←	Left	Belle Ave	12.1
0.7	→	Right	Lincoln Ave/Los Ranchitos Rd	13.2
1.3	←	Left	Turn left onto Northgate Dr	14.6
0.4	←	Left	Las Gallinas Ave	15.4
0.2	→	Right	Nova Albion Way	15.6
0.0	→	Right	Slight right	15.6

Ride Leaders

Raj Walia
~~415 448 6677~~

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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