

Tour de Lincoln

Lincoln's Annual Recreational Bike Ride

The Tour de Lincoln is a benefit bike ride for the Lincoln Volunteer Center. The Tour offers a wonderful Spring day of riding the scenic back roads of Lincoln and South Placer County. Entrants pay a fee to enter the ride, and can pick from four different routes; The Pleasure Cruise (10 miles), The Rolling Hills (20 miles), The Country Climb (40 miles) and the Metric Century (63 miles). All rides start and finish in McBean Park in Lincoln.

The Pleasure Cruise rolls out of McBean Park and passes through the cottonwood trees that line the banks of the Auburn Ravine. The course consists almost completely of Class 2 bike lanes, and rolls along a section of the beautiful Lincoln Hills Golf Course. It's a great family ride.

The Rolling Hills consists of mild terrain and is a shorter version, with less vertical gain, than the Country Climb, includes beautiful scenery, and a rest stop midway through the route.

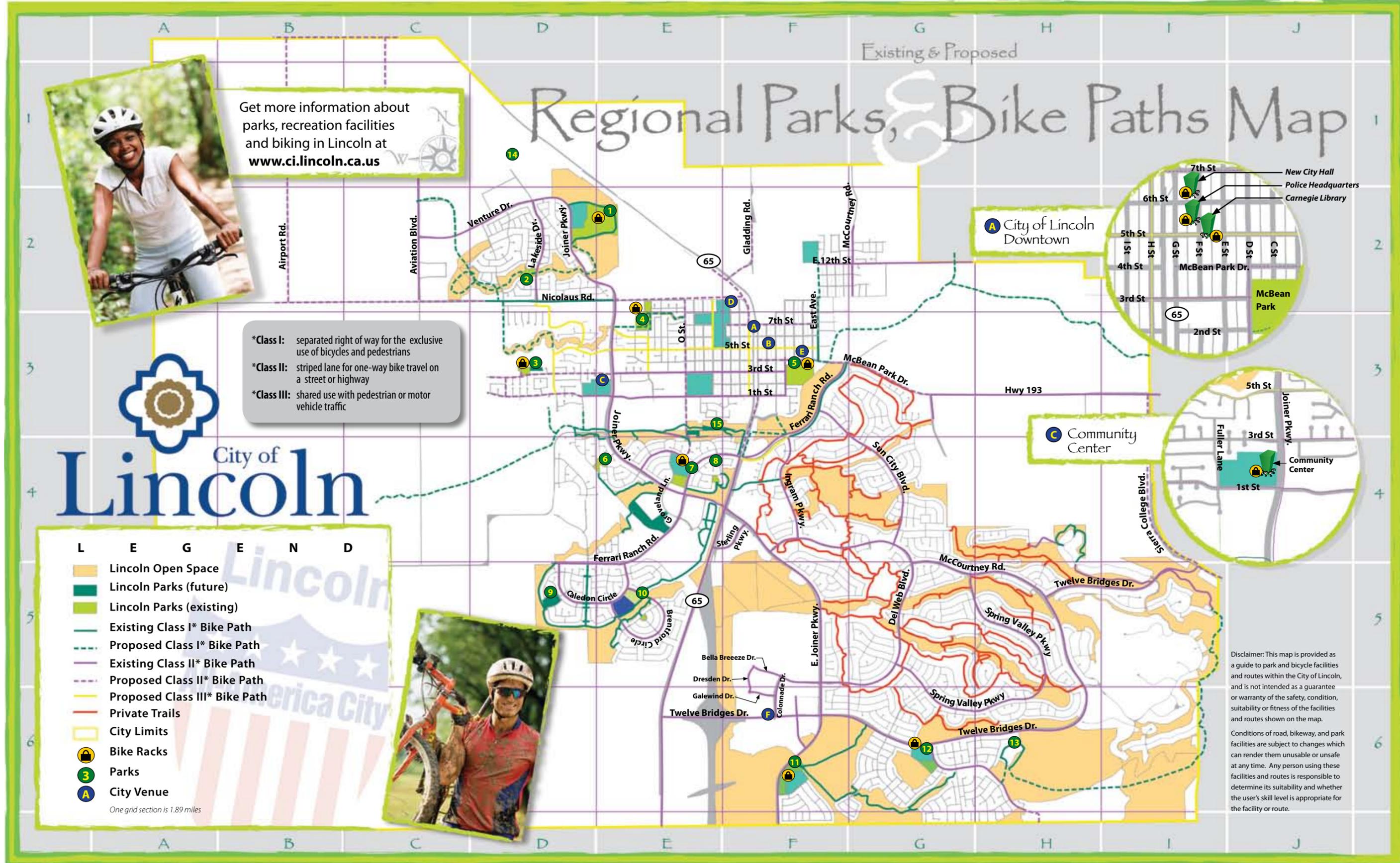
The Country Climb is a picturesque ride winding through the rolling hills and countryside between Lincoln and Auburn. This route has beautiful valley views, challenging climbs (over 1400' of vertical gain), and passes by several horse ranches. The Metric Century route is more of the same beautiful countryside, longer distance, with nearly 3500' of vertical gain.

Well stocked rest stops and sag support are located on all routes. Helmets are mandatory for all cyclists.

Riders check-in between 7 a.m. and 8 a.m. for the Country Climb and Metric Century, and 8 a.m. to 10 a.m. for the Pleasure Cruise and Rolling Hills. After check-in, riders may leave on their own after 8 a.m.

A post-ride barbecue lunch is served from 11 a.m. to 2 p.m.

Be sure to join us each May for a fun-filled day for the whole family! For more information on the Tour de Lincoln or the work of the Lincoln Volunteer Center, go to www.lincolnvolunteer.com, or phone 916-645-6254.



Places & Spaces To Get Fit In Lincoln....

Map Key	Grid Location	Location	Address								
A	F3	New City Hall	600 Sixth Street								
B	F3	Carnegie Library	590 Fifth Street								
C	E3	Community Center	2010 First Street	R		X		F			
D	F3	Lincoln High School	790 J Street						X		
E	F3	McBean Pool	61 McBean Park Drive								
F	F6	Twelve Bridges Library	485 Twelve Bridges Drive								
14	D1	Brown Park	1899 McClain Drive	B	X		X				
13	H6	Coyote Pond Park	2543 Old Kenmare Road	X	X						
1	E2	Foskett Regional Park	1911 Finney Way		X	X	R				
4	E3	Joiner Park	1701 Nicolaus Road	B	X	X	R				
6	E4	Machado Park	646 Downing Circle	X	X		X				
2	D2	Markham Park	1175 Toyon Circle	B	X	X					
5	F3	McBean Park	65 McBean Park Drive	B/R	X	X	R	F		X	X
10	E5	Pete Demas Park	1164 Stansbury Circle	B			X				
7	E4	Pete Singer Park	371 Danby Drive	X	X	X	X				
3	D3	Scheiber Park	2472 Third Street	X	X		X				
8	E4	Sheffield Park	681 Sheffield Lane	X	X		X				
12	G6	Twelve Bridges Park	2550 Eastridge Drive	X	X	X	R				
11	F6	Wilson Park	2325 E. Lincoln Parkway	X	X	X	R				
15	E3	Auburn Ravine Dog Park	1300 Green Ravine Drive								

Scheduled to open Spring 2009

Picnic Area

Playground

Restroom

Multi-use Grass Field

Basketball

Tennis

Horseshoe Pits

Skate Park

REGISTRATION SITE
 R= RESERVABLE
 B= BBQ
 F= FULL COURT

Do Not Pass on the Right

Motorists may not see a cyclist passing on the right and turn into your path.

Ride Predictably in a Straight Line

Ride to the right of faster traffic in a straight line more than a car door's width away from parked cars.

Avoid the Door Zone

When cars are parked on the road, ride outside the door zone about five feet away.

Turning at Intersections

The general rule is to use the right-most lane serving your destination.

Right Turns

Use right-turn-only lane when provided, or stay to the right side of the straight line.

Straight Through

Use the right-most through lane. Don't go straight in a lane marked "right turn only."

Left Turns

Don't turn left from the right side of the street. There are two ways to make a left turn: **(1) Like a motorist:** Signal, move into the left lane, and turn left; **(2) Like a pedestrian:** Dismount and walk your bike across an intersection.

Triggering Traffic Signals

Traffic signals are triggered by passing over "loop" detections in the auto lane and in some bike lanes. If positioned properly, bicycles usually trigger signals. Some loop detectors have a bike symbol that indicates the optimal position for your bike. Otherwise, position your bike directly over the filled-in cuts, if visible. When loops are not visible or the signal is not triggered, cross the intersection as a pedestrian.



One of the beautiful views from annual Tour de Lincoln bike ride

Bike Commuting

Bicycle commuting is an effective and inexpensive way to get to work. Even if you are only riding a couple days a week, it is a great way to exercise, save money on gas and vehicle maintenance, reduce air pollution and emissions, lower your stress level, and have fun.

Bike Commute Buddies

If you've thought about bicycling to work, but are not sure how to get started, talk to someone who's experienced. That's the idea behind the Sacramento Region 511 Bike. Buddy match. Use the experience gained by others to find the best route. Visit www.sacregion511.org/bicycling, or call 511 for more information.

Bike Racks

If you are biking around Lincoln, bike racks can be found at 640 Fifth Street, the Carnegie Library, 600 Sixth Street in downtown Lincoln and at the Twelve Bridges Library located at 485 Twelve Bridges Drive and at most commercial centers.

Bike & Bus

All Lincoln Transit buses have bike racks that are convenient and easy to use. Combined with transit, cycling can be a part of a commute over a longer distance. Find more information about Lincoln Transit online at www.ci.lincoln.ca.us, or call 916-434-2429.

Foskett Regional Park

Lincoln's 42-acre regional park is located off of Joiner Parkway in the northwest area of Lincoln, north of Nicolaus Road on Finney Way. The park features a four diamond lighted softball complex, a four field lighted soccer complex, concessions, a pedestrian and bike path and children's play equipment in three locations.

The regional park hosts a variety of tournaments, ranging from national tournaments to local recreation leagues.

When the park is completely built out, it will also feature an aquatic center.

For more information on the Foskett Regional Park or other City parks, contact the City's Recreation Department at 916-645-5298.

Bike Helmets

Wearing a helmet is not only smart – it's required by law if you are under age 18. Parents, set an example for your children by wearing a helmet.

Rules of the Road

Obey All Traffic Laws!

Signs & Signals

At stop signs or red lights, you are required to come to a complete stop. Proceed only when safe to do so and at signals on the green light.

Watch Your Speed

Observe posted speed limits. Never ride faster than is safe under existing conditions.

Respect Pedestrians' Rights

Pedestrians in crosswalks and on sidewalks have the right of way. Be especially aware of pedestrians with disabilities.

Scan the Road Behind You

Learn to look back over your shoulder without swerving left. Glancing also signals to drivers that you may change direction.

Watch for Cars Pulling Out

Make eye contact with drivers, proceed cautiously and assume they don't see you.

Bike Hand Signals

Use Hand Signals

Hand signals tell everyone what you intend to do. Signal as a matter of law, courtesy, and self-protection.

Left Turn Hand Signal

Left hand and arm extended horizontally to the left side of the bicycle.

Right Turn Hand Signal

Left hand and arm extended upward at the elbow to the left side of the bicycle, or right hand and arm extended horizontally to the right side of the bicycle.

Stop Hand Signal

Left hand and arm extended downward to the left side of the bicycle.

Lane Positioning

Ride to the Right

A general rule of traffic is that slower vehicles should stay to the right.



Important Contact Information

Emergency 911

Non-Emergency/Police 916-645-4040

To Report a Fire 916-645-4040

Street Sweeping 916-434-2450

Traffic Signal Operation 916-434-2450

Report a Problem in a Park 916-434-2450

Reserve a Park 916-645-5298

Bikeway Information 916-645-5298