

RIDE 4A REASON 2026



Dear Ride 4 A Reason Riders,

This guide has all the information you need to have a successful ride in 2026. We're bringing back some improvements from last year and adding new features to make R4R the most safe, enjoyable, and successful ride so far.

- 1. Start Waves from Oakland Tech** - Riding on your own, or love the feeling of riding out with a group? This year, we'll be gathering up every 15 minutes from 5:45 AM - 7 AM to send off groups of riders on the 110 mile course. (More info on the 110 start below, please choose your departure time to ensure you will be through the Davis rest stop by 3 pm at the latest).
- 2. 68 Mile Registration at Ride Start** - If you're getting to the beginning of the 68 mile route in Suisun City on your own, you can register and pick up your bib there! No need to go to Oakland. Registration in Suisun City will open at 8:45 AM in the ride-share parking lot at the intersection of Lotz Way and Main street, immediately east of the train station.
- 3. Pedals, Platforms and Pints - Official R4R Afterparty in Sacramento.** Want to avoid the scrum at the 4:55 PM train? After the rally and group photo, join R4R at MoJo's Local Taproom and Kitchen to enjoy drinks and food to benefit R4R, 5 to 8 pm. (There are trains home at 6:53pm and 8:53pm.) **No 7:55 train this year!**
- 4. Rolling cut-off times** - In order to ensure that everyone can join us at the rally at the Capitol, we have rolling cut-off times for anyone who isn't at a rest stop by the time it closes (see Rest Stop Info for cut off times). If your ride is delayed, you can choose to have a SAG car shuttle you forward on the route, or you can sign a waiver indicating that you are no longer receiving on-course support.

Thank you from the bottom of our hearts for showing up, for raising funds, recruiting friends, and making the journey to Sacramento with us. Together, we are making a difference in the lives of thousands of students in Oakland and Alameda.

Ride on,

Your 2026 R4R Planning Committee

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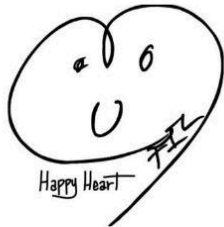
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PRE-RIDE LOGISTICS

PACKET PICK-UP: Come to Early Packet Pick Up on Thursday, April 23 from 5 - 7 pm

Registration packets will be ready for pick up at Tip Top Bike Shop (4800A Telegraph Ave, Oakland, CA 94609) in Temescal. This is also a great chance to pick up any last minute gear or supplies from one of our ride sponsors!

PLEDGES: Turn in your pledges!

If you have checks (all checks must be made payable to the Social Good Fund) and/or cash from your ride donors, please turn it into the registration team at packet pickup or on ride day. We'll give you an envelope for you to seal and sign. We'll also have gold stars for those that have hit the \$500 mark!

PREP YOUR BIKE: Make sure your bike is ready to roll.

Everyone should start the ride with a bike that is tuned up, tires properly inflated, chain clean and well lubricated with brakes and derailleurs properly adjusted and in good working order. If you are not sure your bike is ready, please schedule a bike check ASAP with one of our sponsors, **Tip Top Bike Shop**.

FUNDRAISE: Send out that last email solicitation to your friends and family

Our goal is to raise \$200,000 that will support more than 6,600 students in Oakland and Alameda. [If you need fundraising tips or a sample fundraising e-mail, click here!](#)

CONFIRM YOUR TRANSPORTATION: Given this is a one-way bike ride with multiple starting points (and fortunately just one finish line!), we want to make sure that you get to where you're supposed to be at the right time. (See below for transportation info for each ride.)

If you requested a seat on a bus TO a ride start (in Suisun City or Vacaville) or home FROM Sacramento to Oakland, you're all set! There will be a seat for you. Don't remember what you requested on your registration form? No problem! It's in your "Ride 4A Reason 2026 Registration Confirmation" email. If you can't find that in your inbox, follow these steps:

1. Go to <https://runsignup.com/Race/CA/Oakland/R4RWalkRunRide>
2. Login to your account (click the grey circle with the profile in it if you're not logged in already)
3. Click on "My Registrations".
4. Navigate to R4R 2026

5. Click on “Resend Confirmation Email”. The info regarding what transportation you requested will be in the confirmation e-mail (at the bottom!)
6. Don’t wait until the last minute, confirm your transportation status today!

CHECK THE WEATHER: Make sure you’re dressed appropriately during the ride and after the ride. **What if it rains?** *Light rain will not cancel the ride!* If weather calls for heavy rain, we will send event updates via email and post on our [Facebook page](#) — so please check there! We reserve the right to cancel the ride in case of inclement weather for the sake of rider safety.



BIBS ON BACK!

EVENT LOGISTICS

REGISTRATION

All riders must pick up their rider packet and bib number before they start riding to receive on-course support. Here are the options for packet pick-up:

Early Packet Pickup: Thursday, April 23 from 5-7 PM, come by Tip Top Bike Shop (4800A Telegraph Ave, Oakland, CA 94609) to pick up your registration packet and do any last minute shopping.

Day of Ride Registration: Registration for all rides opens at 5:30 AM at Oakland Tech. If you are planning to leave before 5:30 AM, please plan to pick up your bib at Early Packet Pickup.

If you're getting to the 68-mile starting line in Suisun City on your own, you can pick up your bib number at the ride start at the Suisun City Amtrak ride share lot (adjacent to the train station at the corner of Main Street and Lotz Way) starting at 8:45 AM.

TRANSPORTATION

TRANSPORTATION HOME FROM THE FINISH LINE (FOR EVERYONE!)

Did you book your ride home from Sacramento? Here are your options:

1. **Take the bus!** If you didn't tell us you needed a seat on the bus back from Sacramento when you registered, you can [reserve a seat here](#). If you put this on your registration form, you don't need to tell us again.
2. **Take the train!** [Buy a train ticket](#) on the 5:03 PM Capitol Corridor train (401 I Street)
WARNING: THIS TRAIN WILL BE CROWDED - If you don't want to deal with the crowds, join R4R at MoJo's Local Taproom and Kitchen to enjoy drinks and food to benefit R4R, from 5:15 to 8 pm. (The last train back will leave Sacramento at 8:53pm.)
3. **Arrange your own ride back**

TRANSPORTATION TO THE RIDE START (FOR EVERYONE EXCEPT 110 MILE RIDERS)

45 and 68 Mile Riders: Charter buses will pick up all riders at Oakland Technical High School and depart at 8:00AM. Please plan to arrive by 7:15 AM to check-in and load up your bike and grab a cup of coffee.

RIDE START: Oakland Technical High School, 4351 Broadway (front lawn)

All riders meet at Oakland Technical High School (OT) on the front lawn. The 110 mile ride is a rolling start, and the starting line officially opens at 5:30 AM. From 5:45 - 7 AM we will send off waves of riders for the 110 mile ride every 15 minutes, so if you would like to ride with a group you can leave at one of those times. (If you already have a group or prefer riding alone you can leave whenever you're ready). **We strongly recommend that all 110 mile riders leave by 7 AM at the latest. The Davis rest stop (mile 98) closes at 3 PM, and the finish line closes at 4:30 PM, so please calculate your average speed to determine when you need to leave.** If you need to leave Oakland before the starting line opens at 5:30 AM, please pick up your bib number at early packet pickup on 4/23. If you choose to start from a location other than Oakland Tech, please note that we do not offer support or take responsibility for riders who are not on the official R4R course.

PARKING

Please note that there is no parking on school grounds for this event. If you plan to drive, please allow time to find street parking around the school. There is LIMITED non-metered, non-time limited parking available in the neighborhoods surrounding the school. We encourage participants to ride, carpool, or get dropped off at the school.

START/RIDE SCHEDULES BY DISTANCE

110-Mile Riders	
When	What
5:30 AM	Start line opens. Riders check in at Oakland Tech. Rolling departure starts at 5:30 AM.
5:45 AM	First send-off for 110 mile riders. Groups will leave every 15 minutes between 5:45 and 7 AM.
7:00 AM	We strongly encourage all 110-ers leave Oakland Tech.
9:45 AM	Baliestri Family Farms Rest Stop (Mile 26) closes.
11 AM	Lake Herman Rest Stop (Mile 39) closes.
12:30 PM	Dunnell Nature Center Rest Stop (Mile 62) closes.
2 PM	Putah Creek Rest Stop (Mile 78) closes.
3:00 PM	**CUT-OFF TIME** All riders must leave the Davis Community Church Rest Stop (Mile 98) by this cut-off time or sign a waiver to ride unsupported to Sacramento. Otherwise, lagging riders must get SAGged to the finish.

68-Mile Riders

When	What
7:00 AM	Rider check-in at Oakland Tech opens.
7:30 AM	68-milers taking the charter bus from Oakland Tech load their bikes into the Suisun-bound truck.
8:00 AM	68-miler charter bus and bike truck depart for Suisun City Train Station
8:45 AM	Registration opens in Suisun City for anyone who is going directly there.
9:00 AM	Bus arrives at Suisun City: unload bikes and prepare to depart by 9:45 AM.
9:45 AM	Listen to safety talk and start ride!
12:30 PM	Dunnell Nature Center Rest Stop (Mile 17) closes.
2 PM	Putah Creek Rest Stop (Mile 33) closes.
3:00 PM	**CUT-OFF TIME** All riders must leave the Davis Community Church Rest Stop by this cut-off time or sign waiver to ride unsupported to Sacramento. Otherwise, lagging riders must get SAGged to the finish.

45-Mile Riders

When	What
7:15 AM	Riders check in at Oakland Tech.
7:30 AM	45-mile riders check bikes into Vacaville-bound trucks
8:00AM	Charter buses and trucks with 45-milers depart for Vacaville. There will be only portapotties at the park.
9:00 AM	Charter buses arrive at Alamo Creek Park; unload bikes; safety talk with ride leaders.
9:45AM	Start ride! Please ride single-file on Pleasants Valley Road!
2 PM	Putah Creek Rest Stop (mile 12.5) closes.
3:00 PM	**CUT-OFF TIME** All riders must leave the Davis Community Church (mile 30) Rest Stop by this cut-off time or sign waiver to ride unsupported to Sacramento. Otherwise, lagging riders must get SAGged to the finish.

FINISH LINE SCHEDULE – ALL RIDERS

1:00 – 4:00 PM	Riders arrive at the Capitol in Sacramento
4:00 – 4:30 PM	Short rally and group photo (please don't miss this!!)
4:45 PM	Riders depart via charter buses, Capitol Corridor train or on their own. **CHARTER BUSES WILL LEAVE AT 4:45 PM-SHARP!**
6:30-7:00 PM	Charter buses and trucks arrive back at Oakland Tech to unload.

ADDITIONAL LOGISTICS

TURN IN YOUR PLEDGES: If you have checks (they must be made payable to the “Social Good Fund”, our non-profit fiscal sponsor) and/or cash from your ride donors, please turn them in to the registration team - we will give you an envelope to seal and sign. We will also have gold stars in case you hit the \$500 mark! You will still have until **May 31** to raise money for our schools!

WEAR YOUR BIB NUMBER: All riders must wear bib numbers on your back so you are easily identifiable! We want you to stand out (especially in busy areas) throughout the course.

BAG CHECK: Drop off your finish line clothing and extra layers and we'll bring it to the finish line! We will offer self-service bag check at Oakland Tech in the morning. All bags must have your gear check tag from your bib attached to them.

If you are driving yourself to the starting locations in Vacaville or Suisun City, you may drop your bag **WITH A TRUCK DRIVER ONLY, provided you arrive in time. DO NOT LEAVE A BAG WITH THE BUS, AS THEY WILL NOT ARRIVE UNTIL AFTER 4PM AT THE FINISH AND THEY WILL NOT UNLOAD ANY ITEMS.**

Here are some popular items to include for the finish line:

- ✓ Picnic blanket
- ✓ Change of clothes, ball cap, and comfy shoes

BIKE TAGS: If you are using our bus and bike shuttle service, please attach the bike tag from your bib to your bike for easy identification.

COFFEE & SNACKS: We will have coffee available starting at 6 AM, so get there early for your morning cup of joe! **Light** snacks will also be provided.

WHAT TO CARRY ON YOUR BIKE: Please be sure to bring these items:

- ✓ Helmet
- ✓ Photo ID Card
- ✓ Medical Card
- ✓ Spare tube, tire irons, pump and/or cartridges
- ✓ Any specific snacks you just cannot live without
- ✓ Water bottle
- ✓ Cell phone, credit card and some cash in a Ziploc (just in case!)
- ✓ Chamois cream, e.g., Butt Butter

WHAT TO WEAR: While we are hoping for a mild and sunny spring day, we just can't guarantee it! Dress in layers so you can adjust to changes in weather and stay comfortable throughout the day. We encourage riders to pack a set of clothing for the finish line because, face it, chamois padding is just not that comfortable. Please check the weather online for the most up to date information for your clothing planning.

RIDE SAFETY REMINDERS

Bicycles and cyclists must follow the same rules of the road as motor vehicles!

- Be safe, be courteous... This is a ride, not a race.
- Helmets are required.
- Headphones, earbuds, or other listening devices in one ear only.
- Obey all "Rules of the Road", as printed in the California Vehicle Code. A bicycle is a vehicle and subject to vehicle law.
- Obey all signal lights and stop signs.
- Share the road with cars.
- Ride close to the right edge of the road.
- Ride single file, particularly when traffic is present.
- Signal your turns and point out hazards to other cyclists.
- Pass other cyclists on the left **only** and call out "**passing left.**"
- Riders should carry an extra tube, patch kit, tools, and identification.

RIDER SUPPORT

CUE SHEETS: All riders will be given a cue sheet with turn-by-turn directions and a map. You can also download the route at RideWithGPS.com at the following links:



113 mile ride - <https://ridewithgps.com/routes/54366566>

68 mile ride - <https://ridewithgps.com/routes/45487334>

45 mile ride - <https://ridewithgps.com/routes/45487338>

ROUTE MARKINGS: In addition to your turn-by-turn cue sheet, roads will be marked with **PINK** paper RouteArrows.* Watch for yellow signs indicating major turns and transitions.

**If there is rain the day before the ride, there may not be any arrows on the ground, so please keep an eye out for signs at major turns.*

SAG VEHICLES: We will have a few SAGs (Support And Gear vehicles) available to be dispatched when needed. If you are in between rest stops and need help with a mechanical or if you are not feeling well, please send a text to the SAG number with your issue and location. They will have an “R4R SAG” sign on their car for easy identification. **In case of a life-threatening emergency, always call 911 first!**



REST STOP SCHEDULE

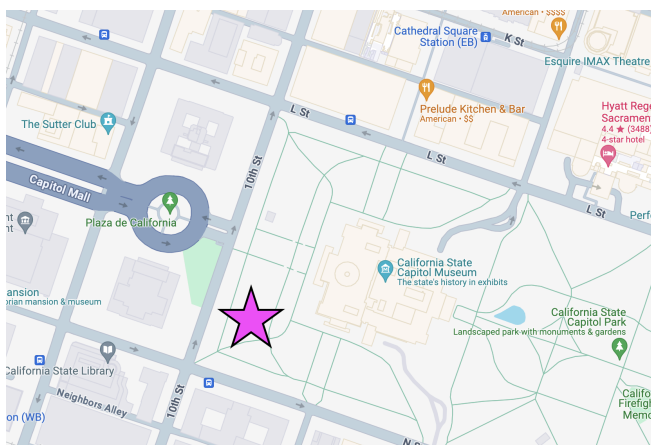
Rest stops will be stocked with water, energy drinks, snacks, and bathrooms. Here are their hours of operation:

Rest Stop	On Routes	Opens at...	Closes at...
START LINE	ALL	5:30 AM	8 AM
Baliestri Family Farm	110 mile (at mile 22.9)	7:00 AM	9:45 AM
Lake Herman Recreation Area	110 mile (at mile 40)	8:00 AM	11:00 AM
Dunnell Nature Center	110 mile (at mile 63.2) 68 mile (at mile 17)	9:30 AM	12:30 PM
Putah Creek Rd	110 mile (at mile 80) 68 mile (at mile 33) 45 mile (at mile 12.5)	10:00 AM	2 PM
Davis Community Church	110 mile (at mile 98) 68 mile (at mile 52) 45 mile (at mile 30.4)	11:00 AM	3 PM

CUT-OFF TIMES: Riders who are on course but have not reached the Davis Rest stop by 3:00PM will be stopped by a SAG car and asked to either a) accept transportation to Sacramento in the SAG car; or b) sign a waiver acknowledging that from that point forward they are aware that they will be riding unsupported to Sacramento. All SAG vehicles will be off the course and at the rally in Sacramento by 4:00PM. **There will be no SAG support after 4:00PM.** The finish line in Sacramento will shut down at 4:30PM.

FINISH LINE INFORMATION

FINISH LINE LOCATION: Grass area near the South Steps of the CA State Capitol, on 10th between L and N Streets



FINISH LINE SCHEDULE

1:00 – 4:00 PM	Riders arrive at the finish line in Sacramento
4:00 – 4:30 PM	Short rally and group photo (please don't miss this!!)
4:45 PM	Riders depart via charter buses, Capitol Corridor train or on their own. **CHARTER BUSES WILL LEAVE AT 4:45 PM-SHARP!**
6:30-7:00 PM	Charter buses and trucks arrive back at Oakland Tech to unload.

FOOD: We will have sandwiches and beverages available at the finish line for all riders!

FRIENDS AND FAMILY WELCOME: We encourage riders to have their friends and family come celebrate with them in Sacramento and to bring their pep and cheer—the more merrier! Tell them to bring their noisemakers, cowbells, rally signs, etc...

PARKING AT THE CAPITOL: If you plan to have family meet you at the Capitol, please note that parking meters are in full effect on Saturday (coins and credit cards accepted). There is also a nearby parking lot: **Capitol Garage** at 10th and L Streets (\$1.50/half hour or \$5 all day on Saturday).

SOCIAL MEDIA TOOLS

BEFORE THE EVENT

FACEBOOK

Post your photos on our page @rideforareasonpublicschools

Use this hashtag on all your posts: #R4RSchools, #R4Rschools2026, #r4Rpublicschools #R4R2026, #Wearepublicschools

Sample status updates:

*"I'm a product of the public school system and believe everyone should have a good education. **Ride 4 A Reason** supports seven schools in Oakland and more than 6,600 kids. Join me on the bike or as a sponsor! R4RSchools.com #R4RSchools"* [Include link to your fundraising page]

"I ride because....#R4RSchools" (share your personal message) [Include link to your fundraising page]

"I'm already half-way toward reaching my goal of \$____. Will you help me get further along? #R4RSchools" [Include link to your fundraising page]

INSTAGRAM

Tag us! @rideforareasonpublicschools

Use this hashtag on all your ride pix: #R4RSchools

- Post pictures of you on your training rides, polishing up your bike, your new bike shoes, etc.
- Post pictures featuring one of our fabulous sponsors and tag them!

EVENT DAY & AFTER

****PLEASE DO NOT USE YOUR PHONE WHILE ON YOUR BIKE! ;-)**

We encourage you to take pictures at rest stops and to share them on these sites with the following tags:

FACEBOOK

Post your photos on our page **@rideforareasonpublicschools**

Use this hashtag on all your posts: #R4RSchools, #R4Rschools2026, #r4Rpublicschools #R4R2026, #Wearepublicschools

Sample status updates:

"I made it to my first Rest Stop! Only __ miles to go! #R4RSchools"

"Woohoo, I made it to Sacramento! It's not too late to donate to my page in support of #R4RSchools!" [Include link to your fundraising page]

INSTAGRAM

Tag us! @rideforareasonpublicschools

Use this hashtag on all your posts: #R4RSchools, #R4Rschools2026, #r4Rpublicschools #R4R2026, #Wearepublicschools

- Post selfies and group shots taken at rest stops and great views along the route (when you are safely stopped and out of the street, of course!)
- Post pictures of the many awesome volunteers you meet along the way supporting your very awesome day on a bike.
- Post pictures of your bike odometer or stats on your bike computer.
- Post pictures of you at the finish line in Sacramento

ADDITIONAL QUESTIONS? NEED HELP?

If there is anything you still have questions about, first check the [frequently asked questions on the R4R website](#).

If you STILL have questions, please email Nora Vargas-Dye, event coordinator, at r4rschools1@gmail.com.