



Rider Info Packet

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www.R4RSchools.com

#R4RSchools

We love our sponsors!

Polka Dot Jersey Sponsors



Green Jersey Sponsors



White Jersey Sponsors



Domestique Sponsors



Questions? Please email our event organizer, Jessica de Jesus, jessica@homegrownevents.net.

****MUST READ ESSENTIALS****

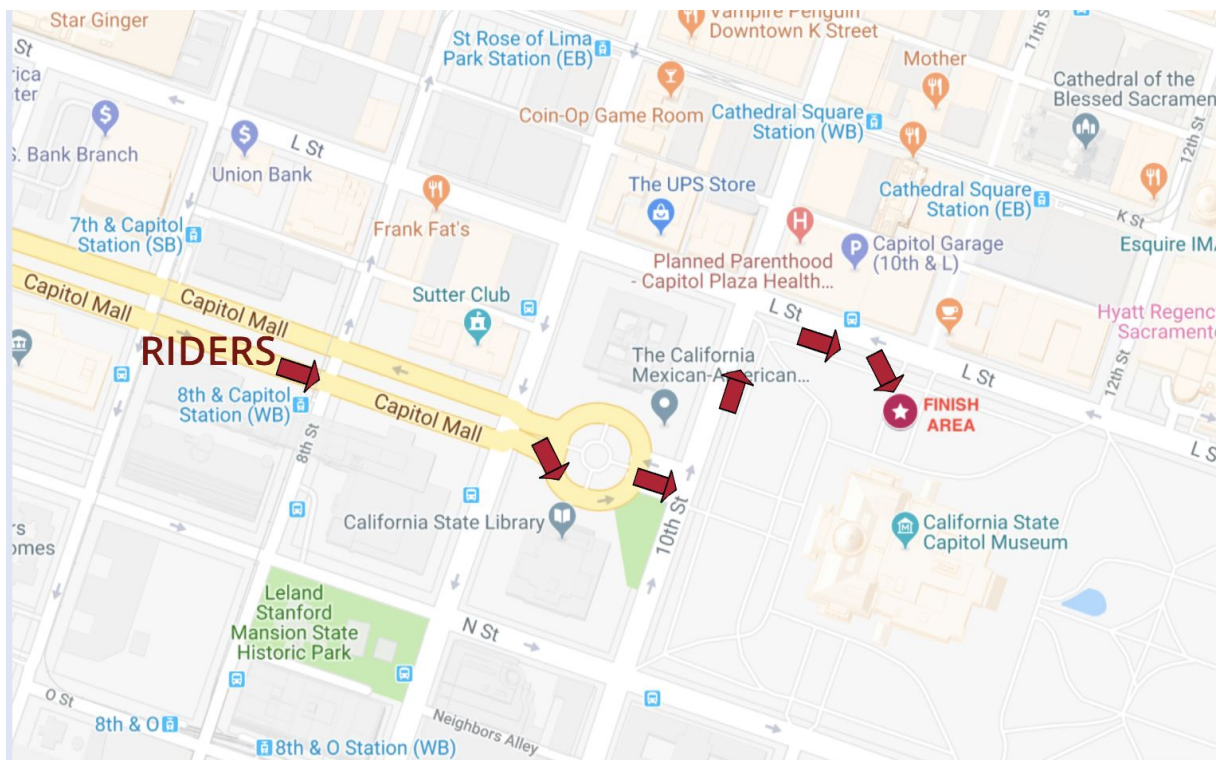
1. Please check in at Oakland Tech the morning of the Ride!

(See page 8 for the full start schedule!) All riders should plan to meet at Oakland Tech regardless of the route you plan to do. If you are doing the 45- or 68-Mile route and plan to get to the ride start on your own, please send an email to jessica@homegrownevents.net or a text message to 415-279-1457 with your name so that we know that you didn't decide to skip the ride and sleep in!

2. The Finish Area: North Steps of the CA State Capitol!

Here's a map to share with anyone who will meet you at the Finish Area. Metered parking can be found all around the Capitol area or you can also park at the Capitol Garage on 10th and L Streets.

We will have two new, popular food trucks on site: [Chando's Tacos](#) and [Buck & Sadie's](#). Come hungry!



Questions? Please email our event organizer, Jessica de Jesus, jessica@homegrownevents.net.

6 THINGS TO DO BEFORE THE EVENT

1. Come to Early Packet Pick Up on Thursday, April 25th from 5:30 – 7:30PM

Registration packets will be ready for pick up at Sports Basement in Berkeley. *For every packet that gets picked up early, Sports Basement will add \$1 to their gift card prize to be raffled off to our top fundraisers.* This is also your time to shop for any last minute ride gear as Sports Basement will offer **20% discount** off your purchase that night only!



Turn in your Pledges!

If you have checks and cash from your ride donors, please turn it into the registration team. We'll give you an envelope for you to seal and sign. We'll also have gold stars in case you hit the \$1,000 mark!

2. Make sure you and your bike are ready to roll

Make sure your bike is in good, working order and safe to ride before you start. Keep it tuned-up, tires properly inflated, chain clean, and well lubricated, and 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 our sponsor, [Tip Top Bike Shop](#).

3. 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. [If you need fundraising tips or a sample fundraising email, click here!](#)

4. Read this: 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.
- No headphones, earbuds, or other listening devices.
- 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 and leave their share clear for safe driving.
- Ride close to the right edge of the road.
- Ride single file, particularly when traffic is present.

Questions? Please email our event organizer, Jessica de Jesus, jessica@homegrownevents.net.

- 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.

5. 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.

110-Mile Riders

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

- [Reserve your spot](#) on our charter bus that will leave at 5PM (\$30);
- [Buy a train ticket](#) on the 5:40PM Capitol Corridor train (401 I Street); or
- Set up your own ride back

68-Mile Riders

Two questions:

1. Did you book your train ticket from Jack London Square to Suisun City or will you get dropped off? [Click here to buy your train ticket](#). All riders will meet at Oakland Technical High School at 6:45AM and ride together as a group to the train station at 7:20AM to catch the 8:15 train. (NOTE: The Suisun Train station does not have bathroom access on Saturdays! Please use facilities on the train!) If you plan to drive or get dropped off at the train station, please arrive by 9:15AM to meet up with the group. **Roll time is 9:30AM.**
2. Did you book your ride home from Sacramento? Here are your options:
 - [Reserve your spot](#) on our charter bus that will leave at 5PM (\$30);
 - [Buy a train ticket](#) on the 5:40PM Capitol Corridor train (401 I Street); or
 - Set up your own ride back

45-Mile Riders

Two questions:

1. Did you reserve your spot on our charter bus to the ride start in Vacaville or will you get dropped off? [Click here to buy your train ticket](#). Charter Buses will pick up all riders at Oakland Technical High School and depart at 8:00AM. Please plan to arrive by 7:15AM to check-in and load up your bike and grab a cup of coffee.
2. Did you book your ride home from Sacramento? Here are your options:
 - [Reserve your spot](#) on our charter bus that will leave at 5PM (\$30);
 - [Buy a train ticket](#) on the 5:40PM Capitol Corridor train (401 I Street); or
 - Set up your own ride back

Questions? Please email our event organizer, Jessica de Jesus, jessica@homegrownevents.net.

6. 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 on our Facebook page--facebook.com/rideforareasonpublicschools—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!



800

CONSOLIDATE RUBBER FASTENERS HALBROOK INSURANCE AGENCY



TIP TOP BIKE SHOP



Questions? Please email our event organizer, Jessica de Jesus, jessica@homegrownevents.net.

EVENT DAY: START INFORMATION

Saturday, April 27, 2019

All riders should plan to meet at Oakland Technical High School (OT) regardless of the route you plan to do. If you are doing the 45- or 68-Mile route and plan to get to the ride starts on your own, please send an email to jessica@homegrownevents.net or a text message to 415-279-1457 so that we know to expect you there.

ATTENTION ALL RIDERS!

All riders, even those who attended Early Packet Pick Up on April 25th, are asked to check in at the registration table so that we have an accurate list of riders on the course. You can also text your name and departure time/location to 415-279-1457 the morning of the ride.

Start Location

Oakland Technical High School
4351 Broadway (front lawn)

Start Schedule

5:30 – 7:30AM **All Riders Check-In;** remaining registration packets available for pick up; rolling start (slower riders for the 110-mile route are encouraged to get an early start!)

6:45AM 68-mile Riders gather for group ride to Jack London Square Amtrak Station for 8:15AM train to Suisun City (arrival time is 9:23AM)

7:00AM 45-mile riders arrive

7:15AM 68-mile riders depart for Jack London Square Amtrak Station

7:30AM 45-mile riders check bikes into Vacaville-bound trucks

7:45AM 45-mile riders board charter buses for Vacaville

7:30AM Last 110-mile riders depart

8:00AM Charter busses and trucks with 45-mile riders depart for Vacaville

9:00AM Charter Buses arrive at Alamo Creek Park in Vacaville with 45-mile riders

9:23AM 68-mile riders arrive in Suisun City

9:30AM 68-mile riders start from Suisun City

Questions? Please email our event organizer, Jessica de Jesus, jessica@homegrownevents.net.

10:00AM 45-mile riders start from Vacaville

Parking

Please note that there is no parking on school grounds for this event. So, if you plan to drive, please allow time to find street parking around the school. We encourage participants to ride, carpool, or get dropped off at the school.

Other Details

Turn in your Pledges!

If you have checks and cash from your ride donors, please turn it into the registration team. We'll give you an envelope for you to seal and sign. We'll also have gold stars in case you hit the \$1,000 mark! You will still have until June 16 to raise money for our schools!

Wear Your Bib Number!

All riders must wear your bib numbers on your back so you are easily identified! We want you to stand out, especially in busy areas throughout the course. Your bib will have your t-shirt size on the back, so please bring it to claim your shirt at the finish line.

Bag Check

We will offer self-service bag check at the start **only**. Drop off your finish line clothing and extra layers and we'll bring it to the finish line! Please use your tear off on your bib to tape to your bag for easy identification.

Bike Tags

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

Coffee & Snacks

Peet's will be pouring coffee at the start, so get there early for your morning cup of joe! **Light** snacks will also be provided thanks to *Beauty's Bagels!* (We still recommend you fuel up with your usual power breakfast!)

What to carry on your bike

Please be sure to bring these items:

- ✓ Helmet
- ✓ Photo ID Card
- ✓ Medical Card
- ✓ Spare tube

Questions? Please email our event organizer, Jessica de Jesus, jessica@homegrownevents.net.

- ✓ Any specific snacks you just can't live without
- ✓ Water bottle
- ✓ Cell phone, credit card and some cash in a Ziploc (just in case!)

Snacks and hydration will be provided at all rest stops with lunch provided in Vacaville (110-milers only) and Davis (45- and 68-milers only).

What to pack for the finish

- ✓ Picnic blanket and/or beach chairs
- ✓ Change of clothes and comfy shoes
- ✓ Money for food trucks

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.

Bib Numbers

Please pin your bib number on the back of your clothing so our SAG drivers can see it clearly.

Rider Support

You will be supported throughout the day!

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:

- [45-Mile Route](#)
- [68-Mile Route](#)
- [110-Mile Route](#)

Questions? Please email our event organizer, Jessica de Jesus, jessica@homegrownevents.net.

Route Markings

In addition to your turn-by-turn cue sheet, roads will be marked with **PINK** paper RouteArrows.* Last year's paint markings, while present and sometimes helpful, do not always follow this year's course. Watch for A-frame sandwich boards indicating major turns and transitions.

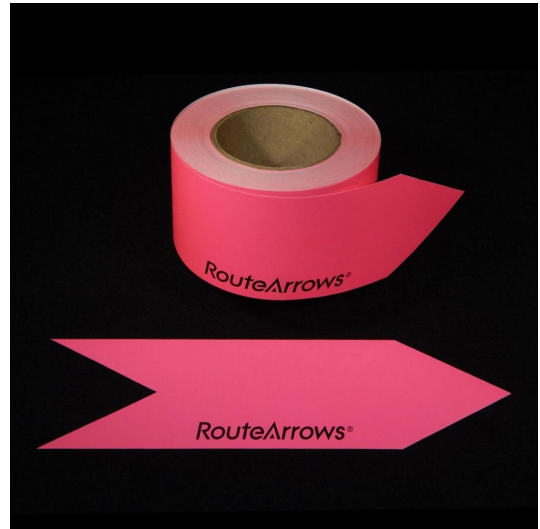
**If there is rain the day before the ride, there will not be any arrows on the ground, so please keep an eye out for sandwich boards at major turns.*

Rest Stops

All rest stops will be equipped with water, electrolyte drinks, snacks, first aid kit, bathrooms or porta-potties, and enthusiastic volunteers to keep your energy up to get to the finish. Please see your route sheet for specific locations.

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 call (415) 279-1457 and we'll send out help right away. They will have an "R4R SAG" sign in 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 #1 (Bear Creek Rd. & Alhambra Valley Rd.)

@ Mile 21

Open from 7:15AM - 9:45AM

Rest Stop #2 (Lopes Rd)

@ Mile 41.7

Open from 8:15AM – 11:15AM

Rest Stop #3 (Alamo Creek Park, Vacaville)

@ Mile 63.2 for 110 Riders (lunch stop)

@ Mile 22.6 for 68 Riders

Open from 10:30AM – 1:30PM

Questions? Please email our event organizer, Jessica de Jesus, jessica@homegrownevents.net.

Rest Stop #4 (Putah Creek Rd)

@ Mile 75.1 for 110 Riders
@ Mile 35 for 68 Riders
@ Mile 12.5 for 45 Riders
Open from 10:30AM – 2:00PM

Rest Stop #5 (Davis Community Church, Davis)

@ Mile 93.5 for 110 Riders
@ Mile 53 for 68 Riders (lunch stop)
@ Mile 30.4 for 45 Riders
Open from 11:00AM – 3:00PM

Cut-Off Times

Riders who are on course and haven't 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 starting at 4:00PM.** The finish line in Sac will shut down at 4:30PM.

**Watch for these course markers
at turns and intersections!**



Questions? Please email our event organizer, Jessica de Jesus, jessica@homegrownevents.net.

EVENT DAY: FINISH LINE INFORMATION

Finish Line Location:

Grass area on the North Steps of the CA State Capitol on L Street

Schedule

- 1:00 – 4:00PM Riders arrive at the Finish: check in, relax, eat, hydrate, pick up t-shirts, load bikes into trucks for return trip back (if you're taking the charter bus back!)
- 3:00PM Rider cut-off time at Davis Community Church (DCC). All riders must leave DCC by 3PM to continue by bike to the finish. Riders who have not yet reached DCC by this time will be given the option to get driven to the finish line or continue the ride unsupported and will be responsible for their own transportation back to Oakland.
- 4:00PM Course officially closes and all SAG support ends. Any riders still on course at this time will be given the option to get driven to the finish line or continue the ride unsupported and will be responsible for their own transportation back to Oakland.
- 4:15 – 4:45PM Short rally and group photo (please don't miss this!!)
- 5:00PM Riders depart via charter buses, Capitol Corridor train or on their own
****CHARTER BUSES WILL LEAVE AT 5:00PM-SHARP!****
- 6:30-7:00PM Charter buses and trucks arrive back at Oakland Tech to unload riders and bikes

Food

We have secured with two food trucks to bring you a nice, well-deserved hot meal at the finish line, so bring some money!

Friends and Family Welcome!

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

Questions? Please email our event organizer, Jessica de Jesus, jessica@homegrownevents.net.

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).

Check out our Fundraising Tools!

<http://rideforareason.weebly.com/fundraising-tools.html>



Questions? Please email our event organizer, Jessica de Jesus, jessica@homegrownevents.net.

SOCIAL MEDIA TOOLS

BEFORE THE EVENT

FACEBOOK

Post your photos on our page @rideforareasonpublicschools
Use this hashtag on all your posts: #R4RSchools

Sample status updates:

"I'm a product of the public school system and believe everyone should have a good education. Ride for 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 your on your training rides, polishing up your bike, your new bike shoes, etc.
- Post pictures featuring one of our fabulous sponsors and tag them!
 - o In their shops: Tip Top Bike Shop, Flying Yoga, Sports Basement, and Left Coast Yoga
 - o Enjoying their food: Clif Bar, Curbside Creamery, Peet's, Aunt Mary's Café

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

Questions? Please email our event organizer, Jessica de Jesus, jessica@homegrownevents.net.

Sample status updates:

"I made 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 ride pix: #R4RSchools

- Post selfies and group shots 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.
- Post pictures of you at the finish line in Sacramento

Questions? Please email our event organizer, Jessica de Jesus, jessica@homegrownevents.net.