4 2006 50K, 100K 100K—Hilly, 100Mi, 200K • Palo Alto, California ٠ Routes 5 Choose



Western Wheelers Bicycle Club, Inc. P.O. Box 518 • Palo Alto, CA 94302

AUTO U.S. POSTAGE PAID PALO ALTO, CA Permit No. 391

If mailed individually, use first class stamp

FIRST CLASS MAIL



Sequoia 2006 T-shirts



You can order a T-shirt featuring this year's Sequoia logo. T-shirts are available in sizes S to XL. If you order your T-shirt by May 22nd, you can pick it up at the end of the ride. Otherwise the shirt will be mailed to you.

Sponsors









Sequoia Jerseys



Short sleeve jerseys are currently available in both men's and women's sizes (S to XXL) in both the Sequoia and Western Wheelers Club designs. These colorful jerseys are made by Voler using its top-ofthe-line SO Pro fabric. Not sure what size to order? Just check out the Voler site: www.velowear.com/help.asp#Sizing



Club Jerseys

SEQUOIA CENTURY Sunday, June 4, 2006 TOUR ROUTES

Routes include mountain roads, auto traffic, and few bicycle lanes. Due to the effects of recent weather, we may have to alter the routes from those described below. For the latest Sequoia information, dial the Sequoia Hotline (650-577-8819) or visit us online at (www.westernwheelers.org).

We encourage slower riders to arrive 30 minutes prior to the start time for their route to leave when route opens to insure proper support during their ride.

Additional food and live music is available at the VA at the end of the rides.

200 K route

(6:00 to 8:00 AM start)—Goes out Foothill Expressway, climbs Stevens Canyon Road and up Redwood Gulch and Big Basin Roads. Then along Skyline, Summit and Highland Roads, descends beautiful Eureka Canyon to Corralitos. The return is through Soquel, climbing Rodeo Gulch, then into Henry Cowell State Park (no Pipeline Road this year), East Zayante to Summit Rd and Skyline Boulevard. Finally, you descend Page Mill and through Los Altos Hills and back to the VA. (10,000 ft. of climbing.)

100 mile route

(6:00 to 8:00 AM start)—Follows the 200 K route, but descends Summit and Soquel-San Jose Roads to rejoin the 200 K route at Rodeo Gulch. (8,900 ft. of climbing.)

110 K hilly route

(7:00 to 9:00 ÅM start)—Follows the 100 M and 200 K routes to Skyline, then descends Bear Creek Road to Hwy 9, and back up to Skyline. It rejoins the 100 M and 200 K routes at Saratoga Gap. (6200 ft. of climbing.)

100 K moderate route

(7:00 to 9:00 AM start)—Follows the other routes, but continues up and down Mt. Eden Road where it loops around Saratoga and follows the "maze" to Cupertino and the Foothill Expressway. It then wanders through Los Altos Hills and back to the VA for lunch. After lunch the route heads north along the Foothill Expressway, around the "Portola Loop," and back to the VA. (3300 ft. of climbing.)

60 K route

(8:00 to 10:00 AM start)—Starts out as the other routes, climbing and descending Mt. Eden Road. After a loop around Saratoga, it follows the 'maze' to Cupertino and the Foothill Expressway where it returns to the VA. (1600 ft. of climbing)

All routes close at 6:00 PM!

Route Sheets and Rider Numbers may be picked up between noon and 4 PM, Saturday, June 3rd, if desired. Go to The Bicycle Outfitters, 963 Fremont Avenue, Los Altos (off Foothill Expressway near Miramonte/Loyola Drive). Do not start your ride on Sunday before the designated time OR you may get to the rest stops before the food arrives.

All participants will be required to sign a Release & Waiver of Responsibility before receiving their rider packet.

Tour support provided to all participants includes a detailed route sheet, road direction arrows, rider tags, food and drink at roadside rest stops, radio dispatched SAG support, and a 2006 patch.

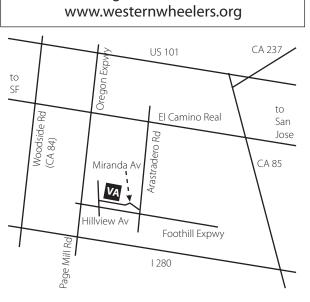
MASSAGE available: Noon to 6 PM. \$1 per minute–Cash or Check Only. HAVE LOOSE CLOTHES AVAILABLE.

Registration is limited to the first 1200 applications received. Those received after this limit will be returned. No rebates for no-shows or inclement weather.

Need more information? Leave a message on our Voice Mail (650-577-8819). Please speak slowly and clearly and leave your name and mailing address, or e-mail to: sequoia2006@westernwheelers.org

All riders must wear a helmet and should carry a pump, water bottle, and a spare tube and patch kit. It is good to have a small snack for hunger before the first rest stop.

Register online at



SEQUOIA 2006 RULES

- Remember that this is a tour, not a race or an endurance event. Choose a route that matches your capacity.
- All riders 18 and over must present a signed Release and Waiver to pick up their rider number. Forms will be available at Registration or may be printed in advance from out website (www.westernwheelers. org).
- Riders under the age of 18 must present a Release and Waiver signed by a parent or guardian.
- Riders under the age of 14 must ride with a responsible adult AND must carry the Medical Release Form signed by a parent or guardian.
- It is the rider's responsibility to bring a bicycle that is in safe operating condition.
- Do not leave bicycles unattended. Western Wheelers can not be responsible for lost or stolen property.
- Western Wheelers reserves the right to refuse participation to any rider not conforming to the rules.
- Riders of the 110K, 100Mi and 200K are reminded to dress in layers. Although the weather may be hot, Skyline and the Coast frequently have fog and drizzle, particularly in the morning. Many of these roads have narrow or no shoulders; if you are uncomfortable with this, please consider the 100K (moderate) or 60K route.
- Ride single file where there is any traffic and obey the California Vehicle Code.

DIRECTIONS TO THE START

The tours begin at the V A Palo Alto Health Care System in Palo Alto. You will be directed to parking as you enter the Health Care System property.

From US101

- 1. Take Embarcadero Rd./Oregon Expressway exit
- 2a. from 'North'—Keep RIGHT at the fork on the ramp2b. from 'South'—'Keep LEFT at the fork on the
- ramp, then Keep RIGHT at the next fork after the overcrossing
- 3. Merge onto Oregon Expressway
- 4. Oregon Expressway becomes Page Mill Road
- 5. Turn LEFT at Foothill Expressway (~3¼ miles)
- 6. Turn LEFT onto Hillview
- 7. Take immediate RIGHT onto Miranda Avenue
- 8. The Palo Alto VA is on your LEFT

From I-280

- 1. Take the Page Mill Road exit
- 2. Turn RIGHT at Foothill Expressway (~1¼ mile)
- 3. Turn LEFT onto Hillview Avenue
- 4. Take immediate RIGHT onto Miranda Avenue
- 5. The Palo Alto VA is on your LEFT

						registration and merchandise	d merchandise		amount
first name						60K	single \$25; tandem team* \$50; family** \$50	mily** \$50	
last name						after May 22	after May 22 single \$30; tandem team* \$60; family** \$60	nily**\$60	
street & number						all other routes	all other routes single \$35; tandem team* \$70; family** \$70	mily** \$70	
city						after May 22	after May 22 single \$45; tandem team* \$80; family** \$80	¢ nily**\$80	
state	ZIP		1	age*		T-shirt	\$15; \$18 after May 22; will be mailed	ed be	
phone	ı	1		*if under 18 years	18 years	size (circle)	size (circle) small medium large extra large	ra large	
emerg. phone	I	I				sequoia jersey	sequoia jersey available in men's & women's, S to XXL	o XXL	
email							\$70 (\$60 for WWBC members) size:	ie:	
	2			<i></i>		WW club jersey	WW club jersey available in men's & women's, S to XXL	XXL ¢	
Western Wheelers Sequoia 2006		Privacy: We Will not give any information from this form to 3rd parties, except for emergencies.	ve any Informa emergencies.	ation from this	TOPIM TO		\$70 (\$55 for WWBC members) size:	ze:	
c/o Rich Heisterberg 1663 Rock Street, Apt. B Mountain View, CA 94043-1841		ROUTE (circle one)	Ē)			*1 entry form per p envelope	*1 entry form per person mailed in the same T envelope p	TOTAL payment \$	
<i>Make check payable to</i> Western Wheelers	60	60K 100K 110K (hilly) 100M	OK (hilly)		200K	form per person			

2006 Sequoia Century Registration Form