

Sunday, June 1, 2008
Palo Alto, California •

50K • 100K • 112Mi

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

Sequoia 2008 T-shirts



You can order a T-shirt featuring this year's Sequoia logo. T-shirts are available in sizes S to XL. You can pick it up at the end of the ride.

STOTION TO THE PROPERTY OF THE

Sequoia Jerseys

Short sleeve jerseys are currently available in most men's and women's sizes in both the Sequoia and Western Wheelers Club designs. These colorful jerseys are made by Voler using its top-of-the-line SQ Pro fabric. Not sure what size to order? Just check out the Voler site:

www.velowear.com/help.asp#Sizing



Club Jerseys

Sponsors











SEQUOIA CENTURY Sunday, June 1, 2008 TOUR ROUTES

Routes include mountain roads, auto traffic, and few bicycle lanes. For the latest Sequoia information, visit us online at www.westernwheelers.org.

We encourage slower riders to arrive 30 minutes prior to the start time for their route so that they can leave when the 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.

112 mile route

(6:00 to 8:00 AM start)—Goes through Los Altos Hills, climbs Page Mill, descends Alpine, climbs Haskins Hill, and goes down the coast to Santa Cruz. Returns through Scotts Valley and up Mountain Charlie, Summit, and Skyline. Finally, descends from Saratoga Gap, climbs Pierce and Mt. Eden, and cruises back to the VA. (9,000 ft. of climbing.)

100 K route

(7:00 to 9:00 AM start)—Follows the 112-mile route up Page Mill, goes north to Sky Londa, descends to La Honda, climbs Alpine, goes south to Saratoga Gap, descends Highway 9, climbs Pierce and Mt. Eden, and cruises back to the VA. (6100 ft. of climbing.) There are options at the top of Page Mill for a 60K ride (3600 ft. of climbing) or a 42-mile ride (4200 ft. of climbing).

50 K route

(8:00 to 10:00 AM start)—Goes south through Los Altos and Los Altos Hills, then back north to Atherton and Menlo Park. Returns through Palo Alto to the VA. (1200 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, May 31st, 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 2008 patch.

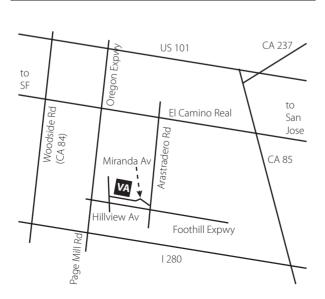
MASSAGE available: Noon to 6 PM. \$1 per minute–Cash or Check Only. HAVE LOOSE CLOTHES AVAILABLE.

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: sequoia2008@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 www.active.com (additional processing fee; credit or debit card only)



SEQUOIA 2008 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 submit a signed Release and Waiver (either when registering or at sign-in) 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 submit 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 100K and 112Mi 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 50K 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 ramp
- 2b. 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
- Oregon Expressway becomes Page Mill Road
- 5. Turn LEFT at Foothill Expressway (~31/4 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 (~11/4 mile)
- 3. Turn LEFT onto Hillview Avenue
- 4. Take immediate RIGHT onto Miranda Avenue
- 5. The Palo Alto VA is on your LEFT

Make check payable to Western Wheelers	P.O. Box 518 Palo Alto, CA 94302-0518	Detach and mail to: Western Wheelers Sequoia 2008		emerg. phone	stateZIP	city	street	phone	email	last name	IIIstridine
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112M		Privacy: We will not give any information from this form to 3rd parties, except for emergencies.	*if und	aç							
		this form to	*if under 18 years	age*							

2008 Sequoia Century Registration Form

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