

1997 Sequoia Century

Sunday, August 10, 1997

**This year's Sequoia routes return to those of yore,
challenging,
but suitable for mere mortals to ride.**

Western Wheelers would like to invite you to join us in the 1997 Sequoia Century. Four different routes provide for different skill levels and each offer superb views of the surrounding terrain. There will be multiple rest stops and lunch with Sequoia's traditionally great food. All riders will get a beautiful patch at the end of the rides. Short-sleeved T-shirts (without advertising) to commemorate the ride will be available for those who order them.

All rides start and finish at Foothill College in Los Altos Hills on El Monte Road at Interstate 280. From either the south or north take the **El Monte exit** and go toward the mountains. The entrance to Foothill College is the first RIGHT turning. There is abundant parking available, just follow the directions of the attendants.

FEES

Postmarked	before 7/20	after 7/20
Single Rider	\$20.00	\$35.00
Tandem Team	\$40.00	\$55.00
Family	\$45.00	\$60.00

(1 or 2 adults and their minor children)

Complete one Entry Form for each person.

NOTICE TO UNPAID RIDERS

Unpaid riders will be actively screened. All riders must have their number visible. If you don't register, we ask that you choose a different route for this weekend and we trust that you will understand.

REGISTER NOW

Fill out entire entry form and sign the liability agreement. Enclose a check payable to Western Wheelers and mail to:

**Western Wheelers Sequoia 97,
P.O.Box 518, Palo Alto, CA 94302**

Registration is limited to the first 2000 applications received. Applications received after this limit will be returned.

(FOR LATE REGISTRATIONS, CALL OUR VOICE-MAIL AT 415/482-9969 TO SEE IF SPACE IS STILL AVAILABLE.)

Entry Forms received without a signed liability form will be returned with your check. If you want confirmation of your registration, please include a stamped, self-addressed envelope with your application.

Route Sheets and Rider Numbers may be picked up Saturday, if desired. Go to The Bicycle Outfitters, 963 Fremont Avenue, Los Altos (off Foothill Expressway near Miramonte/Loyola Drive) between noon and 4 p.m. on Saturday, August 9th. Do not leave Foothill College on Sunday before the designated start time for your route or you may beat the food to the rest stops.

Need more information or more applications? Leave a message on our Voice-Mail (415/482-9969). Tell us what you need and your name and mailing address. *Please be sure to speak slowly and clearly.* Our E-mail and World Wide Web addresses are: Sequoia1997@pobox.com \ <http://www.webville.com/oak/ww/Sequoia1997>

Rules of the Road

For everyone's enjoyment, use common sense and courtesy when riding. To help insure the safety of all.

- Always carry identification and an emergency contact and telephone number.
- Riders must obey all rules governing vehicular traffic on public roads. California Vehicle Code rules will be enforced by the CHP and local police.
- No alcoholic beverages are permitted.

We Remind Riders that They Must

RIDE SINGLE FILE ON ALL ROADS

RIDE DEFENSIVELY

PASS ONLY WHEN IT'S SAFE

STOP AT ALL STOP SIGNS

CONTROL SPEED ON DESCENTS

More Things to Remember

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

- Remember this is a *tour*, not a *race* or an *endurance event*. Choose a route that matches your capability.
- 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.

1997 Sequoia Century Routes

50 K (31 miles)—A good family ride. This route will appeal to those who do not like much hill climbing or have children in tow. It also is an opportunity to visit some of the prettier communities of the lower-peninsula. This route has about 1000 feet of climbing.

100 K—After wandering through Portola Valley and Woodside there is a challenging climb up Kings Mountain Road to Skyline. Then you will go south on Skyline through the redwoods with vistas of Silicon Valley, the Pacific Ocean and the Santa Cruz Mountains. Skyline climbs to 2200 feet twice, goes down to 1400 feet once and ends at Saratoga Gap at 2600 feet. The route descends from the mountains at the Saratoga Gap on a wonderful seven mile downhill to the town of Saratoga. The route then returns to the start over undulating

terrain. This route offers moderate climbing (4000 feet).

100 Mile—This route proceeds south around Stevens Creek Reservoir over Mt. Eden (the easy way) and then up Highway 9 to the Saratoga Gap (seven miles of uphill, a serious climb, but easily doable by 'plodding' along). At the Saratoga Gap the route turns north to La Honda Road (meeting the 100 K's coming south). Then there is a wonderful downhill to the town of La Honda. Now it is up again over Haskins Hill and beautiful views to Memorial Park for lunch. After lunch it is off to the little town of Pescadero and north through great countryside along Stage Road and Highway 1 on the coast to Tunitas Creek Road. Here it is up the mountains to Skyline again in three distinct segments. The first part is easy. There is a serious mid-section and then an easier last part. Now it is north again on Skyline with some

extraordinary views of the ocean and valley to Highway 92. A quick descent and across the Crystal Springs Reservoir brings you to Cañada Road, then you go south again past the Pulgas Water Temple and back to the start. This route offers more climbing (7000 feet).

200 K—The 200 K follows the 100 M to lunch. After lunch the route goes to the coast via Gazos Creek Road and south to Bonny Doon Road. It's up to the mountains again via Bonny Doon, Pine Flat and Empire Grade. The Empire Grade brings you to Jamison Creek and a quick descent to Highway 236. Highway 236 goes through Big Basin State Park to join Highway 9 at Watermans Gap. Then you go up to Saratoga Gap (again). Now there is the great seven mile descent to Saratoga and back to the start. This route has about 10,000 feet of climbing, most of it after lunch.

STARTING TIMES: REGISTRATION OPENS

200 K	6:00 to 8:00 a.m.	5:30 A.M.
100 M	6:00 to 8:00 a.m.	5:30 A.M.
100 K	7:00 to 9:00 a.m.	6:30 A.M.
50 K	8:00 to 10:00 a.m.	7:30 A.M.

The Course opens at 6:00 a.m. and closes at 6:00 p.m. Riders must start and finish during this interval to insure that they receive the fine quality food and support that is the Sequoia tradition.

Riders of the 100K, 100M and 200K are reminded they should dress in layers. Although the weather may be hot, Skyline and the Coast frequently have fog and drizzle, particularly in the morning.

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963 Foothill Ave. LOS ALTOS
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1451 El Camino Redwood City (415) 366-7130

Foothill at 280 (Foothill Plaza) Los Altos (408) 735-8735



Free pre-ride inspections for Sequoia riders
3 locations
Berkeley 843 Gilman St. 510.524.5398
Burlingame 1111 Burlingame Ave. 415.343.8483
Los Gatos 100A S. Santa Cruz Ave. 408.399.9142



KEEP THIS MEDICAL RELEASE FORM WITH MINOR

*** DO NOT MAIL ! ***

**Medical Authorization and Consent to Minor Rider pursuant to California Civil Code, Section 25.8
Minor to carry on the day of the ride.**

Name of Minor _____ Birthdate _____ Blood Type (if known) _____

The undersigned does hereby authorize _____ or such substitute as he/she may designate, as agent for the undersigned to consent to any X-Ray examination, anesthetic, medical, dental, or surgical treatment, and hospital care for the above minor, which is deemed advisable by and

to be rendered under the general or specific supervision of any physician and surgeon, licensed under the Provision of Medicine Act, and/or Dentist licensed under the Dental Practice Act, whether such diagnosis or treatment is rendered at the office of said physician or dentist, at a hospital or elsewhere. This

authorization will remain effective while the above minor is enroute to and from, involved or participating in, the Western Wheelers Bicycle Club, Inc. Sequoia Century, unless revoked in writing by the undersigned and delivered to the aforesaid agent.

Parent or guardian signature _____ Date _____

Address _____ Phone _____

MAIL THIS PART

RELEASE and WAIVER OF LIABILITY, ASSUMPTION OF RISK and INDEMNITY and PARENTAL CONSENT AGREEMENT (hereafter 'Agreement')

IN CONSIDERATION of being permitted to participate in any way in Western Wheelers Bicycle Club ("Club") sponsored Bicycling Activities ("Activity"), I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Bicycling Activities and that I am qualified, in good health, and in proper physical condition to participate in such Activity. I further acknowledge that the Activity will be conducted over public roads and facilities open to the public during the Activity and upon which the hazards of traveling are to be expected. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.

actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMES BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation or that of the minor in the Activity.

which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the RELEASEES, I WILL INDEMNIFY, SAME AND HOLD HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such claim.

2. FULLY UNDERSTAND that:(a) BICYCLING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS, AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my own actions or inactions, the

3. HEREBY RELEASE DISCHARGE, AND COVENANT NOT TO SUE Western Wheelers Bicycle Club, Inc., the League of American Bicyclists, their respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

(Signature of Applicant, only if over 18)

(Printed Name)

(Date)

COMPLETE THE FOLLOWING ONLY FOR MINORS

And I, the minor's parent and/or legal guardian, understand the nature of bicycling activities and the minor's experience and capabilities and believe the minor to be qualified, in good health, and in proper physical condition to participate in such activity. I hereby release, discharge, covenant not to sue, and agree to

indemnify and save and hold harmless each of the releasees from all liability, claims, demands, losses, or damages on the minors account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or otherwise, including negligent rescue operations and further agree that if, despite this

release, I, the minor, or anyone on the minor's behalf makes a claim against any of the releasees named above, I will indemnify, save, and hold harmless each of the releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim.

(Print Name Of Parent/Guardian)

(Print Address and Phone Number If Different from Above)

(Date)

(Release Signature of Parent/Guardian)

