

**Sunday June 3, 2001**  
**Sequoia Century**

**50K – 100K – 100Mi – 200K**

**V A Palo Alto Health  
Care System**

**Palo Alto, California**  
presented by

**Western Wheelers Bicycle Club**



# SEQUOIA CENTURY

Sunday, June 3, 2001

## 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 (408-617-1858) or visit us online at ([www.westernwheelers.org](http://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.

**6:00 to 8:00 AM start – 200 K route** — Backroads to Cañada Rd. & Hwy 92 to coast. In and out along coast. Goes inland at Bonny Doon Rd. with lunch at Bonny Doon School (82 miles). Then Empire Grade, Jamison Creek & China Grade to Skyline Blvd. Then descending to start via Page Mill Rd. There is 11,000 feet of climbing.

**6:00 to 8:00 AM start – 100 mile route** — Backroads to Cañada Rd. & Hwy 92 to coast. A trip up Tunitas Creek to Skyline then down La Honda Rd. and onto Stage Rd. and Pescadero Rd. brings lunch at Memorial Park (76 miles). Then Haskins Hill and West Alpine to Skyline and down Page Mill Rd. to start. There is 8500 feet of climbing.

**7:00 to 9:00 AM start – 100 K route** — Backroads to Cañada Rd. & Hwy 92 to coast. A trip up Tunitas Creek to Skyline, then down Kings Mountain Rd. and backroads to the start for lunch. There is 5000 feet of climbing.

**8:00 to 10:00 AM start – 50 K route** — Backroads to Cañada Rd., up Edgewood then down to Alameda de las Pulgas and back to lunch at the start. There is 1800 feet 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 2<sup>nd</sup>**, 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.**

#### 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 ride.**

Name of Minor \_\_\_\_\_ Birthdate \_\_\_\_\_

The undersigned does hereby authorize Western Wheelers or such substitute as they 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 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.

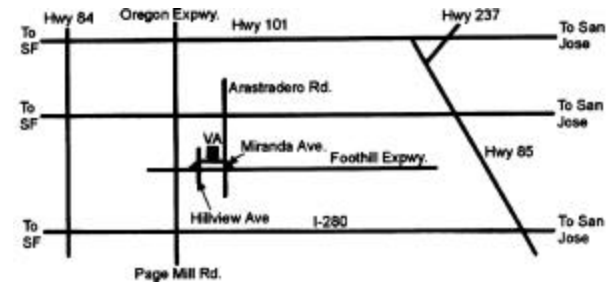
Parent or Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

# SEQUOIA CENTURY – June 3, 2001

The tours begin at the V A Palo Alto Health Care System on Miranda Road off of Arastradero Road and Foothill Expressway in Palo Alto. You will be directed to parking as you enter the Health Care System property.



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 2001 patch.

### FEES

	May 20 or before	After May 20
Postmarked	May 20 or before	After May 20
Single Rider	\$25 (\$20 for 50K)	\$35 (\$30 for 50K)
Tandem Team*	\$50 (\$40 for 50K)	\$60 (\$50 for 50K)
Family (1 or 2 adults and their minor children)*	\$50 (\$40 for 50K)	\$60 (\$50 for 50K)
T-Shirts	\$13.00 each	\$16.00 each (will be mailed)

\*Complete one entry form for each person and mail in one envelope

Registration is limited to the first 1000 applications received. Those received after this limit will be returned. **No rebates for no-shows or inclement weather.**

**MASSAGE available:** Noon to 6 PM - \$15 per 20 min – Cash Only

**Need more information?** Leave a message on our Voice Mail (408-617-1858). Please speak slowly and *clearly* and leave your name and mailing address or e-mail to: [sequoia2001@westernwheelers.org](mailto:sequoia2001@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.

### SEQUOIA 2001 RULES

- Remember that this is a tour, not a race or an endurance event. Choose a route that matches your capacity.
- 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, 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 50K route.
- Ride single file where there is **any** traffic and obey the California Vehicle Code.

**BICYCLE PARTS GENEROUSLY DONATED BY:**  
(All proceeds from parts sales benefit Western Wheelers.)



\*\*\* 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.
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 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.
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 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.

*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**

As the minor's parent and/or legal guardian, I 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 by or alleged to be caused in whole or in part by the negligence of the releasees or otherwise, including negligent rescue operation 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.

Signature of Parent/Guardian \_\_\_\_\_ Printed name \_\_\_\_\_ Date \_\_\_\_\_

**2001 SEQUOIA ENTRY FORM (1 form per person)**

First Name																				
Last Name																				
Street & No.																				
City																				
State																				Age*
Phone																				*if under 18
Emergency Phone																				
E-Mail																				

**ROUTE (circle one)      50K    100K    100M    200K**  
T-Shirt- *optional* (Circle Size)    Small    Medium    Large    Extra Large

**Fees: Registration \$ \_\_\_\_\_ + T-Shirt \$ \_\_\_\_\_**  
(\$25 Single, \$50 Tandem Team\*, \$50 Family \*\*) (\$13 each, circle size above)  
for 50K riders (\$20 Single, \$40 Tandem Team\*, \$40 Family \*\*)  
\*One Entry Form/person mailed in **same** envelope  
\*\*(1 or 2 adults and their minor children) One Entry Form/ person mailed in **same envelope**

**After May 20: Registration \$ \_\_\_\_\_ + T-Shirt \$ \_\_\_\_\_**  
(\$35 single, \$60 Tandem Team\*, \$60 Family \*\*) (\$16 each, circle size above)  
for 50K riders (\$30 Single, \$50 Tandem Team\*, \$50 Family \*\*) (will be mailed)

*Applications without signed release will be returned with your check!*  
\*\*\*\*\* **No rebates for 'no-shows' or inclement weather** \*\*\*\*\*

Make check payable to Western Wheelers and mail to:

**Western Wheelers Sequoia 2001  
c/o Ralph Rohwer  
735 Winstead Terrace  
Sunnyvale, California 94087**

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