

# SEQUOIA CENTURY—Sunday, June 6, 2004—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).*

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** — Goes out Foothill Expressway, climbs Stevens Canyon Road and up Redwood Gulch and Big Basin Road. Then along Skyline, Summit and Highland Roads, descending beautiful Eureka Canyon to Corralitos. The return is through Soquel, climbing Rodeo, East Zayante to Summit Road and Skyline Boulevard. Finally, you descend Page Mill and through Los Altos Hills and back to the VA. There is 10,000 ft. of climbing.

**6:00 to 8:00 AM start – 100 mile route** — Follows the 200 K route, but descends Summit and Soquel-San Jose Roads to rejoin the 200 K route at Rodeo. There is 8,900 ft. of climbing.

**7:00 to 9:00 AM start – 100 K route (hilly)** — 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. There is 6200 ft. of climbing.

**7:00 to 9:00 AM start – 100 K route (moderate)** — 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. There is 3300 ft. of climbing.

**8:00 to 10:00 AM start – 60 K route** — 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. There is 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 5<sup>th</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.*

## 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: [sequoia2004@westernwheelers.org](mailto:sequoia2004@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 2004 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 100K (hilly) or 60K route.

Ride single file where there is **any** traffic and obey the California Vehicle Code.

### Directions to: START of TOUR the VA Palo Alto Health Care System

- 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
  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

You will be directed to parking as you enter the Health Care System property.

WESTERN WHEELERS BICYCLE CLUB  
June 6, 2004  
the 30th SEQUOIA century  
60K  
100K  
110K (hilly)  
100Mi  
200K  
Five routes to choose from. Ride starts at VA Palo Alto Health Care System in Palo Alto, California. Plenty of food along the way plus full SAG support, a big lunch, patch, and live music at the end.

Register online at  
[www.westernwheelers.org](http://www.westernwheelers.org)

**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 18 or over 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

**Any Minor must bring this form to the ride!**

**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

