Follow the BLUE arrows.

Ride headquarters phone numbers: (650) 208-0843 or (408) 796-8867.

Do not start before 8:00 a.m. or rest stops may not be open. The VA closes at 6:00 p.m.

Riders are required to wear ASTM, CPSC, ANSI, OR SNELL approved helmets. NO HELMET, NO RIDE! Bicycle inspection is available on a voluntary basis.

Riders should carry a spare tube, pump, tools, water bottle, phone money, and medical identification.

Riders under 18 years old must have a parent or guardian present during registration to sign a medical authorization form and release agreement. Children under 14 years old must ride with an adult.

The Sequoia Century is a tour, not a race. Please be courteous to other cyclists and motorists.

RIDERS MUST OBEY THE CALIFORNIA VEHICLE CODE. Those who don't may be cited and

