

Western Wheelers Bicycle Club

June 5

2005



Sequoia Century

60K • 100K • 110K (hilly) • 100 Mi • 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

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

<Firstnames> <lastnames>
<Address>
<City>, <state> <zip>

If mailed
Individually,
fold and use
37 cent
stamp

Standard Mail
US Postage
PAID
Palo Alto, CA
Permit No. 391

SEQUOIA CENTURY – June 5, 2005

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.

Directions to: 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**

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 2005 patch.

FEES

Postmarked	May 22 or before	After May 22
Single Rider	\$30 (\$25 for 60K)	\$40 (\$35 for 60K)
Tandem Team*	\$60 (\$50 for 60K)	\$70 (\$60 for 60K)
Family (1 or 2 adults and their minor children)*	\$60 (\$50 for 60K)	\$70 (\$60 for 60K)
T-Shirts	\$18.00 each	\$21.00 each (will be mailed)

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

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.**

MESSAGE available: Noon to 6 PM—\$1 per minute—Cash or Check Only
HAVE LOOSE CLOTHES AVAILABLE

Need more information? Leave a message on our Voice Mail (408-257-6410). Please speak slowly and *clearly* and leave your name and mailing address or e-mail to: sequoia2005@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 2005 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 110K, 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 (moderate) or 60K route.
- Ride single file where there is **any** traffic and obey the California Vehicle Code.

Tear here and return with LEFT TWO panels