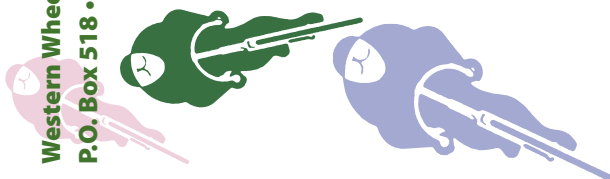




Sunday, June 7, 2009
Palo Alto, California

50K • 100K • 100-mile • 200K

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



PRST STD
 AUTO
 U.S. POSTAGE PAID
 PALO ALTO, CA
 Permit No. 391

If mailed individually,
 use first class stamp

Sequoia 2009 T-shirts



You can order a 100% cotton T-shirt featuring this year's Sequoia logo. T-shirts are available in sizes S to XL. You can pick it up at the end of the ride.



Western Wheelers Club Jerseys

Short sleeve jerseys are currently available in most men's and women's sizes. Men's sizes are Club Fit and Women's are Race Fit. These colorful jerseys are made by Voler using its top-of-the-line SQ Pro fabric. Not sure what size to order? Just check out the Voler site: <http://www.velowear.com/help.aspx#CatCode24>

Sponsors



THE BIKE HUT

tunitas creek rd., 1.6 km. east of hwy. 1
 drinks, snacks, free water, & picnic area



SEQUOIA CENTURY

Sunday, June 7, 2009

TOUR ROUTES

Routes include mountain roads, auto traffic, and few bicycle lanes. For the latest Sequoia information, visit us online at www.westernwheelers.org.

We encourage slower riders to arrive 30 minutes prior to the start time for their route so that they can leave when the 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.

* 50K Route

(8-10 AM start) Loops through Los Altos Hills, Portola Valley, Menlo Park, and Palo Alto. This mellow ride has 1200 ft. of climbing.

* 100K Route

(7-9 AM start) Climbs Redwood Gulch and Big Basin Way to Saratoga Gap, goes north on Skyline, descends Alpine Road to La Honda, continues to San Gregorio, climbs Tunitas Creek Road, descends Kings Mountain to Woodside, and returns to Palo Alto. This mountainous metric has 6000 ft. of climbing.

* 100-mile Route

(6-8 AM start) Follows the 100K route and adds a loop from Saratoga Gap to Boulder Creek. This scenic century has 9000 ft. of climbing.

* 200K Route

(6-7 AM start) Follows the 100-mile route and adds a loop from San Gregorio down the coast to Pescadero. Also adds a loop to Lobitos on the way up Tunitas. This challenge has 11,000 ft. of climbing.

All routes close at 6 PM!

INTERMEDIATE TIME CUTOFFS ENFORCED

Route Sheets and Rider Numbers *may* be picked up between noon and 4 PM, Saturday, June 6, 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.

All participants will be required to submit a Release & Waiver of Responsibility before receiving their rider packet.

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 2009 patch. All participants are eligible to win raffle prizes. Winners need not be present to win. PhotoCrazy will be on hand to snap photos of riders.

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.

Need more information? Leave a message on our Voice Mail (650-577-8819). Please speak slowly and clearly and leave your name and mailing address, or e-mail to: sequoia2009@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.

Register online at www.active.com
(additional processing fee; credit or debit card only)



SEQUOIA 2009 RULES

- Remember that this is a tour, not a race or an endurance event. Choose a route that matches your capacity.
- All riders 18 and over must submit a signed Release and Waiver (either when registering or at sign-in) to pick up their rider number. Forms will be available at Registration or may be printed in advance from our website (www.westernwheelers.org).
- Riders under the age of 18 must submit a Release and Waiver signed by a parent or guardian.
- 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, 100-mile 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.

DIRECTIONS TO THE START

The tours begin at the VA Palo Alto Health Care System in Palo Alto. You will be directed to parking as you enter the Health Care System property.

From US101

- Take Embarcadero Rd./Oregon Expressway exit
- from 'North'—Keep RIGHT at the fork on the ramp
- from 'South'—Keep LEFT at the fork on the ramp, then Keep RIGHT at the next fork after the overcrossing
- Merge onto Oregon Expressway
- Oregon Expressway becomes Page Mill Road
- Turn LEFT at Foothill Expressway (~3¼ miles)
- Turn LEFT onto Hillview
- Take immediate RIGHT onto Miranda Avenue
- The Palo Alto VA is on your LEFT

From I-280

- Take the Page Mill Road exit
- Turn RIGHT at Foothill Expressway (~1¼ mile)
- Turn LEFT onto Hillview Avenue
- Take immediate RIGHT onto Miranda Avenue
- The Palo Alto VA is on your LEFT

2009 Sequoia Century Registration Form

first name _____

last name _____

email _____

phone _____

street _____

city _____ state _____ zip _____

emergency phone _____ age* _____

*if under 18 years

Detach and mail to:
Western Wheelers Sequoia 2009
1459 Golden Meadow Square
San Jose, CA 95117

Privacy: We will not give any information from this form to 3rd parties, except for emergencies.

ROUTE (circle one)

50K 100K 100-mile 200K

Make check payable to Western Wheelers

Registration and Merchandise		50K after May 24	all other routes after May 24	T-shirt size (circle)	WW club jersey	TOTAL payment enclosed
		\$25 per person \$35	\$35 per person \$45	\$15 small medium large extra large	available in men's & women's S to XXL \$70 (\$55 for WWBC members) (includes tax) SIZE: <input type="checkbox"/> MEN'S <input type="checkbox"/> WOMEN'S	\$
		\$	\$	\$	\$	\$