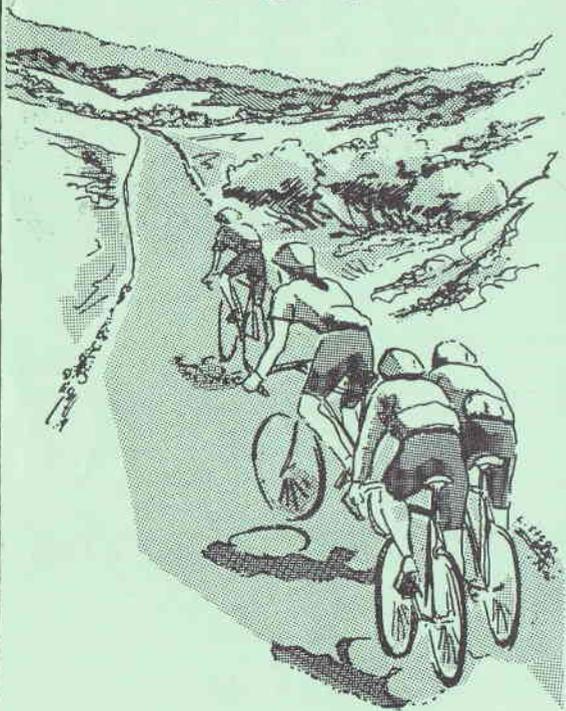


Stems & T
2T mi 9.7 mi/h
Start 8:30 Fin 11:30

Sequoia Century

June 4
1989



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



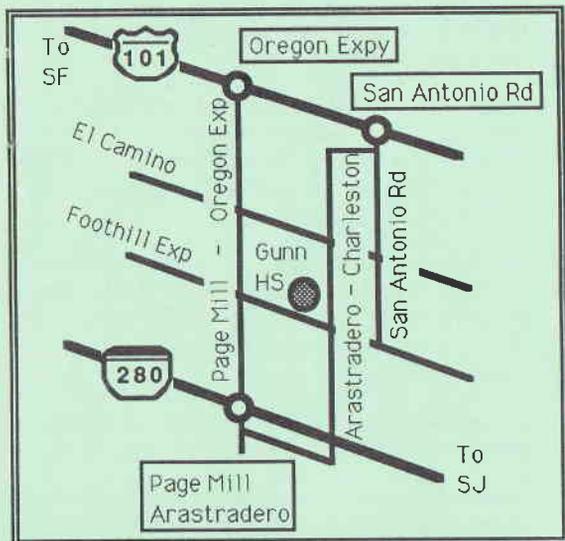
16th Annual
SEQUOIA CENTURY
June 4, 1989

First Class Mail

SEQUOIA CENTURY
 presented by
WESTERN WHEELERS
BICYCLE CLUB
 sponsored by
CITY OF PALO ALTO
RECREATION DEPARTMENT

Western Wheelers welcomes new members. We offer a large variety of recreational rides, plus monthly meetings with programs about cycling. If you are interested in joining our club, check the box on the entry form for information, a newsletter, and a membership application.

RIDE HEADQUARTERS: Gunn High School in Palo Alto, on Arastradero Road at Foothill Expressway.



Since parking is limited, please carpool. Further directions will be given for overflow parking. After parking, first go to bike inspection area before checking in.

The ride will take place rain or shine.

Century Information: (415) 526-0509

Cover art by Laura Stern

++ DO NOT MAIL THIS FORM ++

**MEDICAL AUTHORIZATION
 AND CONSENT TO MINOR RIDER**

Pursuant to California Civil Code, Section 25.8

Name of Minor _____ Birthdate _____

The undersigned does hereby authorize _____

(Leave Blank)

or such substitute as he/she may designate, as agent for the undersigned to consent to any x-ray examination, anesthetic, medical, dental, or surgical diagnosis or treatment and hospital care for the above minor, which is deemed advisable by and to be rendered under the general or special supervision of any physician and surgeon, licensed under the Provision of Medicine Practice Act, or any 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.

The authorization will remain effective while the above minor is en route to or from, involved or participating in the Sequoia Century or other Western Wheelers Bicycle Club events, unless revoked in writing by the undersigned and delivered to the aforesaid agent.

SIGNATURE of Parent/Guardian _____ DATE _____

()
 TELEPHONE _____

ADDRESS _____

CITY _____ ZIP _____

KEEP TO CARRY ON PERSON DURING RIDE

++ DO NOT MAIL THIS FORM ++

16th ANNUAL SEQUOIA CENTURY

June 4, 1989

TOUR ROUTES

All rides are **hilly** and, except for the 25-mile, strenuous. Be in shape for lengthy climbs, and be cautious while you enjoy the long descents. Riders biking to Skyline and the coast should carry warm clothing.

200 Km - Start: 6:00 to 7:30 AM

Explore the lovely Santa Cruz Mountains from both sides during this scenic tour. After a morning climb to Saratoga Gap, journey along the Skyline crest and drop to the coast to visit Bonnie Doon. After lunch continue through Big Basin and the redwoods. A final climb to Skyline, ending with a foothill route home. This hilly ride totals 10,000 feet of climbing.

100 Mi - Start: 6:00 to 7:30 AM

Follow the 200 km riders for a morning climb to Skyline and along the scenic ridge. Descend to La Honda for lunch in the redwoods. Then north along the coastline and back over the mountains on quiet roads. Continue through Woodside before returning via the foothills. 7,300 feet of climbing makes this a challenging century.

100 Km - Start 7:30 to 9:00 AM

Ramble around the Portola loop before taking an enjoyable morning climb to Skyline. Then down to La Honda for lunch at beautiful Memorial Park. Return through San Gregorio to Skylonda and finish on valley roads back to Gunn. Total elevation gain is 4,500 feet.

50 Km - Start 8:30 to 10:00 AM

After a foothill warm up, take an enjoyable morning climb to Skyline on a very quiet road. Enjoy the views north along the ridge before descending back to Woodside and lunch in a lovely Palo Alto park. Finally, a leisurely pace back to Gunn, bringing the total elevation gain to 2,400 feet.

25 Mi - Start 8:30 to 10:00 AM

A delightfully scenic but somewhat hilly ride through the rolling backroads of Portola Valley, Stanford, and Palo Alto. Visit the historic Woodside Store, and after lunch return through quiet residential streets to Gunn High School.

ALL ROUTES CLOSE AT 6:30 PM

REGISTRATION IS LIMITED

DEADLINE: MAY 19, 1989 or 2000 riders, whichever comes first. No cancellation refunds after May 19th.

NO SAME-DAY REGISTRATION: Part of your registration fee will be used to support bicycling enjoyment and safety through legislation and education at the state and local levels.

TOUR SUPPORT: We will provide fruit, snacks, and drinks at rest stops. Also, porta potties, the famous Sequoia Century gourmet lunch, detailed route sheet, rider tags and map, colored direction road arrows, radio dispatched sag wagon support, and an '89 finisher's patch.

TOUR RULES

- **ALL RIDERS ARE REQUIRED TO WEAR ANSI or SNELL APPROVED HELMETS.** Helmets save lives and are required by state law for children under four years old. No helmet, no ride.
- All bicycles **must** pass a safety inspection of wheels, tires, brakes, steering, etc. We reserve the right to refuse participation and refund the entry fee at a later date to any rider whose bicycle is unsafe.
- **Riders must obey all California Vehicle Code laws. Those who don't may be cited.** Rider tags will be required to be worn for sag control, law enforcement, and safety.
- Riders should carry a spare tube, pump, tools, water bottle, phone money, and medical ID.
- Unaccompanied riders under 18 years of age must carry a medical authorization form signed by a parent or legal guardian. See other side of flyer. Children under 14 years must be with an adult.
- Any rider who abandons the ride must notify ride headquarters at Gunn. Phone numbers will be on route sheets.
- The Sequoia is a tour, not a race. Please be courteous to other cyclists and motorists.
- **BIKE SAFELY & ENJOY THE TOUR ***

ENTRY FORM

(One form per rider - Due by May 19th)

NAME (please print) _____

ADDRESS _____

CITY _____ ZIP _____

() _____

EMERGENCY PHONE _____ AGE _____

ROUTE: Circle one

25 mi	50 km	100 km	100 mi	200 km
\$10	\$10	\$13	\$13	\$13

Children 10 years & under ride free.

Club Affiliation: _____

Interested in joining Western Wheelers ? Yes/No

EACH ENTRANT IS REQUIRED TO READ AND SIGN THE FOLLOWING RELEASE AGREEMENT:

In consideration of my being permitted to take part in the Sequoia Century bicycle event, I (hereinafter including myself, my heirs, executors and administrators), waive any and all claims against Western Wheelers Bicycle Club, Inc. (hereinafter including the corporation, its officers, members, and/or agents) arising out of my participation in the Sequoia Century. I understand that accidents occasionally occur during bicycling events and that, as a participant in this event, I might sustain property damage, personal injury and/or death. I freely agree to assume such risks and hold harmless Western Wheelers, Inc., which, through its participation, negligence or carelessness, might otherwise be liable to me for damages. I further assume all responsibility for the operating condition of my bicycle. While Western Wheelers, Inc. may inspect my bicycle to confirm that it appears to meet minimum safety standards, Western Wheelers, Inc. in no way assumes responsibility for the operation of my, or any other rider's, bicycle by virtue of such an inspection.

SIGNATURE _____ DATE _____

Signature Parent/Guardian (required if under 18)

Confirmations will only be returned if you send a self-addressed stamped envelope.

Make checks payable to
Western Wheelers Bicycle Club

Mail to: **Sequoia Century
Western Wheelers
P. O. Box 518
Palo Alto, CA 94302**

** NO SAME DAY REGISTRATION **

* ALL RIDERS MUST WEAR HELMETS *

ENTRY FORM

(One form per rider - Due by May 19th)

NAME (please print) _____

ADDRESS _____

CITY _____ ZIP _____

() _____

EMERGENCY PHONE _____ AGE _____

ROUTE: Circle one

25 mi	50 km	100 km	100 mi	200 km
\$10	\$10	\$13	\$13	\$13

Children 10 years & under ride free.

Club Affiliation: _____

Interested in joining Western Wheelers ? Yes/No

EACH ENTRANT IS REQUIRED TO READ AND SIGN THE FOLLOWING RELEASE AGREEMENT:

In consideration of my being permitted to take part in the Sequoia Century bicycle event, I (hereinafter including myself, my heirs, executors and administrators), waive any and all claims against Western Wheelers Bicycle Club, Inc. (hereinafter including the corporation, its officers, members, and/or agents) arising out of my participation in the Sequoia Century. I understand that accidents occasionally occur during bicycling events and that, as a participant in this event, I might sustain property damage, personal injury and/or death. I freely agree to assume such risks and hold harmless Western Wheelers, Inc., which, through its participation, negligence or carelessness, might otherwise be liable to me for damages. I further assume all responsibility for the operating condition of my bicycle. While Western Wheelers, Inc. may inspect my bicycle to confirm that it appears to meet minimum safety standards, Western Wheelers, Inc. in no way assumes responsibility for the operation of my, or any other rider's, bicycle by virtue of such an inspection.

SIGNATURE _____ DATE _____

Signature Parent/Guardian (required if under 18)

Confirmations will only be returned if you send a self-addressed stamped envelope.

Make checks payable to
Western Wheelers Bicycle Club

Mail to: **Sequoia Century
Western Wheelers
P. O. Box 518
Palo Alto, CA 94302**

** NO SAME DAY REGISTRATION **

* ALL RIDERS MUST WEAR HELMETS *