

Sunday June 4, 2000

Sequoia Century

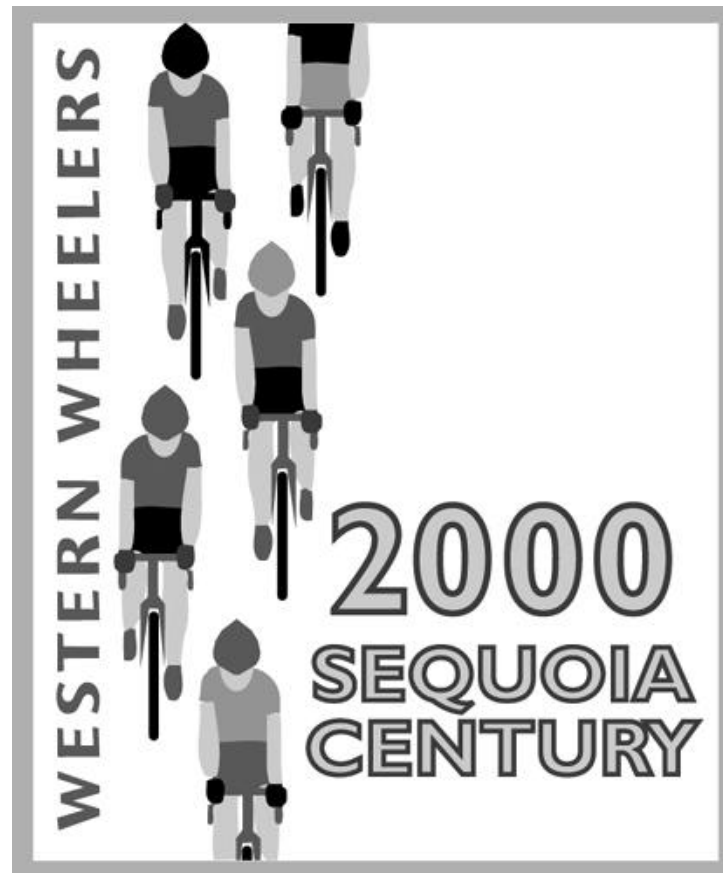
50K – 100K – 100Mi – 200K

**V A Palo Alto Health
Care System**

Palo Alto, California

presented by

Western Wheelers Bicycle Club



SEQUOIA CENTURY

Sunday, June 4, 2000

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 (sequoia2000@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.

6:00 to 8:00 AM start – 200 K and 100 mile route — Relatively new for the Sequoia Century – Page Mill, Skyline, Hwy 1, with lunch near Santa Cruz, then back with a total of 9700/7300 feet of climbing. There is about 1 mile of gravel road to get you into Los Gatos and back to the start in Palo Alto. This is a beautiful ride that you will long remember.

7:00 to 9:00 AM start – 100 K route — A challenging metric century with glorious vistas, 5100 feet of climbing with both redwoods and great downhill with a climb up Kings Mountain Road to Skyline and return down Big Basin Way.

8:00 to 10:00 AM start – 50 K route — A ride for the whole family. Go through Los Altos and Los Altos Hills to the Portola loop. There is 1250 feet of climbing with rolling hills.

All routes close at 6:00 PM!

Route Sheets and Rider Numbers may be picked up between **noon and 4 PM, Saturday, June 3rd**, 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.**

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.

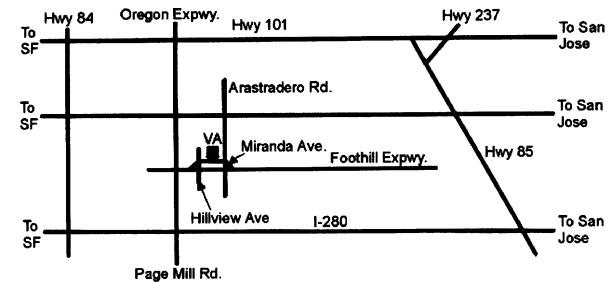
Parent or Guardian Signature _____

Date _____ Phone _____

Address _____

SEQUOIA CENTURY – June 4, 2000

The tours begin at the V A Palo Alto Health Care System on Miranda Road off of Arastradero Road and Foothill Expressway in Palo Alto. You will be directed to parking as you enter the Health Care System property.



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 2000 patch.

FEES

	May 21 or before	After May 21
Postmarked		
Single Rider	\$22.50	\$32.00
Tandem Team*	\$45.00	\$55.00
Family (1 or 2 adults and their minor children)*	\$50.00	\$60.00
T-Shirts	\$15.00 each	\$18.00 each

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

Registration is limited to the first 1000 applications received. Those received after this limit will be returned. **No rebates for no-shows or inclement weather.**

MASSAGE available: Noon to 6 PM - \$15 per 20 min – Cash Only

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 address.

Online: sequoia2000@westernwheelers.org or www.westernwheelers.org

All riders must wear a helmet and should carry a pump, water bottle, and a spare tire and patch kit. It is good to have a small snack for hunger before the first rest stop.

SEQUOIA 2000 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 50K route.
- Ride single file where there is **any** traffic and obey the California Vehicle Code.

BICYCLE PARTS GENEROUSLY DONATED BY:
(All proceeds from parts sales benefit Western Wheelers.)



*** MAIL THIS PART ***

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 over 18 _____ 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 _____

2000 SEQUOIA ENTRY FORM (1 form per person)

First Name																				
Last Name																				
Street & No.																				
City																				
State																			Age	
Phone																				
Emergency Phone																				
E-Mail																				

ROUTE (circle one) 50K 100K 100M 200K

T-Shirt- optional (Circle Size) Small Medium Large Extra Large

Fees: Registration \$ _____ + T-Shirt \$ _____
(\$22.50 Single, \$45 Tandem Team*, \$50 Family ** (\$15 each)
 *One Entry Form/person mailed in same envelope
 **(1 or 2 adults and their minor children) One Entry Form/ person mailed in same envelope

After May 21: Registration \$ _____ + T-Shirt \$ _____
(\$32 Single, \$55 Tandem Team*, \$60 Family **) (\$18 each)

Applications without signed release will be returned with your check!
 *****No rebates for 'no-shows' or inclement weather*****

Make check payable to Western Wheelers and mail to:

**Western Wheelers Sequoia 2000
 c/o Pete Letchworth
 905 Rose Blossom Drive
 Cupertino, California 95014**

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