

BOC Sports Medicine,
Lactic Acid Cycling, and
Idaho Mountain Touring present:

Sunday, July 23, 2006

The Morning After Criterium

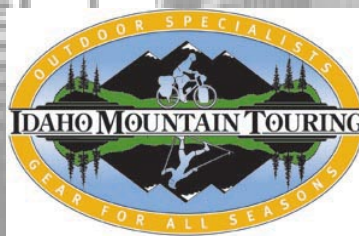
\$2,500 in Cash and Prizes

Start-Finish and Registration:
Corner of 6th and Bannock, Downtown
Boise, Idaho
Registration Starts at 7:00 a.m. and
closes 30 minutes before category
starts.

Spend the weekend racing in Boise, Idaho!
Race the Twilight on July 22nd, and race the Morning After July 23rd.

Time	Category	Distance	Purse	Distribution
7:45 a.m.	Men 4/5	40 min + 3 laps	\$300	Prizes 1-5
8:45 a.m.	Women 1/2/3	40 min + 3 laps	\$600	Cash 1-3, Prizes 4-8
9:45 a.m.	Women 4	30 min + 3 laps	\$300	Prizes 1-5
11:00 a.m.	Men 3 + Mstrs 35+	50 min + 5 laps	\$500	Prizes 1-8
12:15 p.m.	Men Pro/1/2	1 hour + 5 laps	\$800	Cash 1-3, Prizes 4-8

Entry: All Categories - \$30
Race Promoter: Lactic Acid Cycling Club



Contact – Paul Schiffman – 208-378-7468
Visit our website for race information: www.lacticacidcycling.org
USCF Permit # Pending