Intermountain Orthopaedics Idaho State Road Race

August 26, 2006

Start Times -& Approx.Distances

8:15am Men 4-5

(approx 51 miles) 1 El Paso Loop

8:20am Women 1/2/3, **1** El Paso Loop

Men Master 45+

(approx 51 miles)

8:30am Women 3/4 **0** El Paso Loops

Women Master

35+ -- 45+ -- 55+

Men Master 55+-- 65+

(approx 31 miles)

8:35am Juniors, 15-18

Men and Women **0** El Paso Loops

(approx 31 miles)

8:37 am 10-15 Men and Women Valley Course

(approx 14 miles)

11:00am Men Pro 1 /2 **3** El Paso Loops

(approx 91 miles)

11:10am Master 35+ **2** El Paso Loops

(approx 71 miles)

11:15am Men 3 **2** El Paso Loops

(approx 71 miles)

Multiple category races scored separately Wheel cars will be provided as available Prizes - Medals for Top 3 Championship Jerseys for groups of 4 or more Presented and Promoted by





Cycling Race Team

The Lost River Cycling Club is Sponsored by and Thanks

> Intermountain Orthopaedics St. Alphonsus Life Flight Mtn. States Medical Boise Co-op Flipside Cafe BodyBuilding.Com Reed Cycle & Ski Parrilla Grill **Big City Coffee Boise Weekly** Andrae's Restaurant **Gray & Smith Family Dentists** Holzer, Edwards & Harrison Chtd. Mountain View Title Raleigh Cycles **Bell Helmets** Cateye Cycling Electronics Smith's Sport Optics Sock Guy Louis Garneau



\$30 for all except \$10 for juniors.



Send Standard USCF release with entry fee to: LRC 1516 W. Hays Boise, ID 83702 by Aug 22, (postmark) to avoid \$5 late fee. (Available online at www.lostrivercycling.org or www.sportsbaseonline.com
For more info, 890-3118 (lrc board@lycos.com). RACE REGISTRATION closes 30 minutes before start time. Fields may be further combined.

closes 30 minutes before start time. Fields may be further combined. Combined fields scored separately. USCF annual amateur licensed ldaho resident required to win championship. Pro license holders, non-ldaho residents and USCF 1-day license holders may race but are not eligible for championship. USCF Permit 2006-751

Course Warnings

Watch For Cars- There are 2 left turns across traffic on the course Left Turn from El Paso to Dobie will likely have Gravel in Corner Right turn on Crest off Dobie is on a down hill Right Turn on SE 4th off Sand Hollow is obscured by trees

SE 4th has a high speed right sweeper into a neighborhood-Watch for dogs and gravel Right Turn on Brill off Elgin is immediately after a canal.

The 1st 100 meters of Brill is hard pack dirt. There is one other short section of dirt. Right turn on County Line has bad pavement on the inside of the corner OTHER HAZARDS LIKELY EXIST--RIDE SAFELY AND WATCH OUT FOR YOURSELF

Intermountain Orthopaedics State Championship Road Race Course

Directions:

Start - Bill Burns (head east)) Right on Bowman Left on South Slope

Right on Little Freezeout

Right on Hollow

Right on El Paso

Left on Dobie (Dobie becomes 11th)

Right on Crest

Left on SE 10th

Right on Sand Hollow

Right SE 4th -

Left on Elgin -

Right on Brill -

Right on County Line Road

Course Split at intersection of County Line and Dewey

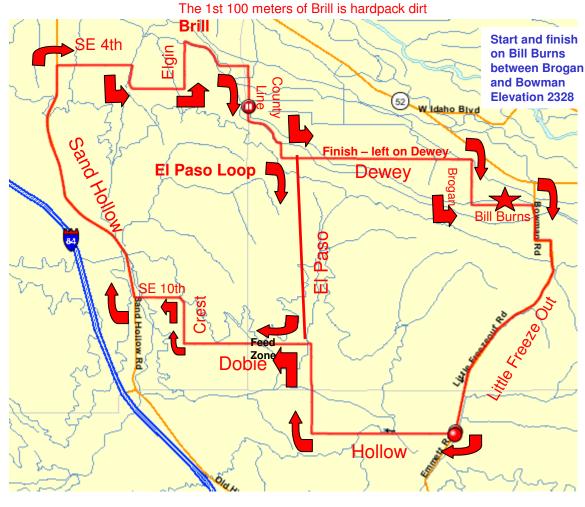
To do an El Paso Loop

Right on Dewey (becomes El Paso) Right on Dobie Follow route above back to Dewey

To Finish:

Left on Dewey Right on Brogan Left Bill Burns

Feed Zone on Dobie



Please See Course Warnings

Juniors10-14 Valley Course (14

miles)
Start - Bill Burns
(head West)
Right on Brogan
Left on Dewey
Right on Little Rock
Left on Brill
Left on County Line
Left on Dewey
Right on Brogan
Left Bill Burns

All distances and Elevations are Approximations

