

Intermountain Orthopaedics Idaho State Road Race

August 26, 2006

The Lost River Cycling Club is
Sponsored by and Thanks

Intermountain Orthopaedics
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Presented and Promoted by



Home of the
Intermountain
Orthopaedics
Specialists in advanced musculoskeletal care
Cycling Race Team



Start Times -& Approx.Distances

8:15am Men 4-5 (approx 51 miles)	1 El Paso Loop
8:20am Women 1/2/3, Men Master 45+ (approx 51 miles)	1 El Paso Loop
8:30am Women 3/4 Women Master 35+ -- 45+ -- 55+ Men Master 55+-- 65+ (approx 31 miles)	0 El Paso Loops
8:35am Juniors, 15-18 Men and Women (approx 31 miles)	0 El Paso Loops
8:37 am 10-15 Men and Women (approx 14 miles)	Valley Course
11:00am Men Pro 1 /2 (approx 91 miles)	3 El Paso Loops
11:10am Master 35+ (approx 71 miles)	2 El Paso Loops
11:15am Men 3 (approx 71 miles)	2 El Paso Loops

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

Entry fee:

\$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. Combined fields scored separately. USCF annual amateur licensed Idaho resident required to win championship. Pro license holders, non-Idaho 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

