

Membership form--2009



# Join IOC/LRCC

*Intermountain Orthopaedics Cycling/Lost River Cycling Club is for road and mountain bikers who desire to ride on a regular basis. We encourage ALL people who ride a bike to join. Some join for casual riding with other members, some to ride with a group during our scheduled club rides, some to significantly improve their riding technique. We have many club members who race their bikes. Annual dues are \$15 if you buy custom gear during our fall membership drive. \$35 if you don't.*  
Help us get to know you by completing and returning this form.

Your Name: \_\_\_\_\_ Date of Birth \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Home Phone: \_\_\_\_\_ e mail: \_\_\_\_\_  
(For List Serve)

Work Phone: \_\_\_\_\_ e mail: \_\_\_\_\_

Occupation: \_\_\_\_\_

Type of Bike(s): \_\_\_\_\_

I'd like (or be willing) to:

- Ride with a Group for fun or fitness \_\_\_\_\_ (Road) \_\_\_\_\_ (MTB)
- Ride Century or Overnight Tours \_\_\_\_\_ (Road) \_\_\_\_\_ (MTB)
- Host Scheduled Rides Regularly \_\_\_\_\_ (Road) \_\_\_\_\_ (MTB)
- Host Scheduled Rides Occasionally \_\_\_\_\_ (Road) \_\_\_\_\_ (MTB)
- Develop My Cycling Skills \_\_\_\_\_ (Road) \_\_\_\_\_ (MTB)
- Meet people to ride with on our own schedule \_\_\_\_\_ (Road) \_\_\_\_\_ (MTB)
- Help putting on Race \_\_\_\_\_ (Road) \_\_\_\_\_ (MTB)
- Other \_\_\_\_\_

For more information, contact Tyler Welshimer at 466-1818 -norba@clearwire.net  
5320 E. Lewis Ln, Nampa, ID 83686. [www.lostrivercycling.org](http://www.lostrivercycling.org) for us on the web

Getting people to serve as ride hosts is what makes the group rides work. If you would like to start up a regular ride, Mtn or Road, please let us know.  
Club Member Benefits for 2009 include a 1 year membership in Emergency Helicopter Transport with your membership if signed up by December 1