

# Intermountain Orthopedics Idaho State Road Race Championship

## Sunday, June 14, 2009

**Start Line** Chaparral Road Behind Firebird Raceway. Take Hwy 16 North from State Street (Hwy 44) west of Eagle ID. Approx 7 miles. Pass Firebird Raceway. Turn left on Chaparral Rd. **Parking/Registration at Chaparral Speedway Oval**

**Overall Race Course Description: (each race is also described on next pages)**

Start on Chaparral

Right on Edna

Right on Lansing

Left on **Northview**

Left On **Gail** which becomes, Hansen then Gill and finally Galloway

Right on Middleton

Left on Goodson

Right on Emmett Highway

*(9:40 and 9:45 Starts go Left on Hollow to Finish All others go straight)*

Right on South Slope

Left on Mill

Left on W. Sales Yard

Left on Star Lane (no street sign)

Right on South Slope

Left on Emmet rd up Little Freezeout *(Feed zone here, non-neutral open at all times)*

Right on Hollow Rd

**TO LOOP (35+A and 1/2 fields only)**

Right on El Paso (Becomes Dewey)

Right on Brogan

Left on Bill Burns

Right on Bowmont (Becomes South Slope)

Right on Little Freezeout

Right on Hollow

**TO FINISH**

Left on Harvey Road

**Left on Goodson**

**Right on Middleton Rd.**

**Left on Galloway**

Right on Duff

Left on Purple Sage

Left on Blessinger to Finish (Becomes Chaparral)

**Categories/Start times/Approximate race distances**

**9:30am** Men 4/5 (59 mi)

**9:35am** Women 1/2/3

Men Master B 35+ (cats 3/4/5)

Men Master B 45+ (cats 3/4/5)

**9:40am** Juniors, M 15-18 (30 mi)

Men Master 55+- 65+ (all cats)

**\*9:45am** Women 3/4

Women Master 35+ -45+- 55+(all cats)

Junior W 15-18

**9:50 am** Juniors 10-14 Men and Women (16 mi) *(This group turns left on Duff from Galloway)*

**10:30 am** Men 3 Men & Master A 45+ (1/2/3) (62 mi)

**10:45 am** Men Master A 35+ (1/2/3) 1 loop (80 mi)

**10:55 am** Men Pro 1 /2 1 loop (80 mi)

**Entry fee: Prior to June 1** \$30 for all except \$10 for juniors.

June 1 to June 10 \$40/\$15 Online registration closes June 10. [www.sportsbaseonline.com](http://www.sportsbaseonline.com)

**Day of Race Registration \$50/\$20.** You can mail a standard 2009 USCA release with entry fee to: LRC 1516 W. Hays Boise, ID 83702 by June 7, (postmark). For more info 890-3118 or ([lrc\\_board@lycos.com](mailto:lrc_board@lycos.com)). Race registration closes 30 minutes before start time. Fields may be further combined. Racer must be USCA **annual** amateur licensed Idaho resident to win title. Pro license holders, non-Idaho residents and USCA road 1-day license holders may race but are not eligible for championship.

**Presented by Lost River Cycling**

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**USCA Permit 2009-679**

Chief Referee:

A SouthWest Idaho Cycling Association (SWICA) points PRIEMERE level race



**The last three start groups will have an additional loop near the finish.**

An immediate right after the turn on Blessinger and ride Purple Sage to Can Ada, left on CanAda up the hill, Left on Deep Canyon, back to Purple Sage, Right on Purple Sage and back to Blessinger and right to the finish.

Combined Fields scored separately  
Wheel cars will be provided as available  
Prizes - Medals for Top 3  
Championship Jerseys Supplied for groups of 5 or more- **New in 2009**  
Jersey's available to be ordered for groups less than 5

**The Lost River Cycling Club is Sponsored by and Thanks:** Intermountain Orthopaedics Sports Medicine Center, St. Alphonsus Life Flight, Boise Co-op, Peloton Plumbing, BodyBuilding.Com, Reed Cycle & Ski, Big City Coffee & Café, Gray & Smith Family Dentists Holzer♦Edwards, Chtd., Raleigh Cycles, Bell Helmets, Welshimer Wheels and Physio Performance Lab  
\*Any category in the 9:45 start may be separated out if there are more than 10 racers in that category.

**9:30am** Men 4/5 (59 mi)

**9:35am** Women 1/2/3

Men Master B 35+ (cats 3/4/5)

Men Master B 45+ (cats 3/4/5)

Start on Chaparral

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Left on Goodson

Right on Emmett Highway

Right on South Slope

Left on Mill

Left on W. Sales Yard

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Right on South Slope

Left on Emmet rd up Little Freezeout (*Feed zone here, non-neutral open at all times*)

Right on Hollow Rd

Left on Harvey Road

**Left on Goodson**

**Right on Middleton Rd.**

**Left on Galloway**

Right on Duff

Left on Purple Sage

Left on Blessinger to Finish (Becomes Chaparral)

**9:40am** Juniors, M 15-18 (30 mi)

Men Master 55+- 65+ (all cats)

**\*9:45am** Women 3/4

Women Master 35+ -45+- 55+(all cats)

Junior W 15-18

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**9:50 am** Juniors 10-14 Men and Women (16 mi)

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**10:30 am Men 3 Men & Master A 45+ (1/2/3) (62 mi)**

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Left on Emmet rd up Little Freezeout (*Feed zone here, non-neutral open at all times*)  
Right on Hollow Rd  
Left on Harvey Road  
**Left on Goodson**  
**Right on Middleton Rd.**  
**Left on Galloway**  
Right on Duff  
Left on Purple Sag  
Left on Blessinger  
Immediate right Back onto Purple Sage  
Left on Can Ada,  
Left on Deep Canyon,  
Right on Purple Sage,  
Right on Blessinger to Finish (Becomes Chaparral)

**10:45 am Men Master A 35+ (1/2/3) 1 loop (81 mi)**

**10:55 am Men Pro 1 /2 1 loop (81 mi)**

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Left on Goodson  
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Right on South Slope  
Left on Mill  
Left on W. Sales Yard  
Left on Star Lane (no street sign)  
Right on South Slope  
Left on Emmet rd up Little Freezeout (*Feed zone here, non-neutral open at all times*)  
Right on Hollow Rd (Do loop)  
Right on El Paso (Becomes Dewey)  
Right on Brogan  
Left on Bill Burns  
Right on Bowmont (Becomes South Slope)  
Right on Little Freezeout  
Right on Hollow  
Left on Harvey Road (to Finish)  
**Left on Goodson**  
**Right on Middleton Rd.**  
**Left on Galloway**  
Right on Duff  
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Left on Blessinger  
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