

Lost River Cycling Club

1996-2011

Our On-Going History

Intermountain Orthopaedics/Lost River Cycling is the largest, most active cycling club (both competitive and recreational) in Idaho. With nearly 220 members in 2010, our 15 year history has been one of growth and community participation.



Club Members getting ready to head out at the 2009 Bob Le Bow Charity Ride

Lost River Cycling was founded in 1996 in Mackay, Idaho along the Big Lost River. From 1984 to 2007 it hosted the Northwest's oldest mountain bike race - the White Knob Challenge. Lost River Cycling was created to promote that race and to promote mountain biking in Eastern Idaho. Later, founder Andrae Bopp (of Andrae's Restaurant) and his family moved to Boise. In the fall of 1999, Andy and North Ada County Fireman Rich Brown organized the LRC race team. LRC was a then new face on the Boise cycling scene and had remarkable racing success. In 2001, LRC added a co-ed club to the organization and Tyler Welshimer agreed to

manage the then 20-member club.

Due to the organization's growth, in 2002 a Board of Directors assumed the management of LRC. By 2003, nearly 100 Boise Valley cyclists were part of the Lost River family. Also, in 2003, the physicians and surgeons of [Intermountain Orthopaedics](#) took on the title sponsorship of the race squad and club and [Reed Cycle](#) in Eagle became our bike shop. Those core relationships continue to this day.

By 2010, nearly 220 members of the club residing between Payette and Mountain Home were riding in the clubs signature Orange and Silver cycling gear.

The Intermountain Orthopaedics Cycling Race Team has traveled regionally but emphasizes local races. In 2006 and again in 2010, it won the Best Area Team competition held by USACycling's local affiliate the [Southwest Idaho Cycling Association](#).

From Cat 1 racers and ex-pro contract holders to newbie 60+ women who raced for the 1st time ever in 2011 diversity is the race teams calling card. That diversity also grew in 2009 when the club associated with [Community Bicycle Rides](#), a group that rides recreationally and trains for charity rides. IOC/LRCC regularly has the largest group of participants of any organized club in the Treasure Valley Charity Bike rides as well as in the MS-150. The club offers year-round group rides on the road and on the dirt.



IOC/LRCC Racer Todd Jankiewicz stringing out the field at the weekly criterium race

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This range of activities is a manifestation of the overall philosophy of LRC which is simple. We want to help people get even greater enjoyment from riding their bicycles. To do this LRC strives to provide numerous opportunities for cyclists, ranging from:

- ❑ Those who desire to race;
- ❑ Those who desire to race in the future but want to ride with experienced riders in a non-competitive environment first;
- ❑ Those who enjoy cycling with a group but have no desire to race.

As part of its commitment to the cycling community, Lost River Cycling has done many things like:

- Sponsored and organized the Idaho State Criterium Championship since 2001.
- Sponsored and organized the Idaho State Road Race Championship from 2001-2009.
- Sponsored the White Knob Challenge 1996-2007, Sandy Point Cyclocross Series, Racin For Jason fundraiser, and Boise Bike Week.
- Offers the annual Turkey Day Ride in support of the Idaho Foodbank since 2002.
- We have Promoted
 - Racing Clinics
 - Annual Christmas Lights Ride
 - Fall “Color Rides”
 - Bike Safety Courses in Local Schools
- Offered weekly year-round Road Bike Group Rides. One is year round with four a week during warmer weather. Now with a Nampa group as well.
- Offered Weekly year-round MTB Group Rides
- Offered Skill, Fitness and Riding Technique clinics for club members
- Encouraged club participation in community bike riding and charity rides
- Provided a members-only discussion group on the internet
- Generated charitable support money for Mackey Ambulance, Hidden Springs Community Farm Education program, The Brain Injury Association, The Idaho Foodbank, Hidden Springs PFA and a number of other organizations

Many racers have won individual titles and state championships. 2010 saw IO/LRCC take multiple wins at all levels of masters racing, including Sean O’Shea as Master Time Trial Champion and Brad Turpen as the Cat 3 State Criterium Champion and Best All Around Rider. About 50 Orange and silver racers lined up at start lines from Seattle to Salt Lake.

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More than 150 Orange and Silver riders started charity rides from Colorado to California.

At the same time the multiple weekly club rides averaged almost 30 riders per ride on the road and 12 riders per ride in the dirt.

Club members include 6 licensed USACycling officials and the manager of the USA Cycling Local Association. Many members are also active in the [Treasure Valley Cycling Alliance](#) [SWIMBA](#), [The Idaho Velo Park](#), [The Boise Bike Project](#) and other advocacy organizations.



Lost River MTB Group in the Boise Foothills