

# Intermountain Orthopaedics/Lost River Cycling Invites You To Join Us At Our 2010 Cycling Club Membership Drive & Party



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

**When:** 6:30 to 9:00p.m. Wednesday, October 14, 2009

**Where:** Reed Cycle 238 E. State St. Eagle Idaho

**What's happening:** Come meet everyone interested in joining the valley's largest team and club! There will be a Fit Kit to see and try on the **Pactimo custom** line of cycling gear. We will be signing up and renewing members, answering questions, talking about the 2010 charity ride, tour and race calendars, and talking about whatever else you have on your mind. **(If you have a laptop with wireless capabilities bring it)**

## SPECIAL IO/LRCC CLUB PARTY SALE PRICES FROM



### Who Should Come?

- Cyclists of any size, shape, age or ability who enjoy riding a bike
- Cyclists who may want to compete in races
- Cyclists who would like to help with races
- Cyclists who want to improve riding techniques & training
- Cyclists who are looking for a group of people to ride with
- All current Lost River Team and Club riders!
- All Community Bike ride riders



***Free Food & Drinks***

**Bring a friend who enjoys cycling also!**

### Members Get:

- Membership in Life Flight for no cost to you emergency Helicopter transportation
- Bike Travel boxes available for use
- Members list serve for planning rides and sharing information
- Multiple Weekly road and mountain bike club group rides during the season (year round Sun.)
- LRC custom biking clothing at basic cost -- learn about the LRC On-Line Store
- E-mailed updates on upcoming events
- Support from LRC Team and Club members
- Improved performance by training with other cyclists-**Health & Fitness seminars**
- To learn about new trails and roads
- Discounts at other LRC Sponsors

Check out the  
Raleigh  
Wilier, Orbea, Yeti  
& Diamond Back  
Bikes  
Including 2010 models

### If you are out of town 10-14 but you still want to join...

- Contact Club coordinator, Tyler Welshimer, at 466-1818 or e mail at [norba@clearwire.net](mailto:norba@clearwire.net) or [lrc\\_board@lycos.com](mailto:lrc_board@lycos.com). Or Check our website [www.lostrivercycling.org](http://www.lostrivercycling.org)
- **Second Chance Sunday, 10 to 11 am. Sign up and Fit Kits Available at Big City Coffee and Café, 1416 W Grove., Sunday October 18.**

**The IO/LRCC online store is planned to open with 2010 gear ON the evening of October 14. You can and should set up your Pactimo access Now --Go to the website: <http://order.pactimo.com/> \* Online Express™ \* Sign Up for a New Account \*PREMIER ELITE\* Select **Lost River Cycling\*** Club Password is **lostriver\*** Create your personal access and password\* You will receive an email asking you to **confirm\*** your new account. When the store opens you are ready to go.**

LRC thanks its sponsors including:



Reed Cycle, Big City Coffee & Café,, Gray & Smith Family Dentists Holzer♦Edwards, Chtd. *injury lawyers*, Peloton Plumbing, Raleigh Cycles, Bell Helmets, Welshimer Wheels, Rudy Project, DeFeet and Physio Training Center