

## SLSM-IO/LRC Regular Weekly Rides

### Mountain Rides

*Tuesdays, 6:15 @ Sun Ray Café in Hyde Park,  
1602 N. 13<sup>th</sup> (From late March to late Sept.)*

*"Dirtbaggers" also ride on Thursday evening  
and Saturday morning but decide location  
during the week, depending on weather.  
Contact Cliff Weisgerber at [cliff@kliphy.com](mailto:cliff@kliphy.com).*

### Road Rides

*Year-Round Sundays, 11 a.m., Big City  
Coffee, 1416 W. Grove (changes to 9 a.m.  
for July/August)*

*Wednesdays, 6:15 p.m., Elks Hospital, 600  
N. Robbins. (From April to mid-Sept.)  
Contact Tyler Welshimer at  
[norba@clearwire.net](mailto:norba@clearwire.net)*

More Rides To Be Found at  
[www.lostrivercycling.org](http://www.lostrivercycling.org)



"I'd never ridden with a group before I joined SLSM-IO/LRC- But I love being part of it. From new riders to experienced racer-types, roadies, mountain bikers and commuters are all part of and welcomed by the club."

**Kip Burden**  
Member since 2006

**ALL CYCLISTS  
ARE INVITED AND  
WELCOMED:  
Join Us On Any Of  
Our Organized  
Weekly Rides To  
Improve Individual  
Fitness, Create A  
Healthier Community  
And Enjoy The  
Company Of Cyclists  
Of Every Level**

Contact us at  
[lrc\\_board@lycos.com](mailto:lrc_board@lycos.com)

We are on the web at  
[www.lostrivercycling.org](http://www.lostrivercycling.org)

sponsored by:  
St. Luke's Sports Medicine-Intermountain Orthopedics,  
Reed Cycles, Bob Trailers, Big City Coffee, Millennium  
Dentists, Holzer ♦ Edwards Injury Attorneys, Welshimer  
Wheels, Peloton Plumbing, Elks Wound Center, Foot  
Dynamics, Raleigh Cycles, Bell Helmets



A USACycling Club  
[www.usacycling.org](http://www.usacycling.org)



**Lost River  
Cycling Club  
Boise, Idaho**



# SLSM-Intermountain Orthopaedics/Lost River Cycling Club

## 1996 to Today

### Get tips on maintenance, repairs –

Flat tires etc. happen while the group rides. If that is an area you'd like to know more about, you'll learn naturally as riders help each other to get back on the road.



## Cycling Makes Good Sense

- Fit individuals, who exercise regularly, can reduce their absenteeism by 46 percent, medical bills by 50 percent and chances of being hospitalized by 42 percent.
- A healthy lifestyle can cut the risk of cancers/heart disease by about 70-80 percent.
- Five extra pounds of weight results in 20 pounds of extra pressure on the joints
- Fitness helps balance the body's more than 600 muscles/206 bones
- Even at rest, fit people burn 20 percent more fat calories
- A fun way to get fit

Founded in 1996 by Andy Bopp to promote the White Knob Challenge mountain bike race, the club really began to grow when the physicians and surgeons of Intermountain Orthopaedics became part of the club in 2002. As part of their commitment to an active, healthy lifestyle and community involvement, they assumed and have kept title sponsorship since 2003. With over 100 members by 2006, the club has grown steadily.

The club first exceeded 200 members in 2009 when it became even more diverse by associating with *Community Bicycle Rides*, a group that rides recreationally and trains for charity rides. The regular Sunday ride includes the "tourist group" for those interested in a less-vigorous ride. Over the years the club regularly has the largest group of participants of organized club in Treasure Valley charity bike rides as well as in the MS-150.

A diversity of riders is the club's calling card. About one-third of the club is involved in competitive cycling-road, mountain and cyclocross. They range from "Category 1" racers and ex-pro contract holders to brand new 50 and 60 year olds just enjoying a new challenge by engaging in a few races. Many racers have won individual titles and state championships.

Our organized events have raised money for and supported a wide range of organizations including Mackey Ambulance, Hidden Springs Community Farm Education program, The Brain Injury Association, The Idaho Foodbank, Hidden Springs PFA, White Knob Historical Society, Hidden Springs Community School, and the Garden City Community Clinic.

We have sponsored and organized the Idaho State Criterium Championships since 2001, the Turkey Day Ride since 2002, White Knob Challenge from 1996 to 2007, Idaho State Road Race Championship from 2001-2009, and have sponsored Sandy Point Cyclocross Series, "Racin For Jason" fundraiser, and Boise Bike Week.

We have offered Skill, Fitness and Riding Technique clinics for members as well as our multiple weekly rides, a member's only discussion group and regular encouragement to participate in area charity and fun rides

## Share the Road>>> Cyclists

Be Respectful of Motorists.

Be Predictable In Your Actions

Follow The Law-

Important Idaho Statutes include:

**49-718** - Bicyclists may ride two abreast but shall **not impede** normal flow of traffic.

**49-720** - In Idaho, a stop sign is treated as a **yield** sign and a stop light is treated as a **stop** sign for bicyclists. In both cases, the key is the bike rider must **yield** to motorists.

**49-714** - Cyclists are expected to ride as near to the right side of the road as **practicable**.



REED CYCLE

238 Main Street, Eagle Idaho  
1-(208) 938- 7894



## Share the Road >>> Motorists

- Treat cyclists with respect. Bicycles are vehicles under Idaho law.
- Check for bicyclists before opening your door.
- Leave at least three feet when passing a bicyclist. Riders may have to avoid debris near the curb.
- Most bicycle/auto accidents happen at intersections. Make eye contact with cyclists. Stay Aware.
- Watch carefully for children on bicycles. Forty percent of all cycling fatalities involve children less than 14 years old.

For More Safety Tips see-- <http://yieldtolife.org/>