

# SLSM/Lost River Cycling Club 1996-2013 Our On-Going History

[St. Luke's Sports Medicine](#)/Lost River Cycling has a long history as the largest, most active cycling club (both competitive and recreational) in Idaho. With approaching 200 current members our 17 year history has been one of growth and community participation.

For example, in 2013, the club took the lead in providing volunteer support for one of Boise's most notable annual events the Kid's Ride with Kristin Armstrong.



## ***Our Beginnings***

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 with IO's successor [St. Luke's Sports Medicine](#) assuming the title sponsorship in 2011.

## ***Where We Are Today***

In 2013, the club members reside in Ontario Oregon, and Payette Idaho east to Mountain Home and even in Bozeman Montana. All of them ride in the clubs signature orange cycling gear.

With regular weekly mountain bike rides and a year round weekly road ride every Sunday groups SLSM cyclists are a



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

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regular sight on Idaho roads and trails.

The club's race team members travel regionally, and compete nationally, but emphasize local competition. In 2006 and again in 2010, it won the Best Area Team competition held by USA Cycling's local affiliate the [Southwest Idaho Cycling Association](#).

From Cat 1 racers and ex-pro contract holders to newbie 60+ women who raced as a member of our team for the 1st time ever in her life, diversity is the race team's calling card. The club's diversity also grew in 2009 when the club associated with [Community Bicycle Rides](#), a group that rides recreationally and trains for charity rides.

SLSM/LRC has often had the largest or one of the largest contingents of participants at organized charity rides in the Treasure Valley.



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

## ***What We Do***

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



President and CEO of SummerWinds Garden Centers, SLSM/LRC member and fast guy Frank Benzing with racing legend Tinker Juarez at 2013 National Championships

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- 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 North Ada Fire & Rescue, Dry Creek Historical Society, Garden City Community Clinic, 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 of our competitive racers have won individual titles and state championships. In road racing, Criterium racing, mountain Bike cross country racing and time trialing. 2013 saw SLSM/LRC orange clad racers lined up at start lines from Seattle to Salt Lake.

More than 150 club 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](#), [Southwest Idaho Mountain Bike Association \(SWIMBA\)](#), [The Idaho Velo Park](#), [The Boise Bike Project](#) and other advocacy organizations.



SLSM/LRC MTB Group in the Boise Foothills