

# St. Luke's Sports Medicine Cycling/LRC Invites You To Join Us At Our 2014 Cycling Club Membership Drive & Party



**When:** 6:30 to 9:00p.m. Tuesday, Nov. 5, 2013

**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 **Voler custom** line of cycling gear. We will be signing up and renewing members, answering questions, talking about the 2014 charity ride, tour and race calendars, and talking about whatever else you have on your mind.

## **SMOKIN' HOT!! CLUB PARTY SALE PRICES FROM**

### Who Should Come?

**Current Club Members**  
**Community Bike Ride Riders**  
**And**



- Cyclists of any size, shape, age or ability who enjoy riding a bike
- Multisport competitors/Triathletes and those who wish to compete in multisport events
- Charity ride cyclists
- Cyclists who may want to compete in races
- Cyclists who want to improve riding techniques & training
- Cyclists who are looking for a group of people to ride with

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

### Members Get:

- Bike Travel boxes available for use free of charge
- Free participation in CAT UP. SLSM/LRC's focused group training for cycling skills and fitness
- 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 Cycling gear at lowest cost -- learn about the [LRC On-Line Store](#)
- E-mailed updates on upcoming events
- Support from SLSMC Team and Club members
- Improved performance by training with other cyclists-**Health & Fitness seminars**
- To learn about new trails and roads



**Free Food & Drinks**  
**Including Treats From**  
**Big City Coffee & Cafe**

Check out the  
**Raleigh**  
**Wilier, Yeti**  
**Bikes**  
Including 2014 models

### If you are out of town 11-5 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 November 10.**

**The SLSMC/LCC online gear store should OPEN with *Sleek New 2013 Voler gear* on 11-5**

We are excited to move to Voler as our 2014 riding gear supplier to offer a greater selection of products with a continued high quality and similar pricing as in past years

\$5 Club Membership with Riding Gear Purchase