



To: All Hidden Springs Residents  
From: Intermountain Orthopaedics Cycling/Lost River Cycling Club  
Re: Idaho State Championship Criterium Races

***On Sunday, July 18***, starting at 9 a.m., for the *sixth* time Hidden Springs will host the Idaho State Criterium Championship bicycle races. The races are sponsored by ***Intermountain Orthopaedics*** and presented in cooperation with the HSTA. These USACycling races feature Idaho's best amateur racers from across the state in a wide range of age and skill categories. Criteriums (or "crits") are multi-lap races on courses shorter than a mile that are closed to traffic. World-class professional cyclists race the night before in the nationally known Wells Fargo Twilight Criterium in downtown Boise.

The Start/Finish line will be on Hidden Springs Drive between 3<sup>rd</sup> and 4<sup>th</sup>. The course includes, all of 4<sup>th</sup>, Farm Market, 1<sup>st</sup>, McGee and back to Hidden Springs Drive. There will be great race watching from the Village Green. This course was used the last three years. Racers and residents gave us great positive feedback.

### **Some Roads Will Be Closed**

**Traffic entering Hidden Springs Drive will be detoured through the alley between the Fire Station and the Condominium building to Dechambeau and be able to get back on Hidden Springs Drive at Andy's Gulch. We ask/suggest residents in Phases 3-6 access their home via Dry Creek Road/Humphreys to limit alley traffic that day.**

**Starting at 8:30 am, those living on 1<sup>st</sup>, 4<sup>th</sup>, McGee and Farm Market and between 2<sup>nd</sup> and 4<sup>th</sup> on Hidden Springs Drive need to have cars off the street.**

Residents on and in the race course will **ONLY be able to enter or exit with an escort**. Delays entering and exiting should be short. Volunteers from the Community Farm will make sure that folks on the race course are inconvenienced as little as possible.

### **WHAT MAKES CRIT RACING SO EXCITING?**

Crit racing has high speeds, close quarters, racing strategy and primes (pronounced "preems"). Crit racers reach speeds of 35 mph and more on their bikes. With racing groups of up to 30 racers the action gets hot and heavy. Various teams try to get their member the win so they will "attack" the racing group causing other teams to "chase." These and other strategies make racing more than a question of who can go fastest. Primes (from the word premiums) are prizes for crossing the finish line first on a particular lap. These are like a race within the race and are used to keep the action going.

This event is a fundraiser for *The Hidden Springs Elementary School Parent Faculty Association* and run under permits issued by USACycling, ACHD and Ada County. If you have questions please contact IO/LRCC Board Member, Race Director and Town Association President Kurt Holzer, 3756 W. Miners Farm Ct. 890-3118.

Intermountain Orthopaedics Cycling/Lost River Cycling Club is sponsored by „  Intermountain Orthopaedics, BodyBuilding.Com, Reed Cycles, Physio Performance Lab, Big City Coffee, Gray & Smith Family Dentists, Holzer ♦ Edwards, Welsheimer Wheels, Raleigh Cycles, Bell Helmets