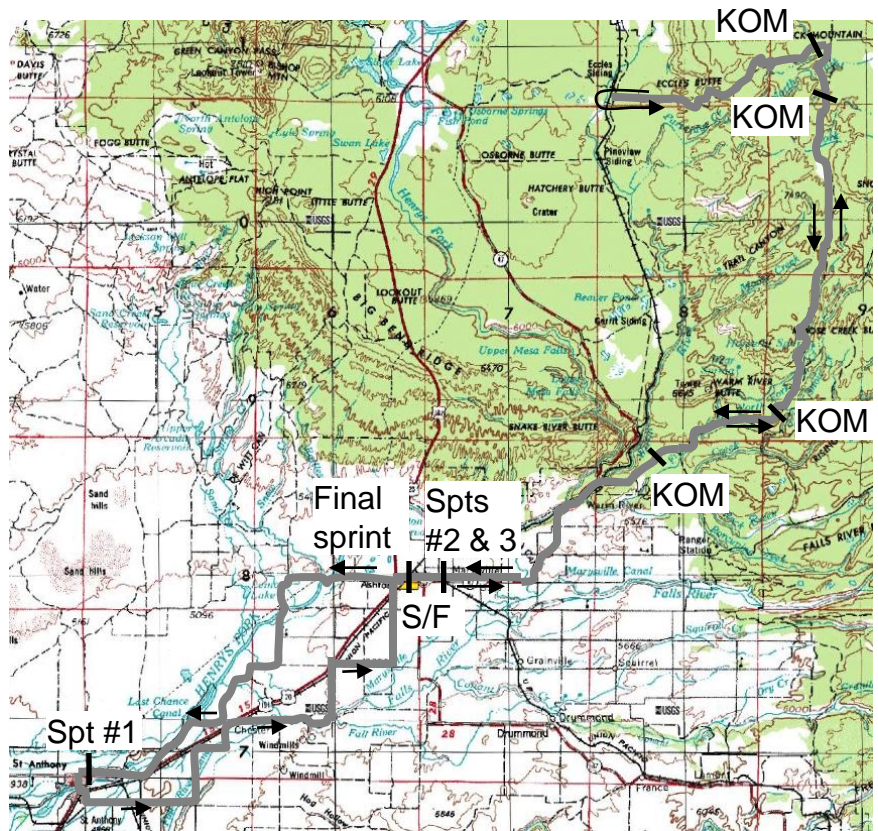


10th Annual FISH CREEK TRAINING RIDE

9:00 a.m., Saturday, August 7, 2010, Ashton, Idaho

Ride features:

- Great scenery
- Steady paceline on the flats
- Regroup at the tops of the climbs
- Two ability-level groups (fast, and “a little less fast”)
- Sprint and KOM points competition (4 flat sprints, 4 KOM finishes)
- Three water stops



Come join us for an epic training ride through the rolling hills and mountains of Fremont County. This ride is perfect training for LOTOJA.

Start is at 9:00 a.m. at Rob's house in Ashton. Take the first right off of highway 20 when you come into town from the south. We are the second house on the right—238 Idaho St. Plan on 1:45 driving time from Pocatello. Come stay the night before if you want, but plan on camping. We're short on space in the house. Full weekend includes pre-ride dinner Friday night, pre-ride breakfast Saturday morning, post-ride dinner, and Sunday morning spin to loosen up the legs.

Course: Full distance is 120 miles, but the course lends itself easily to (roughly) 40, 60, 80 or 100-mile versions if you don't want to do the whole thing. Ride starts with a 38-mile rolling loop through the farmlands between Ashton and St. Anthony, returning to Ashton for food/water stop #1. Next is a 31-mile leg that climbs 3,000 feet to the top of the Yellowstone Plateau, where water will be available. We then lose most of that elevation in a screaming 10-mile descent, at which point we turn around, head back to the top for a last water stop and regrouping before returning to Ashton.

Contact Rob at 208-881-3407 or rob.vankirk@gmail.com if you want to join us.