

HEADWATERS 100

HEADWATERS 100
P.O. Box 581
Park Rapids, MN 56470-0581



PRSR STD
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Permit No. 58



HEADWATERS 100 BIKE RIDE/RACE

100, 75, 45 MILE RIDE
100 MILE TIMED ROAD RACE

SPONSORED BY
ITASCATUR SKI-BIKE-RUN CLUB

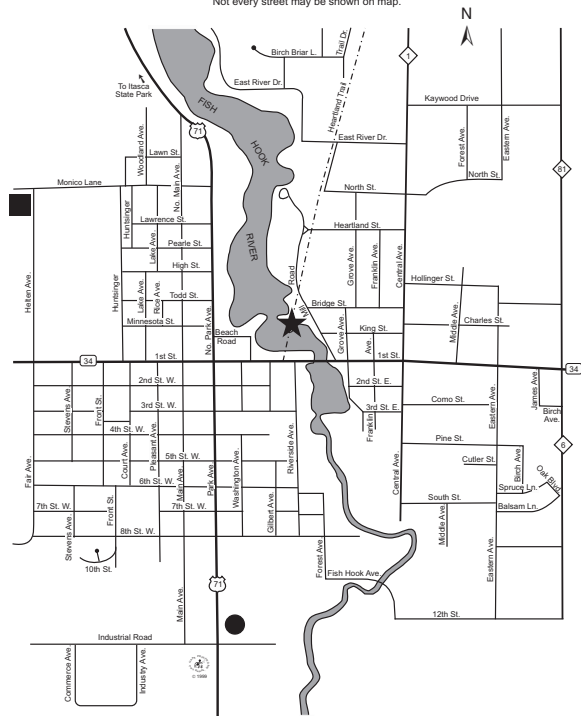
**SATURDAY
SEPTEMBER 27, 2008
PARK RAPIDS, MN 56470**

HELMETS REQUIRED FOR ALL RIDERS

In Memory of Russ Skoe

City of Park Rapids

Not every street may be shown on map.



- Century School
- ★ Heartland Park
- Chamber of Commerce Office

Information and Lodging:

Park Rapids Area Chamber of Commerce
P.O. Box 249
Park Rapids, MN 56470

1-800-247-0054 or 1-218-732-4111

Fax 218-732-4112

e-mail: chamber@parkrapids.com

website: www.parkrapids.com



ENTRY FORM - 28th ANNUAL HEADWATERS 100 BIKE RIDE/RACE SEPTEMBER 27, 2008

Please Print Clearly

LAST NAME _____ FIRST _____ PHONE _____
 ADDRESS _____ STATE _____ ZIP _____
 CITY _____
 EMAIL _____

Gender F M
 Age _____

Shirt Size S M L XL XXL

100 Mile Race
 45 Mile Ride
 75 Mile Ride
 100 Mile Ride

19 & under
 20-29
 30-39
 40-49
 50-59
 60 & over

RIDE REGISTRATIONS
 _____ \$12 For Children 17 and under
 _____ \$30 Postmarked 9/1/08 or earlier
 _____ \$35 Postmarked 9/2/08 through 9/20/08
 _____ \$40 Postmarked after 9/20/08
 _____ \$40 On site registration
 _____ \$35 Registration at Spaghetti Dinner

TIMED RACE REGISTRATIONS
 _____ \$17 For Children 17 and under
 _____ \$45 Postmarked 9/15/08 or earlier
 _____ \$50 Postmarked after 9/15/08
 _____ \$50 On site registration
 _____ \$45 Registration at Spaghetti Dinner

Check here if this is a new mailing address and you have registered for the Headwaters 100 in prior years.
 Please indicate number attending the Spaghetti Dinner Friday, 5:00 - 8:00 PM Century School. Please pay at the door. I would like a Tourism Guide/Lodging Info mailed to me. _____

Register online at: www.active.com ~ or ~
Make Checks Payable & Mail To:
 Headwaters 100 Bike Ride
 PO Box 581
 Park Rapids, MN 56470

No confirmations will be sent; your check is your receipt. I understand that bicycling is a potentially hazardous sport and knowingly, at my own risk, enter this event, I, my estate, and my heirs waive any claims for damages or injuries that I may incur as a result of my participation in this event against any sponsor, volunteer, employee, or officials.

I understand that helmets are required for all riders.

SIGNATURE _____

SIGNATURE _____

(Parent or Guardian if under 18)

Itascatur Ski-Bike-Run Club: Itascatur Ski-Bike-Run Club is a volunteer organization formed to promote physically healthy non-motorized outdoor recreational activity in the Hubbard County area. We are always looking for new members and help for our events. Please contact Neil at 1-218-652-2611 for information. In addition to the Headwaters 100, Itascatur sponsors other events and maintains the Soaring Eagle Cross Country Ski Area.

Fish Hook Half Marathon & 5K Walk/Run: Runners don't forget the Fish Hook Half Marathon and 5K Walk/Run. The event is scheduled for **Sunday, August 17th**. Half Marathon registrations begin at 6:30 AM; Race starts at 7:30 AM. The 5K Walk/Run registrations begin at 8:30 AM; Walk/Run starts at 9:30 AM. Refreshments/Awards will be available after the Walk/Run. More information is available on the Chamber of Commerce website.

Soaring Eagle Cross Country Ski Area: 7.5 Miles of beautiful rolling hills, groomed for both skate and classical skiing. Warming shelter and trails open November through March, snow permitting. Ski area is located approximately eight miles north of Park Rapids on Hwy. 71.

Cross Country Ski Race: Itascatur will sponsor a cross country skate race on Sunday, December 28, 2008 at Soaring Eagle Ski Area. The race will start at 12:00 PM and will feature two distances still to be announced. One will be family oriented and one will be a longer distance. More information will be available on the Chamber of Commerce website.



Registration & Check-in:
All bikers must register and check in at the Century School on Helton Avenue.

Registration & Check-in times:
 Riders: From 7:00 AM — 9:00 AM
 Racers: From 7:00 AM — 9:00 AM
 Registrations must close at designated time. Riders leave after check-in. Riders must leave by 9:00 AM in order to pass through food stops before they close.

Detailed Map: Route maps will be posted at the Spaghetti Dinner Friday evening. Color-coded maps will be distributed Saturday morning at check-in.

T-Shirts: You are encouraged to pre-register. Each pre-registered rider will receive a long sleeve t-shirt at the finish of the ride. Those riders who register at the spaghetti dinner or on the day of the race may receive their shirt in the mail.

Services: Refreshments are included in registration. Food & beverage stops will be located along the course. Restrooms or port-a-potties will be located at start, food stops, and finish line. Showers available at Century School Finish.

Sag sweeps will range all courses. Riders wishing to shed clothing may leave it at designated rest stops. Items will be brought to the finish line by either the sag vehicle or rest stop attendant. We will not take responsibility for lost or damaged items.

Parking: On Saturday, please leave your vehicle at your lodging facility or the Century School.

Additional Information:

Spaghetti Dinner Friday, Sept. 26: Serving from 5:00-8:00 PM at the Century School on Helton Ave., \$8.00 per person. The dinner is sponsored by Kinship of Park Rapids. A voluntary contribution opportunity will also be provided to raise funds for a key community initiative which links at-risk kids with adult mentors. Information can be located on the Park Rapids Chamber of Commerce website at www.parkrapids.com or call 1-218-732-0058 (Carolyn). Bike Ride registrations will be accepted at the dinner.

Event Lodging Available at:
 AmericInn Lodge & Suites (800-634-3444)
 C'Mon Inn Motel & Suites (800-258-6891)
 Super 8 Motel & Suites (877-274-3040)
 Vagabond Village Campground (218-732-5234)

HEADWATERS 100 INFORMATION

This Ride/Race is sponsored by the Park Rapids Area Itascatur Ski-Bike-Run and is made possible by the many volunteers who donate their time and talents.

100 Mile Ride: Follow a well-marked route through our beautiful lakes area leading you to Itasca State Park. A short hike will lead you to the Headwaters of the mighty Mississippi. The ride will follow Wilderness Drive through the park, then will proceed through Lake George, Emmaville, Dorset, Nevis, and will follow the beautiful Heartland Trail back to the finish at Century School in Park Rapids.

75 Mile Ride: This route will lead you to Itasca State Park, where a short footpath will bring you to the Headwaters of the mighty Mississippi. Continue on the Wilderness Drive through the park, and then follow the course back to Century School by way of Lake George, Emmaville, and Dorset, finishing the ride on our beautiful Heartland Trail.

45 Mile Ride: This ride is ideal for bikers who desire a shorter route. It will be a beautiful ride through Emmaville and Nevis, back to the finish at Century School. We encourage leisurely tourers to start early.

100 Mile Road Race: This race will wind among the lakes and woodlands near Park Rapids and around, NOT through, Itasca State Park. Race will begin at 10:00 AM SHARP. Championship timing station will close at 5:00 PM. Awards will be presented to first three in each age/gender class. Trophies will be awarded to first male and first female overall.

Ride & Race Rules: A bicycle is a legal vehicle and must abide by the laws of the Minnesota Motor Vehicle Code. All riders are required to wear helmets. No walkmans or headphones are allowed.

Additional Race Rules: Personal support vehicles are not permitted on the course. Spectators are not allowed to provide support. Center line rule will be strictly enforced. Please carry water and food with you; no additional food stops will be provided to racers. A signed lead vehicle will lead the race. No aerobars allowed.