

# HEADWATERS 100



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

PRSR STD  
U.S. Postage  
PAID  
Park Rapids, MN  
Permit No. 58



## HEADWATERS 100 BIKE RIDE

100, 75, 45 MILE RIDE

SPONSORED BY  
ITASCATUR SKI-BIKE-RUN CLUB  
Website: [www.itascatur.org](http://www.itascatur.org)

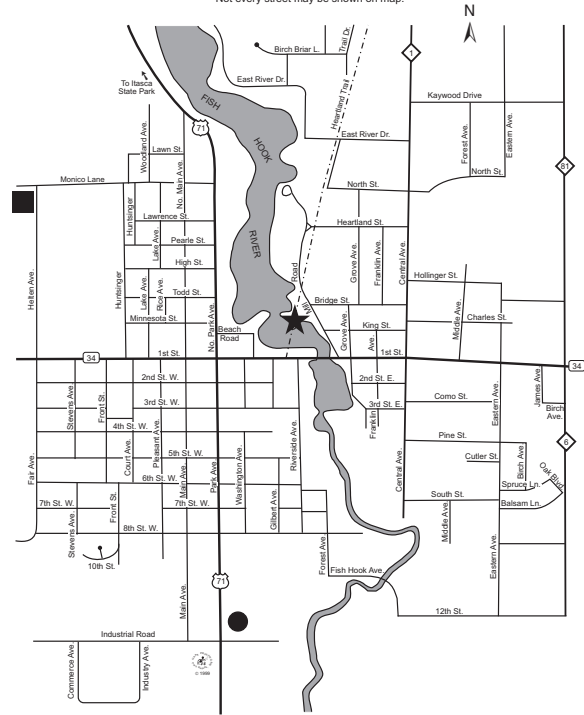
**SATURDAY  
SEPTEMBER 25, 2010  
PARK RAPIDS, MN 56470**

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](mailto:chamber@parkrapids.com)

website: [www.parkrapids.com](http://www.parkrapids.com)



Please Print Clearly  
LAST NAME \_\_\_\_\_

FIRST \_\_\_\_\_

PHONE \_\_\_\_\_

Register online at: [www.active.com](http://www.active.com)  
~ or ~

MAILING ADDRESS \_\_\_\_\_

STATE \_\_\_\_\_

ZIP \_\_\_\_\_

Make Checks Payable & Mail To:

Headwaters 100 Bike Ride

PO Box 581

Park Rapids, MN 56470

EMAIL \_\_\_\_\_

BIKE REGISTRATIONS	
_____	\$12 For Children 17 and under
_____	\$30 Postmarked 9/1/10 or earlier
_____	\$35 Postmarked 9/2/10 through 9/18/10
_____	\$40 Postmarked after 9/18/10
_____	\$40 On site registration
_____	\$35 Registration at Spaghetti Dinner

Check here if this is a new mailing address and you have registered for the Headwaters 100 in prior years.

Total Enclosed (US Funds Only) \$ \_\_\_\_\_

Gender	<input type="checkbox"/> F	<input type="checkbox"/> M
Age	_____	

Shirt Size	<input type="checkbox"/> S	<input type="checkbox"/> M	<input type="checkbox"/> L	<input type="checkbox"/> XL	<input type="checkbox"/> XXL
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Ride	<input type="checkbox"/> 45 Mile	<input type="checkbox"/> 75 Mile	<input type="checkbox"/> 100 Mile
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Please indicate number attending the Spaghetti Dinner  
Friday, 5:30 - 7:30 PM Century School.  
Please pay at the door.

I would like a Tourism Guide/Lodging Info mailed to me.

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 15<sup>th</sup>**. 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 Events:** Itascatur will sponsor open houses and other group events throughout the ski season at the Soaring Eagle Ski Trails. Ski equipment purchased by the club will be available for checkout during these events. Information will be available on [www.itascatur.org](http://www.itascatur.org) on scheduled events and the Chamber of Commerce website.



# HEADWATERS 100 INFORMATION

The Headwaters 100 Bike Ride is sponsored by Itascatur Ski-Bike-Run Club and is made possible by the many volunteers who donate their time and talents. Contact us at [www.itascatur.org](http://www.itascatur.org) for more information.

**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:** ITASCATUR IS NOT SPONSORING A HEADWATERS 100 ROAD RACE THIS YEAR. We will continue to concentrate on making the recreational rides a pleasant experience for all participants.

**Ride 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. Itascatur strongly recommends that all riders use the bike lanes provided on major highways along the ride routes.

**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  
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 ride 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 after the ride.

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. 24:** Serving from 5:30-7:30 PM at the Century School on Helton Ave. Cost is \$9.00 for adults, \$3.00 for children 10 years of age and under. 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](http://www.parkrapids.com) or call 1-218-732-0058.

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)