

LAURENTIAN DIVIDE CHALLENGE MT. BIKE RACE/TOUR

Sunday, September 23, 2007, 10am
RAINBOW RESORT® Signature XC SKI TRAILS
Sponsored by: Team Strong Heart

WEST ITASCA(TM) Laurentian Divide Challenge Mt. Bike race/tour (6k TOUR, 10k TOUR, and 20k RACE) will be held on Sunday, Sept. 23, 2007, @ 10am, the day after the 27th annual Headwater 100/75/45 road bike race/tour)

RAINBOW RESORT® is the **signature resort** of Subaru Factory XC Ski Team 2004-2008 in MN and the **training facility resort** of CXC Olympic Development Team 2007-2010.

Where: Rainbow Resort Trails, Rainbow Resort, West of Itasca State Park, MN
Direction (<http://www.rainbowresort.com/maps/roads.cfm>)

From the Twin Cities: Interstate 94 west to Clearwater (Hwy 24 exit), turn right on Hwy 24, go north about 4 miles, turn left onto US Hwy 10 then drive north/west to Wadena, and in Wadena turn right on Hwy 71 north, north to and through Park Rapids, until Cty Rd Hwy 113 (boundary with the Itasca State Park), turn left/go west about 20 miles (towards Waubun direction); at Becker Cty Rd 35 (also called West Elbow Lake Road next to the RAINBOW RESORT sign), turn left on Cty Rd 35. RAINBOW RESORT is less than 4 miles on your left.

Distance: 20k race; 10k tour; 6k tour (mass start)

Day registration and packet pick-up: Race day, at 8:30am and closes at 9:30am

Early registration fees:

	Before Sept. 15	Sept. 15 or after
20k race	\$25	\$30
10k tour	\$15	\$20
6k tour	\$10	\$15

All proceeds go to Camp Odayin, a camp for kids with heart disease. Please make check payable to Silent Sports Foundation and mail to: 4830 Yorktown Lane, Plymouth, MN 55442. Donations are tax deductible.

Post-Race Award Ceremony: soup, cookies, awards, door prizes, video presentation by Race Across America (RAAM) 2007 team members from Team Strong Heart, and announcement of RAAM 2008 team members from Team Strong Heart Forever.

Special Award: Top male and top female, best of Headwater 100 race and Laurentian Divide Challenge Mt. race 20k.

Lodging Special

Special rate for lodging on Sept. 21-23: \$80/person or \$120/couple, (including 2 nights) in Rainbow Resort's beautiful cabins on Little Bemidji Lake.

For more info. about the race, please call race director, Amy Xu at 612-991-4912. For driving direction, map, resort lodging information, etc., please check www.rainbowresort.com or call 1-888-734-1140.

REGISTRATION FORM

Age (Race day) _____ Male Female

20k race, 10k tour, 6k tour (circle one)

Name _____ (Print)

Address _____ Phone _____

City/State _____ Zip _____

Email _____

WAIVER: I assume all risks, known and unknown, associated with participating in this event, and release Silent Sports Foundation, Rainbow Resort, Inc. and all other participating organizations, sponsors or staff associated with this race/tour event. This release and waiver extends to all cases of every kind or nature whatsoever. Applicants under age 18 will only be accepted with a parent or guardians signature.

Signature _____ Date: _____

Parent or Guardian's Signature (If under 18)