

# RIDE OPTIONS

100 Mile Ride: Travel through our beautiful lakes area and into Itasca State Park! Enjoy spectacular Wilderness Drive, then proceed through Lake George, Emmaville, Dorset and Nevis, following the tree-covered Heartland Trail back to Century School in Park Rapids.

75 Mile Ride: This route leads you through Itasca State Park on Wilderness Drive, and back to Century School by way of Lake George, Emmaville, and Dorset, finishing on the Heartland Trail.

42 mile ride: An ideal ride for bikers desiring a shorter route. A beautiful ride through Emmaville, Nevis and back to the finish at the Century School. We encourage leisurely tourers to start early.

Riders do not need to designate their ride option prior to the event. All rides begin and end at Century School in Park Rapids, 501 Helten Avenue.



Headwaters 100 is the premier event of the Itascatur Outdoor Activity Club. Every year hundreds of cyclists from all over North America join us in beautiful Park Rapids, MN to tour the spectacular fall colors of the Heartland Lakes Area. The 2022 Headwaters 100 Bike Ride will take place on Saturday, September 24, 2022.

Register by September 11 to receive logo long-sleeve t-shirt.

Fees:  
\$55 Adult  
\$25 18 & Under  
(Fees increase after Sept 11)

# HEADWATERS 100 BIKE EVENT

SEPT 24, 2022

Register today:  
[www.bikereg.com/headwaters100](http://www.bikereg.com/headwaters100)

For more information visit:  
[www.itascatur.org](http://www.itascatur.org)



# Celebrating over 40 years of Headwaters 100 Bike Rides!



**"I never miss this fall ride: it's my favorite Minnesota biking event!"**  
- Multi-year participant

**"The fall colors are a highlight, but the friendly riders and great volunteers make for a really terrific day! I'll be back to ride next year!"**  
- 2021 Rider

**"A scenic, northern Minnesota bike ride: I wouldn't miss it!"**  
- Multi-year participant

Headwaters 100 is a gorgeous ride on a beautiful day! The fall colors are certain to be spectacular, and both the Heartland Trail and Wilderness Drive through Itasca State Park have some amazing views, so don't forget your camera!

September in Minnesota can be rainy, windy, chilly, and perhaps even snowy. Please prepare for the weather.

## September 24, 2022



# VISIT BEAUTIFUL PARK RAPIDS!

Downtown Park Rapids has something for everyone. You'll find great food after a day on the trails, a multitude of shops with gifts, souvenirs or furniture, and if you're looking for a treat? Grab an espresso at one of our coffee shops, a sundae at a soda fountain, or stop by one of our candy or popcorn shops.

We have it all!

## AREA ACTIVITIES

Sept 24-25 Area Art Leap  
[www.heartlandarts.org](http://www.heartlandarts.org)

Sept 24 PR Farmer's Market  
<https://www.parkrapidsfm.com/>

Sept 24 Carters' Fall Festival  
<http://Cartersfarm.org/>

Area Event Calendar:  
[https://business.parkrapids.com/  
events/calendar](https://business.parkrapids.com/events/calendar)

## LODGING INFORMATION

Park Rapids Lakes Area  
<https://parkrapids.com/where-to-stay>