

**Mail Registration to:**

Gravel Grinder Duathlon & Walk

PO Box 403  
Cresco, Iowa 52136  
52136

For more information

Howard County Business & Tourism

563.547.3434

spiff@howard-county.com

www.howard-county.com

The Duathlon is part of the  
**Norman Borlaug Harvest Fest**  
September 16, 17, 18

- Farmers Market & Flea Market
  - Parade
  - Cruise to Cresco
  - Quilt Auction
  - Food Vendors
- Live Music / Beverage Garden
- Bean Bag tournament & DJ
  - Geo-caching
- Inspire Day at Borlaug Farm
- Howard County BBQ Competition
  - Kids games & inflatables
- Tour Borlaug Home and Howard County Museums



Come and enjoy the friendliness of the Midwest as well as the historical significance of Howard County. Our trail system offers great beauty, wildlife, and nature and takes you back to a **less complex world**. Whether you bike, walk, run, rollerblade, cross country ski, or nature watch...our trails are a great place for YOU!

**Prairie Springs Recreational Trail**

Truly a trail for all seasons, the Prairie Springs Recreational Trail (PSRT) is 3 miles of paved access from downtown Cresco to Vernon Springs along the Prairie's Edge Nature Center next to the Turkey River Campground. Breathtaking beauty and glorious displays of nature can be seen the entire length of the trail surprising the delighted recreational enthusiast with prairie grass, flowers, rolling farmland, and shaded woods. Along the trail are benches and picnic tables to stop and enjoy your moment outdoors.

**Prairie Farmer Recreational Trail**

Connected to the Prairie Springs Recreational Trail (PSRT), this trail was named after a radio show once broadcast in the Midwest. This 22 mile trail travels the abandoned Milwaukee Railroad line between Cresco, Ridgeway, and Calmar and tours two counties. Bicyclists, joggers, hikers, and cross country skiers pass through canopied areas and some of the most beautiful farmland in Northeast Iowa.

**Wapsi- Great Western Line**

The Wapsi-Great Western Line Trail (WGWL) follows the historic vacated Chicago Great Western railway and connects Minnesota and Iowa trails. This 10.5 mile trail starts in Riceville at the Trailhead on Hwy 9 and extends north through two counties. The Trail also links Elma to Acme and is 5 miles. The entire length of this trail will be 33 miles and has several beautiful areas to experience. History, folklore, a butterfly garden with over 15 species and 3,000 plants are just some of what you encounter along this captivating trail. Winding yourself through the largest wind farm in Iowa and through Old Order Amish is another fascinating aspect of our trail.

Place  
Stamp  
Here

Howard County Business & Tourism  
Prairie Springs Recreation Trail / Duathlon Committee  
101 2nd Ave SW  
PO Box 403  
Cresco Iowa 52136  
www.howard-county.com



**9th Annual  
Gravel Grinder  
Duathlon**

**Fun Walk**

**Individual  
&  
Team Competition**

**Saturday  
September 17, 2011  
Cresco • Iowa**

www.howard-county.com

www.crescochamber.com

**Please check only one event:**

Duathlon - Individual Participant \$25

Duathlon - 3 Person Team \$45

Fun Walk Participant \$15

Fun Ride Participant \$15

**INDIVIDUAL REGISTRATION**  
For walkers & Duathlon participants

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

SEX: M \_\_\_ F \_\_\_ Date of Birth \_\_\_\_\_

**T-SHIRT SIZE S M L XL XXL (circle one)**

T-shirt for EARLY registration / register by 9.10.11

**WAIVER & RELEASE LIABILITY**

I here by waive all claims against the Prairie Springs Recreational Trail/Duathlon Committee and City of Cresco, for any personal injury I may suffer, from this event. I grant full permission to the PSRT/Duathlon Committee to use photos of me and quotes from me in legitimate accounts in the promotion of this event.

SIGNATURE \_\_\_\_\_

SIGNATURE \_\_\_\_\_

**\*\* Teams require all individuals to sign waiver**

SIGNATURE \_\_\_\_\_

**\*\* Teams require all individuals to sign waiver**

DATE \_\_\_\_\_

**3—PERSON TEAM REGISTRATION**

TEAM NAME: \_\_\_\_\_

Team Captain: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

SEX: M \_\_\_ F \_\_\_ Date of Birth \_\_\_\_\_

Teammate: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

SEX: M \_\_\_ F \_\_\_ Date of Birth \_\_\_\_\_

Teammate: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

SEX: M \_\_\_ F \_\_\_ Date of Birth \_\_\_\_\_

**indicate T-shirt sizes & how many**

# of shirts \_\_\_S \_\_\_M \_\_\_L \_\_\_XL \_\_\_XXL

T-shirt for EARLY registration / register by 9.10.11  
All team members please remember  
to sign release form

**25 mile Fun Ride**

Nature Center to Ridgeway and back to Nature Center.  
**HARD-SURFACED ROUTE!**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

SEX: M \_\_\_ F \_\_\_ Date of Birth \_\_\_\_\_

**PRIZES**

- Cash prizes for individual and team winners!
- Fun prize raffle—just sign up at registration table
- Meal coupon & Packet
- T-shirt for early registration

**ENTRY FEE MUST BE PAID BY  
SEPTEMBER 13th, 2011  
TO RECEIVE  
An Official Gravel-Grinder Duathlon T-SHIRT  
EVENT IS HELD RAIN OR SHINE!  
NO REFUNDS**

Brought to you by:



And all our  
generous  
Sponsors  
on our t-shirts

**RULES**

- Helmets REQUIRED
- Good Sportsmanship is expected...
- Have Fun & Enjoy Yourself 😊

**DUATHLON & WALK ROUTE**

- **Distance:** 4 mile run, 10 mile bike ride (gravel road), 2.5 mile run to finish.
- The walk is 4 miles long.
- Everything will begin and end at the Prairie's Edge Nature Center, 2 miles south of Cresco. Go South at the Hwy. 9 & 3rd Street Stoplights, then follow the signs.
- Registration at Nature Center



**RACE DAY SCHEDULE**

- 7:30 AM • REGISTRATION OPENS
- 8:00 AM • FUN RIDE START TIME
- 8:50 AM • PRE RACE MEETING AT START AREA
- 9:00 AM • DUATHLON START TIME
- 9:15 AM • WALK START TIME

Awards Ceremony will be held  
approximately a half hour after the last  
participant finishes  
Lunch will be served after the  
Duathlon, Walk, & Ride.