



Laura Bidgood and Curt Lund present  
**Take a Left at the Giant Cow:  
A Beginner's Guide to North Dakota**

In **Take a Left at the Giant Cow**, critically acclaimed spoken word storytellers and North Dakota natives **Laura Bidgood and Curt Lund** relive their sometimes painful, usually embarrassing, always laugh-out-loud funny childhoods growing up in Minnesota's awkward stepsister to the West. From looking for love to hiding from Mondak, *Take a Left at the Giant Cow* is hilarious proof that you can take Curt and Laura out of North Dakota, but you can't take North Dakota out of them.

Described as "smart" (Minnesota Monthly), "hot" (Lavender), "light-hearted" (MPR News) and "terrific" (St. Paul Pioneer Press), this nostalgic show excavates the two performers' North Dakota roots and throws closet Lawrence Welk fans into a frenzy. Sold-out crowds packed the original five scheduled performances PLUS a sixth added "Encore" performance; two remount invitations extended its run to 15 performances. People apparently cannot get enough of North Dakota. (Who knew?)

Twin Cities GLBT magazine *Lavender* calls spoken word storytellers Laura Bidgood and Curt Lund a "zany pair". The duo has been writing and performing together for over four years. Together, Laura and Curt have appeared on Minnesota Public Radio, Rockstar Storytellers, the Minneapolis Geek Slam, KFAI Radio, GLBT Pride festivals in three states, and countless other benefits, cabarets and open-mic shows around the Twin Cities and other glamorous locales from Vegas to Vermillion.

TECH REQUIREMENTS: Slide or video projection, standard audio

MARKETING: Full marketing / PR package available, including high res photos.

BOOKING: contact [info@curtandlaura.com](mailto:info@curtandlaura.com) or **612 760 0446**.

## **PRAISE FOR GIANT COW**

2007 Fringe Encore winner;  
six 100% sold-out performances

"Terrific tales... their chemistry, and their stories, make it a worthwhile trip." (St. Paul Pioneer Press)

"MUST-SEE! ...typifies Fringey humor -- jocular and yet acerbic, delivered with wit and plenty of pop-culture references." (The Rake)

"Fun and entertaining for North Dakota transplants, as well as anyone who remembers their own growing-up years." (METRO Magazine "Metro Minute", WCCO)

"smart... a Fringe favorite" (Minnesota Monthly)

"30 Most Intriguing Shows" Pick (*The Onion* A.V. Club)

"Weekend What's What" Pick (L'etoile Magazine)

"A surprising surge of nostalgia... The duo serves up self-deprecating anecdotes about growing up in North Dakota that capture the sense of community and wide-open possibility they love about the state." (Fargo Forum)

## FRINGE AUDIENCE REVIEWS

"I love their low-key, smart, "This American Life" vibe... this one's way up on my list."

"Witty, poignant tales of growing up awkwardly next to the norm... immensely funny."

"Funny, light, poignant, self-effacing, and refreshing. Don't miss!"

"It's heartwarming, and just plain hilarious... you'll kick yourself if you miss it."