



Q.C. Fitness Fest

APPLICATION / WAIVER

Name(s): (MANDATORY) _____ Date: _____

Address: _____ City/Zip: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

E-mail Address _____ (MANDATORY)

Emergency Contact: _____

Address: _____ City/Zip: _____

Home Phone: _____ Work Phone: _____ Cell Phone: _____

Team Name: _____ E-mail Address _____

(If Applicable) #1 ____ / ____ / ____

Please mark your age, weight, and gender. 15-35 - to 165 Male(s): # ____ #2 ____ / ____ / ____

If more than one on team please specify their 36-50 166-205 #3 ____ / ____ / ____

Age, weight, and gender in space provided. 50 and up 206+ Female(s): # ____ #4 ____ / ____ / ____

Q.C. Fitness Challenge
Class Code: 221700-01
Fee: \$20

*Includes entry into Fitness Challenge, bench press competition, on site CFX fitness classes on the day of event, and t-shirt

Q.C. Fitness Challenge
(TEAM ENTRY)
Teams of 4 mixed gender or same sex.

Class Code: 221700-02
Fee: \$20 per person

*Team fee includes same as a solo entry.

Bench Press Competition
Class Code: 221700-03
Fee: \$12

*Includes entry into bench competition and a Q.C Fitness Fest t-shirt

Please circle: Male Female
Weight classes:
125,150,175,195,225,250+



Return this application along with you waiver (back) to the Moline Parks Department, 3635 4th Avenue, Moline, IL, **no later than 4:00 PM, Friday, September 24th, 2010.**

Fees: Due in full by 4:00PM Friday September 24th, 2010. Make entry fee payable to "Moline Park Board." **Please make sure that your check is clearly marked with your name.** After due date participants will be accepted on a first-come, first-served basis.

Refunds: No refunds will be given after September 24th, 2010

Questions: Call Scott Lund @ (309) 524-2422 or email slund@moline.il.us

GENERAL INFORMATION

This Event will require individuals to be able to perform strenuous activity. If you feel you have a disability that would limit your performance, please call Scott Lund @ 309-524-2422 or slund@moline.il.us for special accommodations.

The Q.C. Fitness Fest is a chance for you to test your overall strength and endurance. We will have the main course that will consist of sled pull, pull-ups, water ball toss, push-ups, sit-ups, farmers walk, and a 1 mile run.

Course breakdown:

Sled Pull - Individuals will pull a weighted sled 80'. The weight will vary for different age, gender and weight classes.

Reverse Pull-Up - Contestants will have to perform 10 reverse style pull-ups where they will be graded by station monitor. This event will be timed.

Water Ball Toss - Contestants will throw a water ball overhead and behind them to a pre determined destination. This event will be timed.

Push-Ups - Contestants will have to perform 25 push-ups using a push-up counting device. This event will be timed

Sit-Ups - contestants will have to perform 50 sit-ups. Contestants will be provided an assistant to hold down feet. This event will be timed.

Farmers Walk - Contestants will have to carry dumbbells to a pre-determined destination. The weight will vary for different age, gender and weight classes. This event will be timed.

1 Mile Run - Contestants will finish the course with a 1 mile run. This event will be timed.

Winners of each station as well as overall course winners will be awarded at the end of the day.

Participants may take advantage of a training camp for only \$5 each time you go. The camp will take place at CFX (ChiroFitness Xtreme), which is located at 4014 BlackHawk Road, Rock Island, IL. Ph. 309-788-8239. This will start on September 7 and run through September 28th, Tuesdays only from 6-8p. Pre registration not necessary, drop-ins welcome!

The City of Moline, The Moline Parks and Recreation Board, Max Muscle Nutrition, ChiroFitness Xtreme Ltd., and Body Dynamics are not liable for accidents or incidents that result in injury or any other damage.

Signature of Participant

Signature of parent/guardian

(MANDATORY TO PARTICIPATE)