



# FIT-FEST

9:00 a.m. – 11:00 a.m.

SATURDAY, APRIL 15, 2023

Proceeds go to  Youth Program

**Event Info:** Consists of 10 challenges/obstacles to perform and complete with a *partner*. The obstacles will be a physical activity or sport drill with options for people of all abilities to participate. Additional fun activities in Sr. Concetta Park for everyone. Medals awarded for each category.

**Partner Categories:** AA=2 adults, AT=1 adult/1teen, AK=1 adult/1 kid, TT=2 teens, TK=1 teen/1 kid, KK=2 kids. Volunteer adult partners will be provided if needed.

**Category Description:** Adult=18 years and older, Teen=13-17 years, Kid = 12 and under.

**Course:** Start and finish at Sr. Concetta Park, located at the intersection of 6<sup>th</sup> and Warren Streets, Davenport, IA. Flat .8 mile route.

**Packet Pickup:** Friday, April 14 from 5 – 6 p.m. Event day: 8:00 a.m. Pick up at 510 Warren Street, Davenport, IA.

**Event Shirts:** Shirt guaranteed if registered by March 31.

**Parking:** Available in the parking lot and the east side of street on Warren Street between 4<sup>th</sup> and 5<sup>th</sup> Streets. Refreshments provided, restrooms available.

**Prizes:** Available for registered participants, must be present to win. Gold Coast-Hamburg Historic District Association, recipient of the “Great Places in America” award for neighborhoods, will award gifts.

**For More Information:** Contact Project Renewal at 563-324-0800 or check online at [www.projectrenewal.net](http://www.projectrenewal.net)

Registration also available online @ [www.GetMeRegistered.com](http://www.GetMeRegistered.com)



## Registration Form

You must complete a separate registration form for each participant, but you can write one check for multiple entrants as long as you include all the forms with that check. Registration fees are non-refundable.

**Mail registration and checks to:**  
Project Renewal  
906 W. 5<sup>th</sup> Street  
Davenport, IA 52802

### PLEASE COMPLETE A REGISTRATION FORM FOR EACH PARTICIPANT

Copy this form, print off a form at [www.projectrenewal.net](http://www.projectrenewal.net), or call 563-324-0800 for additional forms.

Name: \_\_\_\_\_ Age on Apr. 15, 2023 \_\_\_\_\_

Parent/guardian name (for youth participants) \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Circle Partner Category: AA AT AK TT TK KK

Name of Partner, if known: \_\_\_\_\_

Do you want to be assigned a partner? YES NO

Circle shirt size: YS YM YL S M L XL XXL

Registration fee.....\$20  Kid registration (12yrs. & under)..... no charge  
Shirt guaranteed if registered by March 31. TOTAL amount enclosed.....\$ \_\_\_\_\_

Waiver of liability: I assume all risks associated with participating in this event. In consideration of this entry, I for myself, my executors, administrators and assignors do hereby release and discharge Project Renewal and any other sponsor/contributor for all claims or damages, demands and actions whatsoever in any manner arising or growing out of my participation in the Project Renewal Fit-Fest 2023.

Signature (parent/guardian if under 18) \_\_\_\_\_ Date: \_\_\_\_\_