

MAKIN' BACON FITNESS CHALLENGE 2017

JOIN US

Saturday, July 29th
from
8AM to 11AM

for an Experience of a Lifetime,
while Helping Raise Funds for the
Effingham Chamber of Commerce
Scholarship Program.

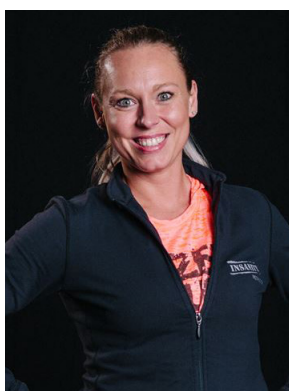
8A - 9A YOGA



GINNY LISS

Certified Yoga
Therapist with International
Association of Yoga Therapy
Owner of Bella Renaissance

9A - 10A INSANITY LIVE



STACY NELSON

Independent Team
Beachbody Coach
Certified Insanity
Live Instructor

10A - 11A TABATAS



BEN SIEMER

BS-Kinesology
ISSA certified
Master of Fitness Science
L2 Crossfit Trainer
Spartan SGX Coach
Owner of Crossfit Effingham

Come participate in three different fitness classes, available in Effingham, on the downtown courthouse square on Saturday, July 29th from 8AM to 11AM during the EffingHAM-JAM KCBS State Championship Competition.

All three sessions of the fitness challenge can be tailored to any fitness level from kids and beginners to the most experience individual, so leave your fear at home and come have a good time.

EARLY REGISTRATION DEADLINE

Register by 11:59PM on July 7 for a guaranteed shirt at makinbaconfitnesschallenge.eventbrite.com

LATE REGISTRATION

Register after July 8 and Onsite, no guarantee of shirt

COST

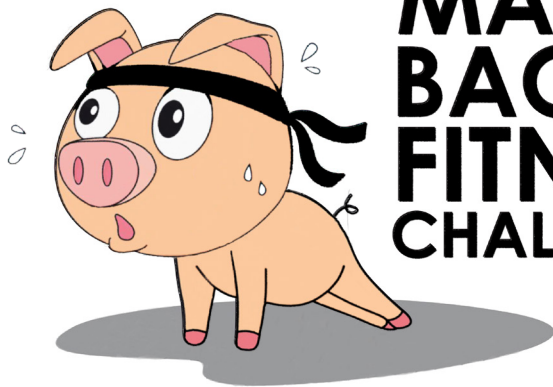
Adults \$30

Includes: 1 Event T-Shirt, 1 Beverage
Voucher, and 1 Food Voucher

Youth (8-14, with an adult present) \$20

Includes: 1 Event T-Shirt and 1 Beverage
Voucher





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ENTRY FEES

\$30 Adults | \$20 Youth
Register before July 8 for a
guaranteed event shirt
Register by mail OR at
makinbaconfitnesschallenge.eventbrite.com

PACKET PICK-UP:

July 29 — 7:30 a.m. to 8:00 a.m. on
Downtown Courthouse Square

Adult Entry Fee includes:

1 Dri-Fit Event Shirt, 1 Beverage Voucher
good for one water, soda, wine or beer, and
1 Food Voucher.

Youth Entry Fee includes:

1 Dri-Fit Event Shirt and 1 Beverage Voucher
good for one water or soda.



NAME: _____ SEX: _____ AGE: _____

ADDRESS: _____ CITY: _____ STATE: _____

EMAIL ADDRESS: _____

SHIRT STYLE:	MEN'S	WOMEN'S	YOUTH
SHIRT SIZE:	XS S M L	XL 2XL (+\$2)	3XL (+\$4) 4XL (+\$6)

Release and waiver of liability: I, the undersigned, in consideration of the opportunity to participate and the acceptance of my entry in this event, intending to be legally bound, do hereby, on behalf of myself, my heirs and legal and personal representatives, release and waive and forever discharge any and all claims for injuries and damages to my person or property, including any and all claims for such injuries and damage resulting from negligent acts or conduct, and including any and all causes of action relating thereto, which might have or shall ever have against the Effingham Chamber of Commerce, its affiliates, officers, board members, representatives for any and all injuries and damages which I may sustain in this event. I further state that I have sufficiently trained for and that I am in proper physical condition to participate in this event. I further grant authorization for the free use of my name and/or photographs, video tapes, motion pictures, recordings or any other record or transcription of my participation in this event, including, but not limited to, advertisements of or publicity or other media accounts pertaining to this event.

PARTICIPANT'S SIGNATURE: _____ **DATE:** _____

**If under 18 years, participant's parent or guardian must sign*

MAKE CHECKS PAYABLE TO:
Effingham Chamber Foundation
MAIL SIGNED WAIVER WITH CHECK TO:

Effingham Chamber of Commerce, Attn: Fitness Challenge, 903 N Keller Dr., Effingham, IL 62401

OR DROP THEM OFF AT ONE OF THE FOLLOWING BUSINESSES:

Effingham Chamber of Commerce, Bella Renaissance Bladez Salon & Spa, or Crossfit Effingham