



**Colorado State Fitness Festival  
And the IFSB Ms. Fitness Co.  
Saturday July 11, 2009**



**Denver (Red & Jerry's Event Center)**

8am morning competition  
12:30pm Doors open & Appetizers served for VIP  
1:00pm Show & Award Ceremony

## Registration Form

How did you hear about this Fitness Event? \_\_\_\_\_

Your Name: \_\_\_\_\_ E-mail: \_\_\_\_\_  
 Street Address: \_\_\_\_\_ Unit/Apt # \_\_\_\_\_  
 City: \_\_\_\_\_ State: \_\_\_\_\_ Postal/Zip Code # \_\_\_\_\_  
 Home Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_  
 Age \_\_\_\_\_ Height \_\_\_\_\_

Division(s) Entering:

**Ms. Fitness Colorado Open** – 3 rounds  
*(Top 3 will qualify for Ms. Fitness USA if there are 3-10 contestants, top 5 qualify with 11-20 contestants)*

**Ms. Fitness Novice** – 3 rounds  
*(1<sup>st</sup> Place may be invited to Nationals. If there are more than 5 contestants the top 2 may be invited to Nationals)*

**Ms. Physique** -2 rounds  
 Age \_\_\_\_\_ Weight \_\_\_\_\_

**Mr. Physique** -1 round: quarter turns  
 (Posing routine optional)  
 Age \_\_\_\_\_ Weight \_\_\_\_\_

**Mr. Fitness Colorado Open** – 2 rounds

**Master's Division (Ages 30, 35, 40 & 50 Plus)**  
**Physique \_\_\_\_\_ Fitness \_\_\_\_\_ Bodybuilding \_\_\_\_\_**  
*(Additional age categories added if there are more than 10 competitors)*

Division(s) Entering:

**Strength Skills Division**  
**(men, women, teens)**  
 - Bench Press , Dead Lift, Squat

**Donna Baldwin & Fitness Calendar Model Search**  
 Male \_\_\_\_\_ Female \_\_\_\_\_  
 \* Contract & portfolio package awarded  
 \* Free photo shoot and calendar spread

**Body Transformation Challenge**  
*(Must fill out additional entry form to register)*  
 \*Winners will be announced at the July 19th Finals!

**Junior's Fitness Division (Ages 5-19)**  
 \*there is no physique round for kids, speech optional  
 \_\_\_\_\_ Ages 5-7 \_\_\_\_\_ Ages 8 -12 \_\_\_\_\_ Ages 13-19  
*(Additional age categories added if there are more than 5 competitors per category)*

**Team Trophy**  
 **Top Gym/ Health Club Award**

**Entry Fees**

**IMPORTANT NOTICE! The registration deadline is 3 weeks prior to show day! All Registration Forms & Fees NOT RECEIVED on or postmarked on or before that date Fri., June 19<sup>th</sup>) WILL BE CHARGED an additional \$20.00 late fee per division!!!** (You may e-mail this form to [management@fitforlifeproductions.com](mailto:management@fitforlifeproductions.com) and use a visa or mastercard to pay entry fee(s) - \$2 fee for credit card.

Ms/Mr Fitness, Masters Fitness & Physique Competition Fee: \$50, Junior Competition Fee: \$40  
 Calendar Fitness Model Search \$50, (\$25 if additional divisions entered), Strength Skills Division \$25  
 Body Transformation Challenges (Free)  
 FIT FOR LIFE membership fee \$50 (good for 1 year)- complete separate Membership Form

A Team Trophy will be awarded to the highest scoring team. (\$20 fee per team is required.)  
 Top Gym/Health Club Team Trophy (\$20 fee per gym entered is required)  
 \* points will be given for the Body Transformation placings as well.

## Rules & Regulations

1. Complete and turn in the contestant entry form to "Fit For Life" Productions or BODY Statement along with your entry fee(s) by money order, check or credit card (extra \$2 fee for credit card) Pick up your competitor packet to help you get started!
2. **Each participant assumes all risk of injury, harm or loss of any kind arising from participation in the "Fit For Life" Colorado State Fitness Festival.**
3. **CONSULT WITH YOUR PHYSICIAN BEFORE COMMENCING ANY NEW EXERCISE, NUTRITION OR SUPPLEMENTATION PROGRAM.** If you are not experienced or familiar with weight training, or if you are changing your training program, please consult with a qualified trainer.

## Waiver

By entering, I hereby intend to be legally bound for myself, my heirs, executors and administrators, and waive and release any and all rights and claims for damages I may have against the facility owners, "Fit For Life" Productions, BODY Statement, Wally Boyko Productions, Inc., OCB, the promoters, and any sponsors, agents, or representatives for any risk, loss, injury, damage, or harm that may result from participating and/or attending this contest. I hereby grant the promoters, "Fit For Life" Productions, BODY Statement, any approved magazine, video or entertainment organization and all of their agents successors, licensees and assignees, the right to photograph or otherwise reproduce (whether by film tape, still photography, or otherwise) my voice, appearance and name and exhibit, distribute, transmit and/or otherwise exploit any and all media, including without limitation, by means of still photography, motion pictures, radio, television, television motion pictures, video, printing, or any other medium now known or hereafter devised, including audio with respect to any merchandising, advertising, and/or publicity and the right to use my name and information about me in connection with any of the foregoing. I also understand that the aforementioned rights may be reassigned at any time without further comment.

I, \_\_\_\_\_, acknowledge that I have read the Rules and Regulations above and agree to be bound by these Rules and Regulations above for the "Fit For Life" Mile High Fitness Extravaganza.

Signed \_\_\_\_\_ Date \_\_\_\_\_

Signature of Parent/Guardian if under age 18: \_\_\_\_\_ Date \_\_\_\_\_

(Money order & checks need to be written to "Fit For Life")

### Contacts:

E-mail address: [management@fitforlifeproductions.com](mailto:management@fitforlifeproductions.com)

You may also visit **FitForLifeProductions.com** for more detailed information on this

For more information, contact:

➤ Contact Abby Houg 303-564-3354 with **"Fit For Life" Productions**