

Chamber
Connections
2026

AUGUST



Grand Opening!

Kwik Star

710 2nd Ave SW, Cresco

**Join us for the
Open House**

**Wednesday,
August 12
9 am - 11 am**

Ribbon Cutting at 10 am

**New Store
Opens
Aug. 6**



Welcome

to the Chamber!

ROSE RECOVERY LLC

WHEN YOU NEED US, WE'LL BE THERE.



**HEAVY
TOWING &
RECOVERY**



**HEAVY
LIFTING**



**ROADSIDE
ASSISTANCE**

Nic Rose, Owner



**Rose Reclamation LLC
& Rose Recovery LLC**

(563) 203-2852



AUGUST

Celebrate August in full swing

SUN	MON	TUE	WED	THU	FRI	SAT
Hidden Farms  GEOCACHING.COM Borlaug Farms AUG 2 5-7pm	Women's Local Tournament AUG 4TH 	Cresco Family Pharmacy 20% Senior Discount Day Every TUESDAY BOTH LOCATIONS Learn more about NORMAN BORLAUG with Tom Spindler AUGUST 4, 6pm 	Pub No. 7 TRIVIA Wednesday Nights 6-8PM ISU Extension Farmland Leasing Arrangements 2026 AUGUST 6, 6pm	CRESCO FARMERS MARKET BEADLE PARK 3PM Every Thursday held at Am Legion if raining Kwik Star Opens Aug 6	MN & IA Permit to Carry Class AUGUST 1st Wildlife Club 9am-7pm Immanuel Lutheran CLOTHING GIVEAWAY Aug 1, 8am-12pm	Men's Local Tournament Isaac Wiltgen Tournament Cresco Country Club 9am
2 Fly-In Breakfast 7:30am-12pm Cresco Fine Arts Show 9:30am-3:30pm 	3 Summer Series A-2 Rimfire Match Gooder Field AUGUST 2 12:30pm TOUCH-A-TRUCK HELICOPTER Cresco Public Library, 10am	4 NICC Virtual The Resilience Reflex: Building Your Adaptive Capacity 8am ISU Extension GLOBAL GOURMET Cresco Community Chapel 9am AUGUST 4 Pantry Fairgrounds 4:30pm	5 Regional Health Services ExpressCare AUG 5 & 12 Student Athlete Physicals, 6-8pm NICC Cresco Center Kids in the Kitchen: Junior Chef Camp AUGUST 5 grades 2-4, 9am	6 NICC Cresco Center Kids in the Kitchen: Junior Chef Camp grades 5-7, 9am Notre Dame Catholic School School Registration AUG 5, 9am-5pm American Red Cross United Methodist Church, 12pm	7 SALES TAX HOLIDAY August 7-8 Gun & Sports Show August 7 & 8 Fri 3-8pm Sat 8am-3pm Fairgrounds	8 American Legion Coffee/Treats & Vendors 9-11am U Pick Flowers 8-11am AND Poses & Posies - YOGA on the Farm 8:30-9:30am
9	10 ISU Ext Virtual Garden Q&A Live AUGUST 10 12:30pm Preschool Parent Meeting AUGUST 11, 5:30pm Notre Dame Church	11	12 Regional Health Services Burgers with Behavioral Health 12-1pm Kwik Star OPEN HOUSE 9AM RIBBON CUTTING 10AM	13	14	15
16	17 Community Health Services Regional Health Services of Howard County Wellness Clinic Cresco Fitness Center 7:30-9:00am	18 Notre Dame Catholic School Crestwood & Notre Dame OPEN HOUSE	19 Chamber Business Committee 8:15am ISU Ext Virtual Farmland Leasing Arrangements 2026 9-11:30am	20 Fall Sports Meet the Team 6pm Larry Reis 10am IOWA TURTLES AUG 21	21 NORMAN BORLAUG HARVEST FEST Aug 21-23 PLANTPEDDLER Variety Day & Trial Gardens OPEN TO THE PUBLIC during NBHF and All School Reunion	22 U Pick Flowers 8-11am AND Poses & Posies - YOGA on the Farm 8:30-9:30am
23 3 Couple Invitational Golf Tournament Cresco Country Club 10am	24 FIRST DAY OF SCHOOL Cancer Survivor Meeting 5:30pm Am Legion	25 NORTHEAST IOWA COMMUNITY COLLEGE Fall Semester begins	26 LifeServe Your Blood. Your Hospital. Your Neighbors. VFW 12-5:30pm AW CRUISE NIGHT 5PM	27	28	29 U Pick Flowers 8-11am THE SMASH BASH SATURDAY, AUGUST 29 5:00-8:00 PM
30 Open to the public Ranch Breakfast 8am-12pm 	31 WELCOME ALUMNI TO THE ALL SCHOOL REUNION ✓ FIND YOUR T-SHIRTS AT THE REGISTRATION TABLE AT THE HARVEST TENT ✓ PARADE LINE-UP AT FAIRGROUNDS 3:30-4PM ✓ ALL SCHOOL REUNION PROGRAM - 2PM AT CRESTWOOD HIGH SCHOOL 					Cresco Theatre Mondays, 8pm VFW Saturdays, 10am LEC 

Upcoming Events

Sept 2
Chamber Golf
Cresco Country Club

Sept 6 & 13
Cresco Speedway
Race Nights
Fairgrounds

Sept 7
Labor Day
No School

Sept 12
Notre Dame Fair Day

Sept 13
Wildlife Club 80th
Anniversary & 40-Gun
Raffle
Gooder Field

Sept 17-19
Cresco City-Wide
Garage Sales

Sept 17-18
Inspire Day
*Norman Borlaug Boyhood
Farm*

Sept 19-20
All-State Fall Barn
Tour 2026
*Norman Borlaug Birthplace
Farm*

Sept 22
First day of AUTUMN
7:04PM CST

Sept 25
CHS Homecoming
Cresco vs Forest City



\$12/TICKET

KIDS 5 & UNDER FREE!

**PILOT AND
PASSENGERS
EAT FREE!**

44th Annual FLY-IN BREAKFAST

ELLEN CHURCH FIELD
CRESCO, IOWA AIRPORT

SUNDAY, AUGUST 2

SERVING 7:30AM-12PM
ALL YOU CAN EAT OMELETS & PANCAKES
CARRY-OUTS AVAILABLE

Thank You Fly-In Sponsors

Black Hills, Camp-Site RV, CIA, Cresco Bank & Trust
Cresco Shopper, CUSB Bank, RSHSC, Featherlite
Cresco Building Service, Darland's Auto Repair, Fareway
Hawkeye Sanitation, Hindt-Hudek Funeral Home
Holstrom's, JP Accounting, K&M Metal Designs
Master Plastics, MiBroadband, Neubauer Farms
Next Gen Gamerz, Olsgard Silo Bagging, Plantpeddler
Precision Overhead Doors, Ruppert's Ace Hardware
Schatzee's Body Shop, Gallagher, Times-Plain Dealer
State Farm Insurance - Don Dietzenbach
Turkey River Window Cleaning, Upper Iowa Ag
V&V Insurance, Amy Bouska, Dan & Julie Huiskamp

Thank You Art Show Sponsors

Alum-Line, Bear Creek Archeology, Amy Bouska
Cresco Bank & Trust Cresco Building Service
Cresco Travel & Tourism, CUSB Bank, Cresco Wildlife Club
Dollar Fresh Cresco, Erickson Prochaska Realtors,
Evans Publishing, Fareway, Dr. Jeffrey & Shirlee Haw
Howard County Business & Tourism Bootie Kapler
Kerian Water Store, JP Accounting, KNL Enterprises, MIEnergy
Ruppert's Ace Hardware, Schmelzer Funeral Homes,
Turkey River Window Cleaning
Upper Iowa Tool & Die, Bart & Julie Wilson

Join us following
the Fly-In for the
65th Annual

Cresco Fine Arts Show

Entertainment, Food
& Fun for Kids

Beadle Park • Hwy 9
9:30AM-3:30pm



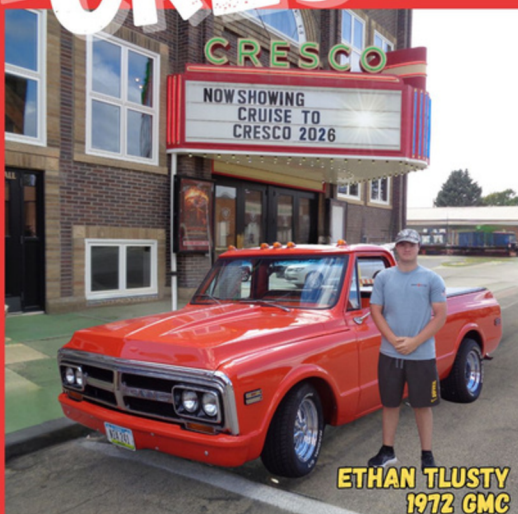
MISSION IMPOSSIBLE
CHAMBER GOLF TOURNAMENT
YOUR MISSION, SHOULD YOU CHOOSE 'DO ACCEPT IT...'
TOP SECRET
CONFIDENTIAL
WEDNESDAY, SEPT 2
CRESCO COUNTRY CLUB
5:30PM
RSVP HCBT@CEDAUSA.COM | 547-3434

CAR SHOW TO CRUISE CRESCO

IN BEAUTIFUL NORTHEAST IOWA

CAR SHOW OPEN TO

- Antiques
- Trucks
- Street Rods
- Classics
- Sports Cars
- Unfinished
- Street Machines
- Rat Rods
- Motorcycles
- Tractors



ETHAN TLUSTY
1972 GMC

SATURDAY AUGUST 22, 2026

REGISTRATION 8:30AM - 12:00PM ENTRY FEE \$15
CASH DOOR PRIZES OVER \$600
40 AWARDS - PRESENTATION AT 2:30PM

Dash Plaques to the first 75 entries
This is a GOODGUY RODDERS REP PICK EVENT



NEW THIS YEAR: Prize for best entry honoring AMERICA250!



TO LEARN MORE CALL 563-547-3434 OR FIND US ON FACEBOOK @ CRUISE TO CRESCO

JOIN US FOR **THE SMASH BASH**

BROUGHT TO YOU BY THE CRESCO THEATRE COMMISSION

SATURDAY, AUGUST 29
5:00-8:00 PM

FREE outdoor movie to follow
West Parking Lot of the Cresco Theatre

All proceeds support the Scene Shop, with all contributions accepted as free-will donations (concessions excluded)

SMASH BURGERS
by Jim & Barb Holstrom

Free Will Donation
5-7 PM

LET'S HAVE A

SMASHING GOOD TIME!

- **DUNK TANK** 5PM
- **YARD GAMES**
- **DJ & MUSIC**
- **MOVIE BINGO** 7:30PM Free to Play

POPCORN & WATER
WILL BE AVAILABLE!
Bring a lawn chair!

FREE OUTDOOR MOVIE

JUMANJI
STARTING AT DUSK

GO TO **WWW.CRESCOCHAMBER.COM**

FOR REGISTRATION FORMS:

NBHF PARADE, FOOD VENDOR, AND BUSINESS MARKET



GET SIGNED UP
TODAY!

CALL 547-3434
FOR MORE
INFORMATION



CRUISE NIGHT

LAST WEDNESDAY OF THE MONTH

APRIL - SEPTEMBER

628 2ND AVE SW 547-3112

5-8PM



Cresco and Notre Dame
ALL SCHOOL REUNION
August 21-23, 2026



EVENT DETAILS
AND FILLABLE
REGISTRATION FORM

LIVE MUSIC
SATURDAY
NIGHT

Braelyn McCarville
and

Incoognito

at the Harvest Tent during **NORMAN BORLAUG HARVEST FEST**

ExpressCare

STUDENT ATHLETIC PHYSICALS

WEDNESDAY'S IN AUGUST: 5 & 12

DURING EXPRESS CARE HOURS: 6-8PM
\$45 Cash, Check, or Credit/ Debit Card

WALK-INS WELCOME



Regional Health Services
OF HOWARD COUNTY

Cresco Medical Clinic
321 8th Avenue West, Cresco, IA
563-547-2022



Moo Mobile '26 was a SUCCESS!



Thanks to all who worked at the fair!

ALUM-LINE
HOWARD-WINN
& STUDENTS
CAMP-SITE RV
CUSB BANK
DON DIETZENBACH
STATE FARM
CRESCO SHOPPER
TIMES PLAIN DEALER
CRESCO BANK
OAK CREEK DENTAL
DONALDSON
PLANTPEDDLER
AMERIPRISE
GALLAGHER
BOOTIE KAPLER
RILEY, LOVELESS &
PEDRETTI FAMILIES

HARVEST FEST FIREMAN'S WATER-BALL & RUBBER DUCK RACES

MAIN STREET
FRIDAY AUGUST 21
6:30PM WATER FIGHTS BEGIN
7:30PM RUBBER DUCK RACES
KIDS 13 AND UNDER

City-Wide Garage Sales
brought to you by:



Norman Borlaug Harvest Fest
Pickleball Open Play
SATURDAY, AUGUST 22
Evans Park, 9am-11am

- No entry fee
- High School age and older
- All abilities and visitors welcome
- Four pickleball courts and two temporary courts in play
- Questions? Email pb002cresco@gmail.com

2026 and CWC
celebrates 30 years!

Steel Plate
Targets

Cresco Wildlife Club
presents



Summer Sunday Series
A 2-Gun Rimfire Match

May 3rd June 7th July 5th August 2nd September 6th

Awards: October 11th during CWC membership meeting at 6pm

FAMILY-FRIENDLY

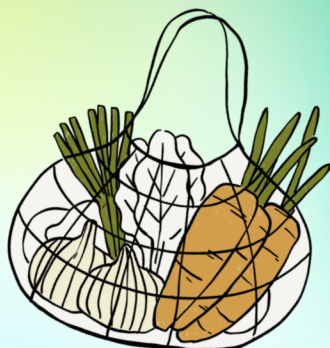
BEGINNER-FRIENDLY



**NEW VENDORS
ALWAYS
WELCOME!**

Contact Grace Hove,
Market Manager 563-379-0320
or call 563-547-3434
or email hcbt@cedausa.com

Thursdays
3-6 PM
Beadle Park
Located along Hwy 9



Don't miss Larry Reis' talk on
IOWA TURTLES

August 21, 2026 10am

Check out all the
EVENTS & ACTIVITIES



cresco.lib.ia.us 320 N Elm St 563-547-2540

ONE STORY.
COUNTLESS VOICES.
THE COST OF WAR.

AN ILIAD

A NEW STAGE ADAPTATION
OF HOMER'S EPIC

A Play by Denis O'Hare and Lisa Peterson

AUGUST 20-22, 2026

A TIMELESS TALE
OF HEROES.

A MODERN PRODUCTION
THAT HITS HOME.

WAR, HONOR, FATE,
THE HUMAN
EXPERIENCE.

CRESCO THEATRE AND OPERA HOUSE

SCENE SHOP BLACK BOX
115 2ND AVE WEST
CRESCO, IA 52136
TICKETS & INFO
Doors open at 6:30PM.
Show starts at 7PM.

Tickets available at the Cresco Chamber
CUSB Bank, and City Hall or at the door.
\$15.00 per ticket.
All proceeds go towards the Scene Shop.

THE EPIC IS ANCIENT. THE STORY IS OURS.

HIDDEN HARVEST

JOIN FOR GEOCACHING AT BORLAUG FARMS

Sunday August 2nd

FREE

5-7pm

Tours Available

- Food at 6pm
- Bring a Dish to Share
- Provided: Hot Dogs, Water, Utensils
- Group Picture 6:30
- Door Prizes Following Picture



Regional Health Services of Howard County

47th Annual Hospital Auxiliary

Quilt Auction

Saturday, August 22, 2026

11:00am ~ Harvest Tent

Bring your own lawn chair for seating

Quilts may be viewed prior to the auction
at www.rhshc.com or in person
downtown Cresco the week prior

Regional Health Services
OF HOWARD COUNTY

563-547-2101

NORMAN BORLAUG *Harvest Fest*

GRAND MARSHALS

All School Reunion Panelists

AUGUST 22nd Parade 4:30pm



Faye Perkins

Crestwood Class of 1974



Dan Wendt

Crestwood Class of 1978



Don Andera

Crestwood Class of 1976



Steven Ray Douglas

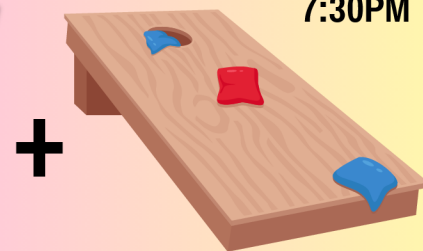
Crestwood Class of 1991

**FRIDAY, AUGUST 21, 2026
HARVEST FEST TENT**



6PM BINGO

**BEAN BAG TOURNAMENT
7:30PM**



CRESCO WILDLIFE CLUB GUN & SPORTS SHOW

ADMISSION
TICKET \$10
12 & UNDER FREE

FRIDAY, AUG 7TH 3-8PM



SATURDAY, AUG 8TH 8AM-3PM

HOWARD COUNTY FAIRGROUNDS

JIM PETER 563-380-6625 OR DAVID E BURNS 319-240-6351

CONCESSIONS
AVAILABLE
OVERNIGHT
SECURITY
PROVIDED





Keeping History on Track

**Beadle Park Heritage
Train Campaign**

GOAL: \$250,000

Thomson Charitable Foundation
and CUSB Bank announce
Community Challenge:
1:1 match, up to \$125,000



- CONDUCTOR**
Over \$10,000
Plaque recognition
- ENGINEER**
\$5,000-\$9,999
Plaque recognition
- LOCOMOTIVE**
\$2,500-\$4,999
Plaque recognition
- CABOOSE**
\$1,000-\$2,499
Plaque recognition
- RAILROAD CAR**
\$500-\$999
- THE TRAIN TICKET**
up to \$499

How to Donate

Make checks payable to:
Cresco Railway Company - CRICET
101 2nd Ave SW, Cresco, IA 52136



- ➔ **PHASE 1** – Replace the railroad ties & add rock to the foundation - **Spring**
- ➔ **PHASE 2** – Community fundraising campaign and sponsorship opportunities - **Summer**
- ➔ **PHASE 3** – Repaint and restore the train - **Fall**

Questions? Call 563-547-3434
crescochamber.com/beadleparktrain

LET'S GO RACING!

September 6th, 7pm
September 13th, 1pm

**NORTHEAST IOWA
COMMUNITY COLLEGE**

CRESCO CENTER

1020 2nd Ave SE ~ 563-547-3355 ~ crescocenter@nicc.edu
Ryan Kreitzer, Center Director

- Aug 4** Virtual: The Resilience Reflex: Building Your Adaptive Capacity, 8-9:30am, #105764
 - Aug 5** Kids in the Kitchen - Junior Chef Camp, Grades 2-4 9am-4pm, #106311
 - Aug 6** Kids in the Kitchen - Junior Chef Camp, Grades 3-5 9am-4pm, #106312
 - Sept 15, 17, 22, 24** Virtual: Microsoft Excel 2021: Level 1 3:30-5:30pm, #106940
- Find out more at <https://nicc.augusoft.net//info/landing/Class-Calendar>

Take a StoryWalk®!

Enjoy a children's book one page at a time while walking the Prairie Springs Recreational Trail. New story every month!

Current Story
SEEDS MOVE!
by Robin Page

StoryWalk® starts at 7th Ave SW

AuditPlus+

Learn More & Sign Up at energydistrict.org

(563)-382-4207 ext. 1
contact@energydistrict.org

High energy bills at your business?
Identify savings and track energy use with the **Commercial AuditPLUS+** program.

A program for small and mid-size commercial utility customers in Allamakee, Winneshiek & Howard Counties.

Participants receive an energy audit plus **FREE** installation of energy monitoring sensors that will help identify utility cost savings and energy use trends.

Practical, actionable steps to improve energy efficiency for your business or nonprofit

Thanks to the State of Iowa, this service costs a low \$75 participant fee (A \$1100 value)!

It may be LEGAL to strap on a pistol & start carrying in Iowa now, but is it WISE to do so without the proper training?

MINNESOTA & IOWA PERMIT TO CARRY CLASS

One of THE MOST COMPLETE Permit to Carry Training Programs Offered!

Our 10 Hour Sessions will teach you how to Properly Carry Firearms.

Saturday, AUG. 1, 2026
Pre-Registration at 8:30 am, Class from 9 am-7 pm.
Must be 21 or older; Photo ID Required
Firearms and ammunition will be provided for qualification
Cresco Wildlife Club
Howard County Fairgrounds, Cresco, IA
Call: Outdoors & More at (563) 547-5071 for more info or to reserve your seat!

No Written Test!

DO YOU UNDERSTAND YOUR RESPONSIBILITIES AS AN ARMED CITIZEN? LEARN FROM A CERTIFIED NRA INSTRUCTOR!

IOWA STATE UNIVERSITY

Extension and Outreach

BUILDING A
#STRONGIOWA
IN HOWARD COUNTY

**AUGUST
2026 CALENDAR**

Sue Barnes, 547.3001, 132 1st Ave W, Cresco

- Aug 4** Global Gourmet, Cresco Community Chapel, 9am
- Aug 6** Farmland Leasing Meeting, Farm Bureau Boardroom 6pm
- Aug 10** Virtual: Garden Q&A, 12:30pm
- Aug 19** Virtual: Farmland Leasing Meeting, 9am

Aug 13-23 Iowa State Fair

Cresco Area Chamber of Commerce
101 2nd Ave SW
Cresco, IA 52136



CONTACT US
Give us a call for more
information about our services
and opportunities.

Cresco Chamber
101 2nd Ave SW
Cresco, IA 52136
563.547.3434



Visit us online at
crescochamber.com
howard-county.com
and on Facebook at
Cresco and Howard County
jason@howard-county.com
spiff@howard-county.com
hcbt@cedausa.com

The Mission of the Cresco Area Chamber of Commerce is to
develop and grow new and existing businesses, promote community involvement and to encourage business alliances.

2026 Board of Directors

Dan Evans - President	563.547.3601
Ryan Kreitzer - Vice President	563.547.3355
Kris Riley - Past President	563.547.6000
Alex McCabe	563.547.2040
Ryan McCarville	563.547.5100
Mary Ann Neuzil	563.547.2244
Michael Ollendick	563.547.6000
Holly O'Brien	563.547.2264
Josh Bourassa	563.547.2161
Jennalee Pedretti	563.547.2101
Greg Meirick	563.547.2244
Austin McConnell	563.547.2040
Noah Schrage	563.547.2450

Times Plain Dealer
NICC Cresco Center
Featherlite
CUSB Bank
Camp-Site RV
Cresco Bank & Trust
Featherlite
Howard-Winn
Cabin Coffee & V&V Insurance
RHSHC
Cresco Bank & Trust
CUSB Bank
Howard County Mutual

Welcome All School Reunion

NORMAN BORLAUG HARVEST FEST

THURSDAY, AUGUST 20

3-6pm - Cresco Farmers Market - Beadle Park

7pm - The Iliad - Cresco Theatre

FRIDAY, AUGUST 21

Trial Gardens open to public at Plantpeddler

4:30pm - Opening Ceremonies - Beadle Park

5pm - Beer Garden Opens - Harvest Tent

6pm - American Legion BINGO - Harvest Tent

6:30pm - Youth Wrestling & Volleyball Color FUN Run
Games, and Outdoor Movie - Kessel Park

6:30pm - Fireman's Waterball / 7:30pm Fireman's Rubber Duck Races
Downtown Cresco

7pm - The Iliad - Cresco Theatre

7:30pm - Bean Bag Tournament - Harvest Tent

SATURDAY, AUGUST 22

Trial Gardens open to public at Plantpeddler

7am - 10am - VFW Breakfast - VFW Hall

8am - 3pm - Cruise to Cresco - Downtown

8-11am - FitFest - Cresco Fitness Center

9am - 11am - Pickleball Open Play - Evans Park

9:30am - Quilts of Valor - Harvest Tent

9:30am - 2pm Tours of Borlaug Farm - 19518 200th Street, Cresco

10-12pm - Tours of Cresco - Start at Crestwood High School

10am - 6pm Business Elm Street Market - Courthouse Lawn

11am - Quilt Auction - Harvest Tent

12-2pm - School Tours of Crestwood and Notre Dame

4:30pm - Harvest Fest Parade - Downtown Cresco

with Grand Marshals - All School Reunion Panelists

5:30pm-7:30pm - Live Music with **Braelyn McCarville** - Harvest Tent

7pm - The Iliad - Cresco Theatre

7:30pm-11pm - Live Music with Incognito - Harvest Tent

SUNDAY, AUGUST 23

Trial Gardens open to public at Plantpeddler

7am - 10am - VFW Breakfast - VFW Hall

10am - Three Couple Best Shot Invitational - Cresco Country Club

GOLD MEDAL

Hindt-Hudek Funeral Home, Olsgard Silo Bagging
Plantpeddler, Fareway Stores, Bob's Electric

FREEDOM LEVEL

Alum-Line, Black Hills Energy, Amy Bouska, Cresco Building Service, Darland's Auto Repair, Gallagher, Holstrom's Gift & Jewelry, JP Accounting
Master Plastics, MiBroadband, Schatzee's Body Shop, V&V Insurance, Dan & Julie Huiskamp, Next Gen Gamerz, Upper Iowa Ag, O'Henry's Stitches & Prints
Precision Overhead Doors, Times-Plain Dealer, Rupperts Ace Hardware, State Farm Insurance - Don Dietzenbach

Incognito



SCAN TO VISIT
OUR FACEBOOK
PAGE FOR
UPDATES!



SPONSORED BY

NOBEL PRIZE

CIA

INSURANCE



CUSB
BANK



Invenergy

CRESCOCHAMBER.COM · 563-547-3434 · HCBT@CEDAUSA.COM · FACEBOOK: CRESCO AND HOWARD COUNTY

REGISTER NOW:
\$80 Early Bird | \$100
Standard | \$120 Late



FIT FEST COMMUNITY COMPETITION

Move. Compete. Celebrate.

Fit Fest is a partner-style fitness competition designed for all levels. **Teams of two** will take on **3 unique workouts** testing strength, conditioning, and teamwork in a fun, high-energy environment. Whether you're experienced or just getting started, there's a division for you!

- **Location:** Cresco Fitness Center
- **Date:** August 22nd, 2026
- **Time:** 8:00 AM – 12:30 PM (approx.)
- **Teams:** 2-person teams
- **Divisions:** • Men • Women • Coed • Competitive • Modified

WHAT'S INCLUDED

- 3 Workout Events
- Official Fit Fest T-Shirt
- Prizes for Division Winners
- Music + Live Scoring
- Community Atmosphere

Space is limited First come, first served
Scan QR code or sign up at front desk



"One day. Three workouts. All fitness levels."

EVENT 1 HEARTBREAK 200



TIME CAP:
10 MINUTES

FORMAT:
PARTNER RELAY

Heartbreak 200 is a sprint-style partner race where every handoff matters.

**EACH PARTNER COMPLETES
3 ROUNDS.**

PARTNER 1 completes all 3 moves while partner 2 is recovering.

THEN PARTNER 2 GOs while **PARTNER 1** recovers.

- 200m RUN (CFC TRACK = 2 LAPS)
- 15 SQUAT TOSSES
- 10 HALF BURPEE
- RECOVER
- SPRINT AGAIN
- REPEAT (UNTIL 3 ROUNDS HAVE BEEN COMPLETED BY EACH PARTNER)



**MEN
COMPETITIVE
20 LB**



**MEN
MODIFIED
14 LB**



**WOMEN
COMPETITIVE
14 LB**



**WOMEN
MODIFIED
10 LB**

EVENT 2 THE GRINDSTONE



TIME CAP:
14 MINUTES

FORMAT:
DESCENDING LADDER

The Grindstone, a descending kettlebell ladder that rewards grit, pacing, and teamwork.

Partner 1 and Partner 2 chip away at one movement until the team achieves the cumulative total for each individual movement. Only one partner is working towards the team rep goal at a time.

Partner 1 can tap partner 2 in at any point to chip away at the team rep goal. Partners can not advance to the next movement until rep count is complete. Once rep count has been achieved for all three moves, then rep count decreases by 20 reps until the team has completed all 3 rounds.

REP SCHEME:

**ROUND 1
60-60-60**

**ROUND 2
40-40-40**

**ROUND 3
20-20-20**



KB DEADLIFT

KB PUSH PRESS

KB GOBLET SQUAT



**MEN
COMPETITIVE
24 KG (53 LB)**



**MEN
MODIFIED
16 KG (35 LB)**



**WOMEN
COMPETITIVE
16 KG (35 LB)**



**WOMEN
MODIFIED
12 KG (26 LB)**

EVENT 3 SYNC OR SWIM



TIME CAP:
8 MINUTES

FORMAT:
TEAM SYNCHRONIZATION

Sync or Swim is a Synchro bodyweight finale! Both partners must complete reps together while not working ahead of the other.

SYNCHRONIZATION RULE:

FOR EVERY MOVEMENT:

- Athletes must start and finish each rep together.
- The Judge (counter) counts only synchronized reps.
- If one athlete is ahead, the rep does not count.

Sync or Swim is the ultimate team finisher pushing both partners to complete the same amount of reps and empowering each other to bring out their best! Move **TOGETHER** rep by rep or fall behind.

PARTNERS COMPLETE:

- 50 SYNCHRO AIR SQUATS
- 40 SYNCHRO SIT-UPS
- 30 SYNCHRO JUMPING LUNGES (OR ALTERNATING LUNGES FOR MODIFIED, EACH LUNGE COUNTS)
- 20 SYNCHRO BURPEES (CHEST TO GROUND)
- 10 SYNCHRO BROAD JUMPS

FINISH. STRONGER. TOGETHER.