

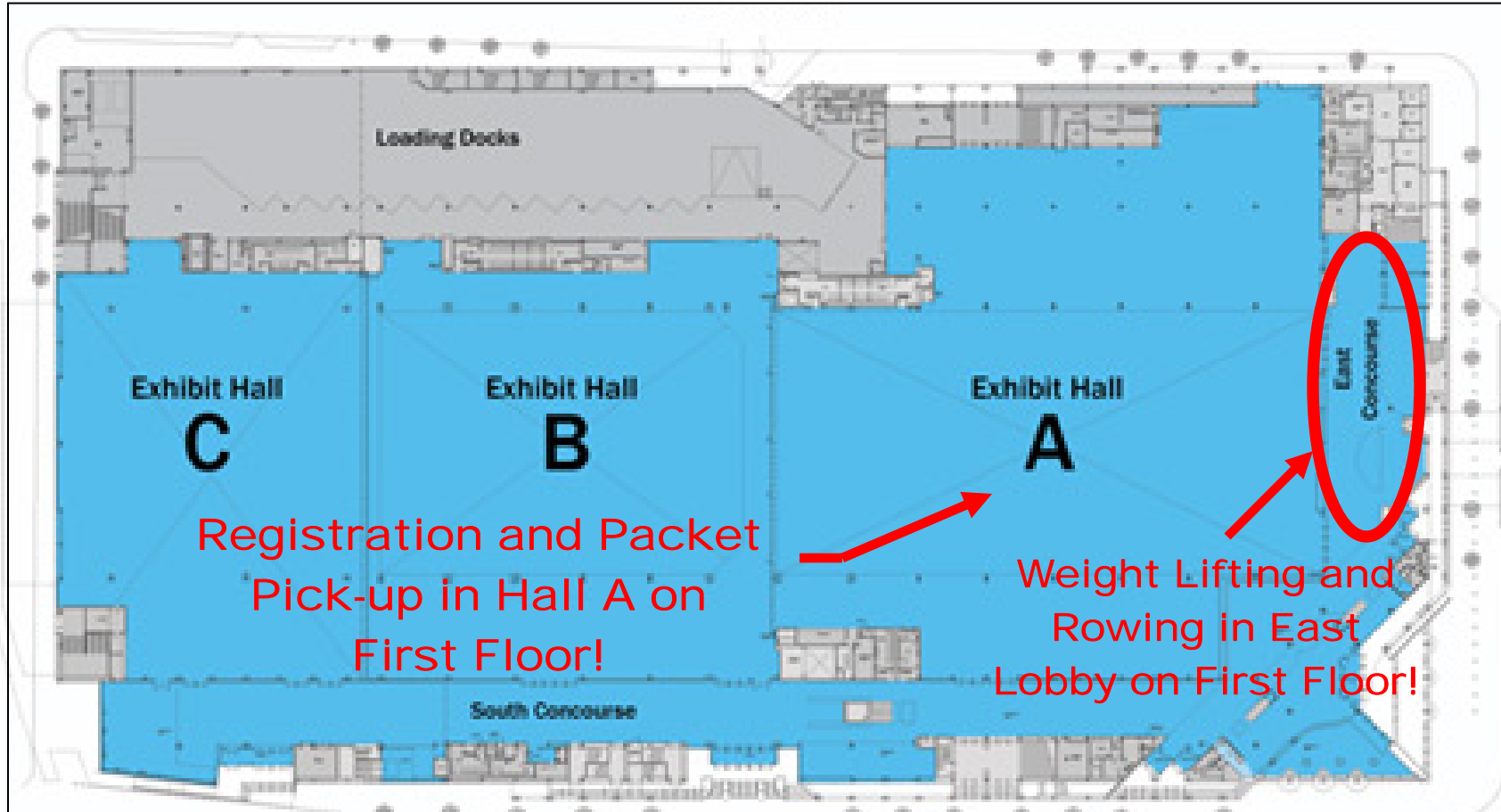


DUKE ENERGY CENTER IN DOWNTOWN CINCINNATI (525 Elm St, Cincinnati, Oh 45202)

Fri May 2nd Pre-Race Lifting: PNR (5K, 10K, Half and Full Marathon), PNC and PCNR ...Noon to 2PM and 4 to 8PM
Sat May 3rd Pre-Race Lifting: PNR Half and Full Marathons-only... 2:30PM to 5:30PM

Note: Abbreviations mean...PNR (PUMP N' RUN), PNC (PUMP N' CURL CHALLENGE), PCNR (PUMP CURL N' ROW)

Sixth Street



Elm St.

Fifth Street

NOTE: All Pump N' Run Participants (5K, 10K, Half and Full Marathon) go pick up packet and get race number first in Hall A, then go to lift area. All Non-running events (PNC and PCNR) proceed directly to weight lifting/rowing area. If you arrive after 7:00PM Friday (PNR5K), you can still lift, but you must still get race number at Sawyer Point Registration Sat Morning prior to 9:00AM. For Driving Directions go to: www.duke-energycenter.com