

THE LORD'S GYM 2008 PUMP N' RUN



May 2nd/3rd/4th SCHEDULE OF EVENTS

(See Sawyer Point Map on back for Saturday 5K/10K Event Locations)

<u>Date</u>	<u>Time</u>	<u>Where</u>	<u>Description</u>
Fri May 2nd	Noon to 2:00PM	DUKE Energy Center	Pre-Race Lifting all Running Events 1 st Round Lifting PNC Event 1 st Round Lifting and Rowing PCNR
Fri May 2nd	BREAK	DUKE Energy Center	BREAK
Fri May 2nd	4:00-8:00PM	DUKE Energy Center	Pre-Race Lifting all Running Events 1 st Round Lifting PNC Event 1 st Round Lifting and Rowing PCNR

NOTE: If arrive after 7:00PM (PNR5K/10K), you can still lift, but you will have to go to Reg Table at Sawyer Point to get Race # on Sat Morning and bring back to Pump N' Run Tent. You must provide Race # to Pump N' Run Tent prior to 7:30AM (PNR10K) and prior to 9:00AM (PNR5K)!

Sat. May 3rd	6:30 to 7:30AM	Sawyer Point	Pre-Race Lifting PNR <u>10K</u>
Sat. May 3rd	7:30AM to 9:30AM	Sawyer Point	Pre-Race Lifting PNR <u>5K</u> /PNC

NOTE: Arrive long before 9:00AM so that you won't be closed out of Lifting!

Sat. May 3rd	8:00AM	Sawyer Point	10K RUN START
Sat. May 3rd	9:45AM (approx)	Sawyer Point	PUMP-OFF PNR <u>10K</u>
Sat. May 3rd	10:15AM	Sawyer Point	5K RUN START
Sat. May 3rd	10:30 AM (approx)	Sawyer Point	PUMP-OFF PNC/PCNR
Sat. May 3rd	11:15AM (approx)	Sawyer Point	PUMP-OFF PNR <u>5K</u>
Sat. May 3rd	NOON	Sawyer Point	AWARDS CEREMONY
Sun May 4 th	6:30AM	Sawyer Point	HALF/FULL MARATHON RUN START
Sun May 4 th	10:00AM	Sawyer Point	PNRHALF Iron Man/Lady Awards
Sun May 4 th	Noon	Sawyer Point	PNRFULL Iron Man/Lady Awards