

Non-running Cross Training Events

"3 Competitions in 1"

(Fri October 9th and Sat 10th, 2009, Harrison, Ohio)



Event Description ("3 Events in 1"): As seen in the diagram at the bottom of the flier, six cardio stations are offered, which combine Bench Press, Curling, Indoor Rowing, Medicine Ball Sit-ups, Jump rope and Step-ups. These six stations comprise three competitions: **The "Pump N' Curl Challenge"** (completing stations #1 and #2-only), **The "Pump Curl N' Row"** (completing stations #1, #2 and #3-only) and **The "Gauntlet"** (completing all stations #1 through #6). Contestants will decide ahead of time, how many stations they will complete... and the more stations you complete, the more awards you can win! Here is how it works...

The Pump N' Curl Challenge (complete stations #1 and #2): The athlete will do maximum bench press repetitions, then after 15 seconds do maximum curl repetitions, with lift-weights determined by Age, Gender and Body Weight (see charts below). Preliminary round awards include Bench Press Champion (most reps), Curl Champion (most reps) and Total Weight Champion (bench press x bench reps + curl reps x curl weight). Also, the top 7 men and women with the highest "Bench + Curl Rep Total" will qualify for the Pump-Off Championship Round (see Pump-OFF Round description below).

The Pump Curl N' Row (complete stations #1, #2 and #3): The athlete performs the same two stations as described above, but after a 30 second rest, he/she will then do a 500 meter row on a Concept 2 indoor rowing machine. Pump Curl N' Row awards include all of the Pump N' Curl Challenge awards mentioned above (including the PUMP-OFF Championship), but also Male and Female Fastest Net Row Time and Fastest Actual Row Time. The Fastest Net Row time is computed by reducing the Actual Row time by 1-second for each bench press and curl repetition.

The Gauntlet (complete all stations #1 thru #6): The athlete may compete in the Gauntlet for a truly "Full Fitness" Experience (GO FOR IT!). This competition includes all six stations. These participants will compete for all the awards described above (including the PUMP-OFF Championship), but also try to become the Iron Man and Iron Lady Overall Champion. The Iron Man and Iron Lady award is computed by adding the Net Row Time (500 meter row time with a 1-second time reduction for each Bench and Curl Rep), to the additional time it takes to complete stations #4, #5 and #6. There will also be medals for the fastest time completing stations #4, #5 and #6 (Cardio Circuit Challenge Time). See Lift Charts, Rules, Event Fees, Event Location/Times, Awards, and Registration details below.

BENCH CHART

Jr. Men 15 to 18 Contestants will bench press 85% of their weight
Men 19 to 39 Contestants will bench press 100% of their weight
Men 40 to 49 Contestants will bench press 90% of their weight
Men 50 to 59 Contestants will bench press 80% of their weight
Men 60 and over Contestants will bench press 70% of their weight

Jr. Women 15 to 18 Contestants will bench press 55% of their weight
Women 19 to 39 Contestants will bench press 70% of their weight
Women 40 to 49 Contestants will bench press 60% of their weight
Women 50 to 59 Contestants will bench press 50% of their weight
Women 60 and over Contestants will bench press 40% of their weight

BENCH PRESS RULES

- 1.) Bench Press weight amount determined by Age and Gender (see chart above). Lifting Weight will be rounded to the nearest multiple of 5.
- 2.) Rep begins at full arm extension, then bar is lowered down until touches chest, then back to full extension. Arms must “lock-out” at top position
- 3.) Back and Rear must be flat on bench, and both feet must be flat on ground.
- 4.) During weigh-in, minimum attire must be Shorts, T-Shirts and Socks.
- 5.) NO BOUNCING BAR OFF CHEST. Rep will not count if bar bounces off chest.
- 6.) Motion must be continuous with no rests or pauses at the top and chest positions. A noticeable resting pause will nullify previous rep.

CURLING CHART

Jr. Men 15 to 18 Contestants will curl 40% of their weight
Men 19 to 39 Contestants will curl 45% of their weight
Men 40 to 49 Contestants will curl 40% of their weight
Men 50 to 59 Contestants will curl 35% of their weight
Men 60 and over Contestants will curl 30% of their weight

Jr. Women 15 to 18 Contestants will curl 30% of their weight
Women 19 to 39 Contestants will curl 35% of their weight
Women 40 to 49 Contestants will curl 30% of their weight
Women 50 to 59 Contestants will curl 25% of their weight
Women 60 and over Contestants will curl 20% of their weight

CURLING RULES

- 1.) Arm Curl Weight is determined by Age and Gender per chart above, with weight rounded to nearest multiple of 5.
- 2.) 2-Arm Curl begins at full arm extension with bar resting on thigh. A Full Rep is defined by raising bar up to touch chest, then lowering back down to touch thigh.
- 3.) Back and legs must be straight at all times and perpendicular to ground.
- 4.) Movement must be continuous with no resting at thigh or chest position (a noticeable resting pause at either the thigh or chest position will nullify previous rep).
- 5.) No using back and legs to help lift bar!
- 6.) No bouncing bar off of thighs!

Event Location: The beautiful Miami Whitewater Forest Park located at 9001 Mt. Hope Rd. Harrison, OH 45030. Family-friendly, scenic and has lots of children playground equipment! For information and driving directions, go to the web site: www.hamiltoncountyparks.org/parks/miamiwhitewater.htm

Event Times: Participants will pick one of the following competition times.

- **Friday October 9th: 5:30PM to 7:30PM.** Pump N' Curl Challenge and Pump Curl N' Row Contestants-only (The Gauntlet Event is Saturday-only!).
- **Saturday October 10th: 7:30AM to 10:30AM** Contestants from all three events including the Gauntlet!

Pump-OFF Championship Round: Saturday at approximately Noon.

Event Fees/Registration: The cost to do the events are as follows:

- Pump N' Curl Challenge.... \$30 if register prior to October 3rd, or \$35 at the Event.
- Pump Curl N' Row.....\$35 if register prior to October 3rd, or \$40 at the Event.
- The Gauntlet..... \$40 if register prior to October 3rd, or \$45 at the Event.

You can sign up online at the following web site: www.pumpandruncrace.com.

IMPORTANT: Due to the growth in our events, we may have to close out registration prior to October 3rd. No guarantees for same-day registration!

PUMP-OFF Championship Round Description: The top 7 Males and top 7 Females with the most bench press and curl reps added together (Stations #1 and #2), will qualify for the championship round. Athletes will perform stations #1 and #2 again, with separate Male and Female competitions. The order in which they compete will be based upon their achievement in the preliminary round (i.e. the athlete with the highest Bench and Curl Total gets to go last!). Contestants will lift the same weight, as lifted in the preliminary round. Awards will be issued for the "Pump Queen and Pump King" Champion!

Awards: The following awards will be provided:

**Preliminary Round “Pump N’ Curl Challenge”
(All athletes completing Stations #1 and #2)**

- Medals: Male and Female Bench Press Champions (Most Bench Reps-only)
- Medals: Male and Female Curl Champions (Most Curl Reps-only)
- Medals: Male and Female Total Weight Champs. Total Weight calculated using the following Formula: (Bench Weight x Bench Reps) + (Curl Weight x Curl Reps) = Total Weight

**Preliminary Round “Pump Curl N’ Row”
(All athletes completing stations #1, #2 and #3):**

Note: These athletes will compete for all awards listed above, but in addition, the following:

- Medals: Pump Curl N’ Row Male and Female Winner (Fastest Net Row Time).
- Medals: Fastest Actual Row Times Male and Female Winner

**Preliminary Round “The Gauntlet”
(All athletes completing stations #1 thru #6):**

Note: These athletes will compete for all awards listed above, but in addition, the following:

- Medals: Fastest Cardio Circuit Time Male/Female (time to complete stations #4, #5 and #6)
- Medal: Iron Man/Lady (Fastest “Net Row Time” plus time to complete stations #4, #5 and #6)

**PUMP-OFF Championship Round
(Top 7 Males and 7 Females completing stations #1 and #2):**

- Medal: Male Champion with highest “Bench + Curl” rep total in Championship Round
- Medal: Female Champion with highest “Bench + Curl” rep total in Championship Round



All event proceeds are donated to The LORD’S Gym, part of FOCAS MINISTRIES, which is a nonprofit serving under-resourced people in Cincinnati’s inner City!



The GAUNLTET: A Total Fitness Experience!

Station #3 Rowing!



Athlete does a 500 meter row using a Concept-2 Rower set on any desired tension setting.

Station #2 Curl Reps!



Athlete does maximum curl reps using a Lift-weight based upon Age, Gender and Body Weight.

Station #1 Bench Reps!



Athlete does maximum bench reps using a Lift-weight based upon Age, Gender and Body Weight.

Station #4 Sit-ups!



Athlete does 15 incline sit-ups holding Medicine Ball. Women use 8 lb Ball and Men use 12 lb Ball.

Station #5 Jump Rope!



Athlete does 50 Jump Rope repetitions!

NOTE: Athlete can bring their own Jump Rope!

Station #6 Step-Ups!



Athlete does 25 Step-Ups, alternating between Step-Up benches positioned approx 5ft apart! (One rep is counted when both feet touch the top of bench, then both feet step back down to floor).

30
←
Sec
Rest

15
←
Sec
Rest

60
→
Sec
Rest

No
→
Rest

No
→
Rest