



The Pump N' Run Fall Classic!

(Saturday October 10th, 2009, Harrison, Ohio, 7:30AM to Noon)



This event will present a diverse offering of "Full Fitness Competitions" which include running **and non-running** cross training events! Participants can choose from the following exciting fitness competitions, which include rowing, running and weight lifting:

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The PUMP N' RUN 5K (Running/Weightlifting Combo): Athletes will bench press a percentage of their body weight based upon an age and gender handicap, and earn a 30-second time reduction off their run, for each bench press repetition! The Top 7 Males and Top 7 Females with the highest number of Bench Press repetitions before the race, will compete in the Post-Race PUMP-OFF Championship right before the awards ceremony. There will be 10-PUMP, 20-PUMP and 30-PUMP Club Medals, Fastest "Net Run Time" Male/Female Age Group Awards, and Strongest Male/Female Age Group Awards.

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The PUMP N' CURL CHALLENGE (Hi Rep Weightlifting-only): This is a **non-running event** where athletes will perform Bench Press reps and Curl reps with the lift-weights determined by body weight, age and gender. Preliminary round Male/Female awards will be issued for Bench Press Champion, Curl Champion, and "Total Weight " Champion. The Top 7 Males and Top 7 Females with the highest "Bench Press + Curl" Rep totals in the preliminary round, will compete in the PUMP-OFF Championship Round before the awards ceremony.

The PUMP, CURL N' ROW (Lifting/Rowing Combo): For this **non-running event**, athletes will compete the same as described above in the Pump N' Curl Challenge, but rowing is added to the mix! The athlete will do Bench Press reps, then rest 15 seconds... do Curl reps, then rest 30 seconds... then see how fast you can row 500 Meters using a Concept 2 Rowing Machine. The Row Time will be reduced by 1-second for each Bench Press and Curl Rep, and the fastest "Net Row Time" will win! Awards offered for "Actual Row Times" offered too!

The GAUNTLET: This **non-running event** is a "Total Fitness Experience" and adds Medicine Ball Sit-ups, Jump Rope, Step-ups, and other creative cardio circuit challenges, to the PUMP CURL N' ROW described above!

Note: Detailed Fliers seen at shortly at: www.pumpandruncrace.com

