



# Flying PIG Cross Training Competitions!

(April 30<sup>th</sup>, May 1<sup>st</sup>, MAY 2<sup>ND</sup> 2010, Cincinnati, Ohio)



The Flying PIG will present a diverse offering of “Full Fitness Competitions” in 2009 which include running **and non-running** cross training events! Participants can choose from the following exciting fitness competitions, which include rowing, running, weight lifting and more!

## R U N N I N G

The PUMP N’ RUN CHALLENGE (Running and Weightlifting combo): Offered as an option to all race divisions of the Flying PIG (5K, 10K, HALF and FULL Marathon), athletes will bench press a percentage of their body weight based upon an age and gender handicap, and earn a reduction in their run-time, for each bench press repetition! Also, 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 (offered for Pump N’ Run 5K and 10K Events-only). Two person team competitions are offered at no extra charge, for the following team divisions: 2-Male, 2-Female and COED (1 Male/1 Female).

## N O N R U N N I N G

The ROWING CHALLENGE (Indoor Rowing-only): This **non-running event** uses the latest Concept 2 Indoor Rowing Machines (i.e. ERG Machine). There will be Male and Female Team Relay Competitions... teammates hop on and off the rower, until the distance is complete!

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-weight determined by body weight, age and gender. There will be a preliminary round and championship round, with awards 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.

The PUMP, CURL N’ ROW CHALLENGE (Lifting and 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 they 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 for “Actual Row Time” offered too!

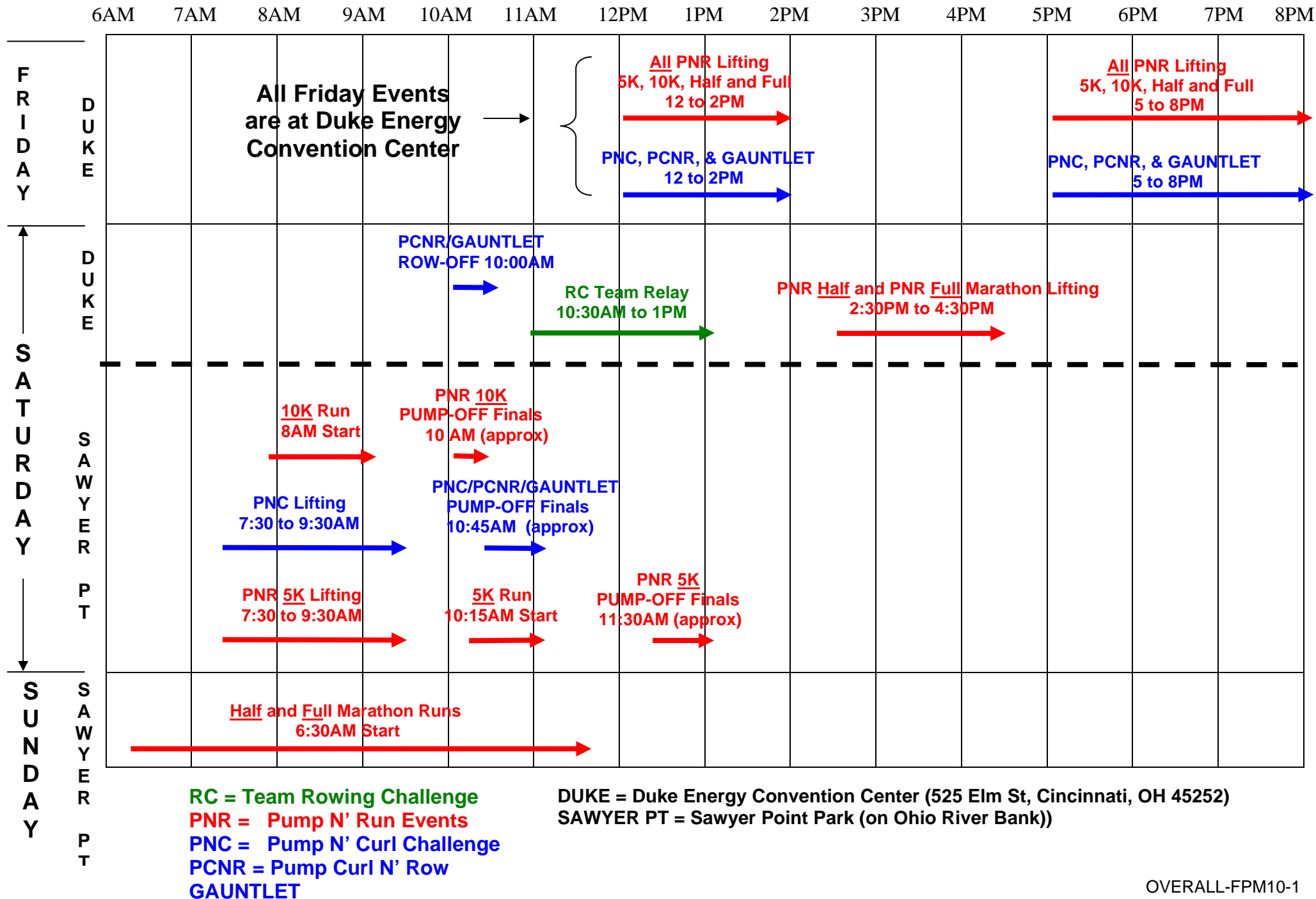
The GAUNTLET: This **non-running event** is a “Total Fitness Experience” and adds Medicine Ball Sit-ups, Jump Rope and Step-ups, to the PUMP CURL N’ ROW described above!

Detailed Fliers seen at: [www.pumpandruncrace.com](http://www.pumpandruncrace.com)





# Flying Pig 3-Day Cross Training Event Schedule



**RC = Team Rowing Challenge**  
**PNR = Pump N' Run Events**  
**PNC = Pump N' Curl Challenge**  
**PCNR = Pump Curl N' Row**  
**GAUNTLET**

**DUKE = Duke Energy Convention Center (525 Elm St, Cincinnati, OH 45252)**  
**SAWYER PT = Sawyer Point Park (on Ohio River Bank))**