



The Pump N' Run 10K!

(Fri April 30 and Sat May 1st, 2010, Cincinnati, Ohio)



“PUMP N’ RUN 10K” Event Description: Participants do maximum bench press repetitions, then rest 15 seconds, then do maximize curl repetitions, and afterwards run a 10K (see last page of flier which provides a visual representation of the event experience!). A runner will be able to reduce his/her running time by 30 seconds per Bench Press Repetition, with a maximum number of 30 reps (maximum of 15 minutes off run time!). The curl is optional at no charge, which allows you to compete for additional strength awards. The Bench/Curl Lift-Weights are determined by the charts below. Awards are as follows:

- **Pump-Club Personal Achievement** (Based on Bench Reps-only): 10-Pump Club (Bronze Medal), 20-Pump Club (Silver Medal) and 30-Pump Club (Gold Medal)
- **Fastest Male and Female in Age Group** (Net Run-Time including pump handicap)
- **Strongest Male and Female in Age Group** (Total Weight Lifted per formula below)
Total Weight = Bench Weight x Bench Reps + Curl Weight x Curl Reps
- **Post-Race Pump-off Championship:** Top 5 Males and top 5 Females with most pre-race bench reps, will compete in an additional bench championship, after the run.

Scroll down for Bench and Curl Lift Charts, Event Times, Event Fees, Event Location, and further details of the Post-Race Pump-off Championship and Awards.

Non-Running Cross Training Alternatives offered too! For those of you with running injuries, or if you have fitness friends who “just don’t like to run”, there will be alternative competitions at the same time and place as the PUMP N’ RUN 10K. These non-running competitions will include Hi-rep Weight Lifting, Indoor Rowing Machines and creative cardio challenges. Go to www.pumpandruncrace.com to learn more about these non-running events!

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 lowered until bar touches chest, then back to full extension. No resting Pause! A noticeable resting pause at either of these two positions will nullify previous rep.
 - 3.) Back and Rear must be flat on bench, and both feet must be flat on ground at all times.
 - 4.) Hands must be inside, or touching, the two smooth rings on an Olympic Bar.
 - 5.) During weigh-in, minimum attire must be Shorts, T-Shirts and Socks.
 - 6.) NO BOUNCING BAR OFF CHEST! Rep will not count if bar bounces off chest.
 - 7.) Although the maximum number of reps which will count towards reducing the run-time is 30 (i.e. a maximum of 15 minute time reduction), contestants will do as many reps as possible, in order to qualify for the **"POST-RACE PUMP-OFF COMPETITION"** (see information below).
 - 8.) Liability Waiver must be signed, prior to pumping.
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CURL 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

CURL RULES

- 1.) Curling begins 15 seconds after last Bench Press.
 - 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!
 - 7.) An E-Z Curl Bar will be used.
 - 8.) Liability Waiver must be signed, prior to curling.
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Post-Race PUMP-OFF Competition: The Top 5-Male and Top 5-Female Participants who do the most Pre-Race Pumps will be eligible to compete in an additional Bench Press Competition after the race, just prior to the awards ceremony. The participant who does the most pumps will win an award. The Bench Weight will be the same amount which the contestant lifted prior to the race, and the contestants will go in reverse order (i.e. the person with the most pre-race pumps gets to go last!). There will be an award for the winners, who are crowned "The PUMP QUEEN" and "The PUMP KING"!

Location and Event Times:

Pre-Race Weight Lifting: Friday Noon to 2PM or 5PM to 8PM at Duke Energy Center, 525 Elm Street, Cincinnati, Ohio 45202 (This is the downtown Cincinnati Convention Center).

IMPORTANT: You must present your race number prior to lifting (No Exceptions!). The last day to register for The Pump N' Run 10K is in-person Friday at the EXPO. No Saturday registrations! You must register first at the Flying PIG Registration Desk for the 10K race prior to 7PM, and pick up your race #, then come over to our location in the Lobby and register for the Pump N' Run Option. Two registrations are required. Lifting ends at 8PM.

10K Race: Saturday May 1st at 8AM right near Sawyer Point.

Post-Race "PUMP-OFF": Saturday May 1st, at approx. 10 AM at Sawyer Point

Event Fees and Registration: This Event requires two registrations. First you must register for the 10K run with the Flying PIG Organization at www.flyingpigmarathon.com, then register for the Pump N' Run at www.pumpandruncrace.com. You must present your race number before lifting (No Exceptions!). The online registration fees are \$20 (prior to Jan 1), \$25 (prior to April 5th) and \$30 (prior to April 24th). The last day to register will be in person on Friday April 30th from Noon to 2PM and 5PM to 8PM at the Duke Energy Center EXPO. **NOTE:** The Flying PIG Desk closes at 7PM, so you must register for the 10K Run prior to 7PM, then come to the Pump N' Run Location in the Lobby, so you can lift prior to 8PM.

Event Awards: The following awards will be provided on-site after the Pump-OFF, however the Pump-Club medals are given immediately after you lift. Weight lifting awards are separate, and do not relate to how fast, or slow, contestants run! All Pump N' Run awards are in addition to the standard 10K run awards which might be earned as well.

- **10K Run Awards (Net Run Times Include Bench Press Handicap):**
Medals: Overall Event Male and Female Champions (Fastest Overall Male and Female Finisher)
Medals: Fastest Finisher in each Male and Female *Age Group
- **Weight Lifting Strength Awards (not related to run-time!):**
Medals: POST-RACE PUMP-OFF Male/Female Champion (i.e. "PUMP-QUEEN" and "PUMP-KING")
Medals: Strongest Male/Female in each *Age Group (**Total Weight Lifted... see below)
Medals: Bronze Medal... Achieving at least 10 Pre-Race Bench Reps (10-PUMP Club Member!)
Medals: Silver Medal..... Achieving at least 20 Pre-Race Bench Reps (20-PUMP Club Member!)
Medals: Gold Medal..... Achieving at least 30 Pre-Race Bench Reps (30-PUMP Club Member!)

*Age Groups: Separate Male and Female Age Categories are 15-18, 19-29, 30-39, 40-49, 50-59, 60+

**Total Weight Calculation = (Bench Weight x Bench Reps) + (Curl Weight x Curl Reps)



All proceeds go to The LORD'S GYM, part of FOCAS, a nonprofit which serves under-resourced people in Cincinnati's Inner City!

Station #1: Bench Press

(Fri 12 to 2PM or 5 to 8PM at Duke Convention)



15 Second



Rest

Station #2: *Curls (optional)

(Fri 12 to 2PM or 5 to 8PM at Duke Convention)



*Post-Race PUMP-OFF

(Sat at approx 10AM at Sawyer Point)



The 10K Run

(Sat 8AM at Sawyer Point)



***Note:** Curl station is optional. If the athlete completes this station, he/she is eligible for the “Strongest Male” and “Strongest Female” awards, which is the most Total Weight Lifted (bench reps x bench weight + curl reps x curl weight). Only the top 5 men and women with the most pre-race bench rep totals will qualify for the Post Race Pump-OFF Championship.