



The Pump N' Run Half!

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



“PUMP N’ RUN HALF MARATHON” Description: Participants do maximum bench press repetitions, then rest 15 seconds, then do maximize curl repetitions, and afterwards run a Half Marathon (see last page of flier below, which provides a visual representation of the event experience!). A runner will be able to reduce his/her running time by 2 minutes per Bench Press Repetition, with a maximum number of 50 reps (maximum of 100 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. You will be competing for the following awards and recognition:

- **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** (Most Total Weight per formula below)
Total Weight = (Bench Weight x Bench Reps) + (Curl Weight x Curl Reps)

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 HALF. These non-running competitions will include Hi-rep Weight Lifting, Indoor Rowing Machines and Creative Cardio Challenges. Go to www.pumpandrunrace.com to learn more about these non-running events!

BENCH CHART

Jr. Men 15 to 18.....Contestants will bench press 65% of their weight
 Men 19 to 39.....Contestants will bench press 80% of their weight
 Men 40 to 49..... Contestants will bench press 70% of their weight
 Men 50 to 59.....Contestants will bench press 60% of their weight
 Men 60 and over..... Contestants will bench press 50% of their weight

Jr. Women 15 to 18Contestants will bench press 45% of their weight
 Women 19 to 39Contestants will bench press 60% of their weight
 Women 40 to 49Contestants will bench press 50% of their weight
 Women 50 to 59Contestants will bench press 40% of their weight
 Women 60 and overContestants will bench press 30% 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 50 (i.e. a maximum of 100 minute time reduction), contestants will do as many reps as possible, in order to win as many strength awards as possible (Pump Club Medal, Strongest Person in Age group, etc)
 - 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.

Location and Event Times:

Pre-Race Weight Lifting: Participants will pick one of the following Locations/Times.

- **Friday April 30th Lift-Times:** Noon to 2PM or 5PM to 8PM at Duke Energy Center, 525 Elm Street, Cincinnati, Ohio 45202 (This is the downtown Cincinnati Convention Center).
- **Saturday May 1st Lift-Times:** 2:30PM to 4:30PM at Duke Energy Center (same address above)

IMPORTANT: You must have your race number prior to lifting (No Exceptions!). If you miss online registration, you may register for the Pump N' Run Half Marathon in-person Friday or Saturday at the EXPO. You must register first at the Flying PIG Reg Desk for the Half Marathon, and pick up your race #, then come over to our location in the Lobby and register for the Pump N' Run Half Option. Two registrations are required. NOTE: The Flying Pig Reg. Desk closes at 7PM Friday Night, so you must pick up your race number prior to 7PM if you plan on lifting on Friday.

Half Marathon Race: Sunday May 2nd at 6:30AM near Sawyer Point.

Event Fees and Registration: This Event requires two registrations. First you must register for the Half Marathon 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 (register prior to Jan 1), and \$25 (register prior to April 5th) and \$30 (register prior to April 24th). You may register in person at the Duke Energy Center EXPO on Friday Noon to 2PM and 5PM to 8PM, or Saturday 2:30PM to 4:30PM. **NOTE:** The Flying PIG Desk closes at 7PM Friday, so you must pick up your race number prior to 7PM at the Flying PIG registration desk, then come to the Pump N' Run Location in the Lobby and register, so you can do lifting prior to 8PM.

Event Awards: The following are a listing of all awards. Pump club medals are given immediately after pre-race lifting, and the strongest male and strongest female awards will be given at the Sunday Awards Ceremony. Regarding the Net Run-time medals-only, a post-race pick-up location will be announced for those winners who live in Greater Cincinnati (i.e. within the I-275 Beltway) and we will mail medals to those who live outside of the beltway.

- **Half Marathon Run Awards (Net Run Times including Pump 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: Strongest Male/Female in each *Age Group (**Total Weight Lifted as described 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 or Sat 2:30PM to 4:30PM
at Duke Energy Convention Center)



15 Second



Rest

Station #2: *Curls (optional)

(Fri 12 to 2PM or 5 to 8PM or Sat 2:30PM to 4:30PM
at Duke Energy Convention Center)



The Half Marathon!

(Sun 6:30AM 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” which is the most Total Weight Lifted (bench reps x bench weight + curl reps x curl weight).