



# *Flying PIG PUMP N' RUN*

## *HIGH SCHOOL Fitness Challenge!*

*(Friday May 2<sup>nd</sup> and Saturday May 3<sup>rd</sup>, Cincinnati, Ohio)*



**Bench Press, Curl and Running Combination...** an individual weighs in, and a bench press weight and curl weight are determined. Male bench weight is 85% of body weight, and Female is 55%. Male curl weight is 40% of body weight and female curl weight is 30%. The athlete begins with the bench press, and sees how many reps he/she can achieve, then after 15 seconds, sees how many curl reps he/she can achieve. Then, the athletes run a 5K race. Athletes will compete for the following individual awards in separate Male and Female categories:

- **Personal Achievement Awards:** Bronze Medal (10 Bench Reps), Silver Medal (20 Bench Reps) and Gold Medal (30 Bench Reps)
- **High School Bench Press Champ** (Most Bench Press Reps-only)
- **High School Curl Champ** (Most Curl Reps-only)
- **High School Total WT Champ** (Curl WT x Curl Reps + Bench WT x Bench Reps)
- **High School PUMP N' RUN Champ:** A runner's 5K time will be reduced 30 seconds for each Bench Press Repetition, and the fastest net time wins!
- **High School 5K Run Champ** (Fastest Actual Run time/no lift handicap)

**High School Team Awards:** The "Strongest Team" Award (Top 5 Bench Press Totals added together) and The "Fastest Team" Award (Top 5 Fastest Net Run Times added together) will be awarded to the top performing High Schools!

Registration/Details go to: [www.pumpandruncrace.com](http://www.pumpandruncrace.com)



All proceeds go to the LORD'S GYM, a charity which helps serve under-resourced people in Over-the-Rhine