

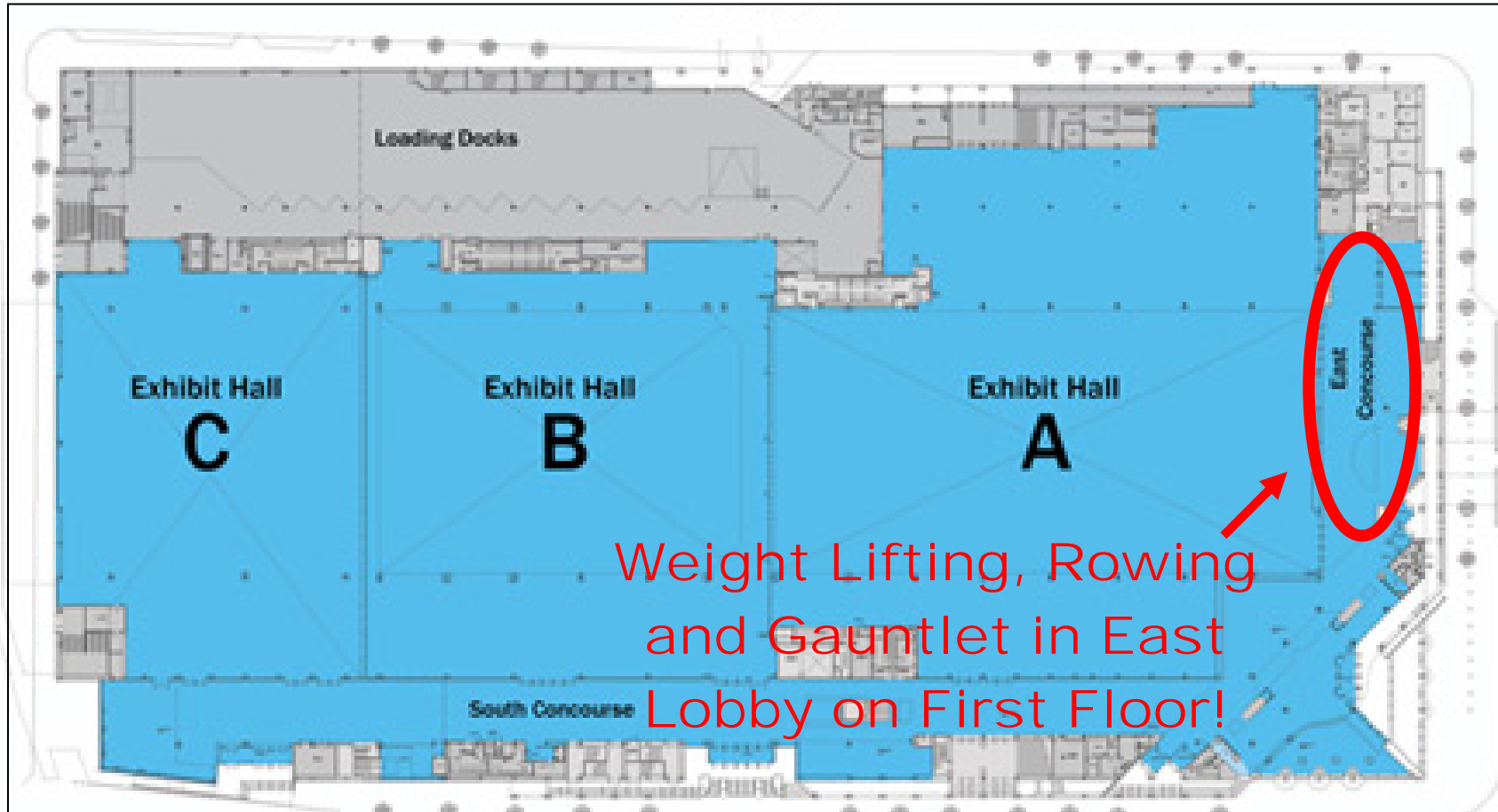
DUKE ENERGY CENTER IN DOWNTOWN CINCINNATI (525 Elm St, Cincinnati, Oh 45202)

Fri May 1st Pre-Race Lifting: PNR (5K, 10K, Half and Full Marathon), PNC, PCNR, G ...Noon to 2PM and 4 to 8PM
Sat May 2nd Indoor Rowing: 8AM to 10AM (Individual 1K) and 11AM to 1PM (Team 5K Relay)
Sat May 2nd Pre-Race Lifting: PNR Half and Full Marathons-only..... 2:30PM to 5:30PM

Abbreviations: PNR (PUMP N' RUN), PNC (PUMP N' CURL), PCNR (PUMP CURL N' ROW), G (GAUNTLET) and R (Rowing)

Sixth Street

Central Ave



Elm St.

Fifth Street

NOTE: All Pump N' Run Participants (5K, 10K, Half and Full Marathon) go pick up packet and race numbers first at Flying PIG Registration Desk, then go to lift area. All Non-running events (PNC, PCNR, G and R) proceed directly to weight lifting/rowing area. You must have race number to lift. The Flying PIG desk closes at 7PM Friday, so get your race number prior to that or you will get closed out! For Driving Directions go to: www.duke-energycenter.com