

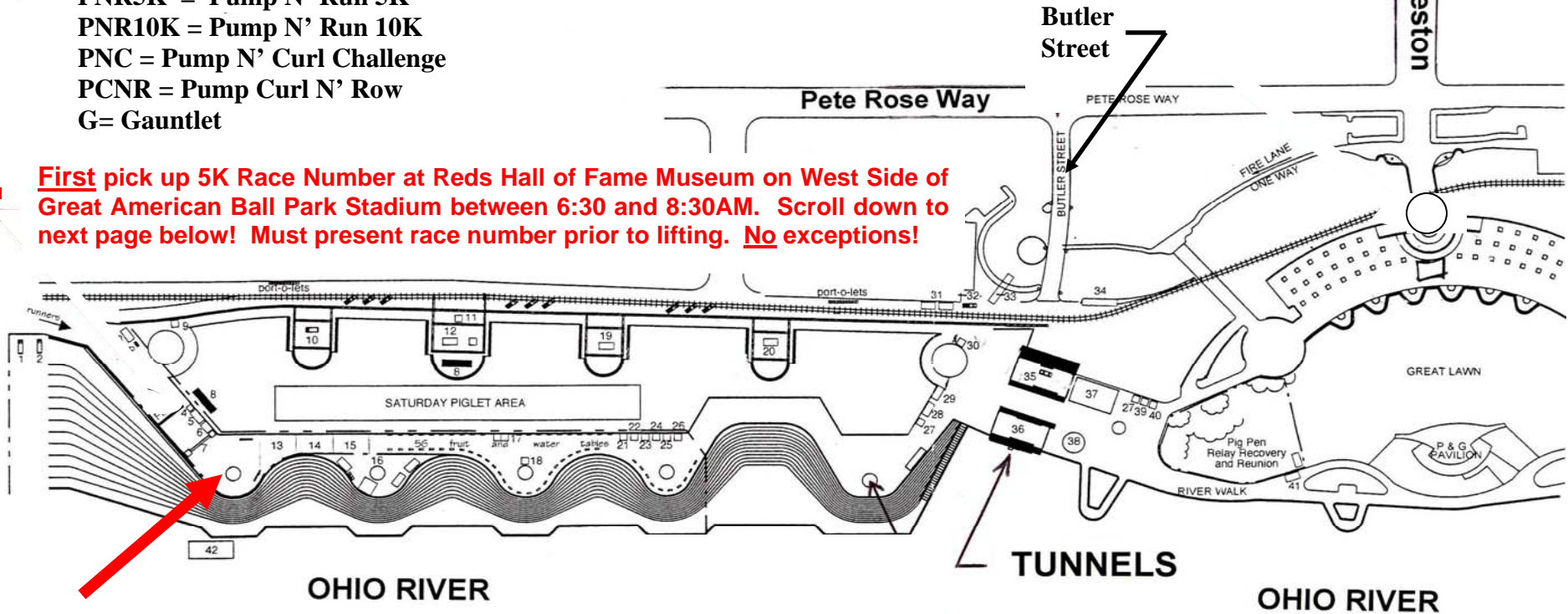
# PUMP N' RUN Sawyer Point Map, Sat. May 1<sup>st</sup>, 2010

Pre-Race Weight Lifting.... PNC/PNR5K 7:30AM to 9:30AM  
 Running Races..... 10K Run at 8:00AM; 5K Run at 10:00AM  
 Post Race Pump-Off's..... PNR10K at 10AM; PNC/PCNR/G at 10:45AM; PNR5K at 11:30AM



PNR5K = Pump N' Run 5K  
 PNR10K = Pump N' Run 10K  
 PNC = Pump N' Curl Challenge  
 PCNR = Pump Curl N' Row  
 G= Gauntlet

**First pick up 5K Race Number at Reds Hall of Fame Museum on West Side of Great American Ball Park Stadium between 6:30 and 8:30AM. Scroll down to next page below! Must present race number prior to lifting. No exceptions!**



**Weight Lifting and Pump N' Run Tent!**

### Driving South from Dayton, Ohio...

- I-75 South to 2<sup>nd</sup> Street Exit (stay left)
- Go East on 2<sup>nd</sup> Street and turn left on Main... cross over 3<sup>rd</sup> St. and look for Parking garages up in downtown area
- After Parking... walk East on 3<sup>rd</sup> Street to Broadway, turn right to Pete Rose Way, turn left to Eggleston, then right into main entrance of Sawyer Point.

### Driving South from Columbus, OH...

- I-71 South to Gilbert Ave Exit #2
- Turn right onto E. Court Street
- Turn at first left onto Reedy
- Turn at first left onto Eggleston

NOTE: After turning onto Court St park anywhere available along driving path to Sawyer Point. Eggleston dead ends into Pete Rose Way at entrance of Sawyer Point Park.

### Driving North from Lexington/Louisville...

- Take I-75 North over Ohio River Bridge
- Take 2<sup>nd</sup> Street Exit to Right
- Go East on 2<sup>nd</sup> Street and turn left on Main... cross over 3<sup>rd</sup> Street and look for Parking garages up in downtown area
- After Parking... walk East on 3<sup>rd</sup> Street to Broadway, turn right to Pete Rose Way, turn left to Eggleston, then right into main entrance of Sawyer Point

NOTE: Register and Pick up Race Number at Reds Hall of Fame Museum before lifting Saturday between 6:30AM and 8:30AM. You must present your Race Number prior to lifting (No Exceptions!).

