

# Flying Pig PUMP N' RUN 10K

*(Friday May 2nd and Saturday May 3rd, 2008)*



**“PUMP N’ RUN 10K Event” Description** - A runner's Net 10K time will be based on how many times he/she can bench press their body weight according to the chart below. 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). Awards will be issued in Age Group categories for the Fastest Males and the Fastest Females (includes Bench Press Handicap), as well as attaining the following personal levels of weight lifting achievement: Bronze Medal (10 PUMP CLUB), Silver Medal (20 PUMP CLUB), and Gold Medal (30 PUMP CLUB). There will also be 2-Person Team Awards (Fastest Team and Strongest Team), a Post Race PUMP-OFF Championship and Iron Man awards in Male and Female Age Categories. See details of awards, and description of the PUMP-OFF Championship below.

**Two “Non-Running” Alternative Competitions offered:** For those of you with running injuries, or if you or your fitness friends “just don’t like to run”, there will be two alternative competitions at the same time and place. **“The PUMP N’ CURL CHALLENGE”** is a hi-rep endurance weight lifting competition, and **“The PUMP CURL N’ ROW CHALLENGE”** is a Full Fitness Competition which creatively combines weight lifting and rowing, using a Concept-2 Rowing Machine (similar to The PUMP N’ RUN but the rowing replaces the running). The Fliers for both of these competitions can be found at [www.pumpandrunrace.com](http://www.pumpandrunrace.com).

## **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 pumps which will count towards reducing the run-time is 30 (i.e. maximum of 15 minute time reduction), contestants with the most pre-race pumps, will qualify for the **“POST-RACE PUMP-OFF COMPETITION”** (see information below).
- 8.) Liability Waiver must be signed, prior to pumping.

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### **Location and Event Times:**

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

- Friday May 2nd, Noon to 2PM, and 4PM to 8PM at Duke Energy Center, 525 El Street, Cincinnati, Ohio 45202 (This is the downtown Cincinnati Convention Center!).

**IMPORTANT:** If you arrive late at the Convention Center, between 7:00PM and 8:00PM, you can still do your lifts, but you must also register Saturday Morning at Sawyer Point.

- Saturday May 3rd, 6:30 AM to 7:30 AM Sharp, at Sawyer Point (near Race Start)

**10K Race:** Saturday May 3rd, 8AM, located near Eggleston and Pete Rose Way

NOTE: For Course Map, also showing RACE START location, go to [www.flyingpigmarathon.com](http://www.flyingpigmarathon.com) and select “Race Information”, then select “10K Event”, then select “10K Course Map”.

**Post-Race “PUMP-OFF”:** Saturday May 3rd, at approx. 9:45 AM at Sawyer Point

**Note:** All locations above will be displayed on map at [www.pumpanrunrace.com](http://www.pumpanrunrace.com)!

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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 a trophy. Separate Male and Female Competitions are provided, and these awards are offered in addition to the other Team and Individual awards! The Bench Press Weight will be the same amount the contestant lifted prior to the race.

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**2-Person Team Competition:** In addition to competing as an individual, you can also enter the optional Team Competition at no extra charge. By assembling a 2-Person Team, participants will be competing as an Individual and Team. There are three categories of Teams: 2-Male, 2-Female and COED (1-Male/1-Female). Medals will be issued to “The Fastest Team” (both net run times added together) and “The Strongest Team” (both bench press totals added together), for each Team Division.

**TEAM REGISTRATION:** To enter the Team Competition, simply sign up as an Individual on-line at the [www.flyingpigmarathon.com](http://www.flyingpigmarathon.com) site, then go to [www.pumpanrunrace.com](http://www.pumpanrunrace.com), and fill out an Electronic FORM which requires the following information: Both Person’s Names and Contact Information, Team Captain Name, Team Name and Race Division (5K, 10K, HALF or FULL MARATHON).

**“The CURL CHALLENGE” Option:** As an option, and at no extra charge, PUMP N’ RUN 5K participants can participate in a curling competition, and compete for additional awards. After performing the bench press described above, contestants will rest 15 seconds, and then perform 2-Arm curl repetitions according to the chart below. Additional awards earned in each Female and Male age groups, will be the “Iron Man” Award, which is the most Bench Reps and Curls added together. A successful curl is starting at full arm extension and resting on thigh... then lift bar to touch chest... then back down to thigh. There can be no resting pause, in either the chest or thigh position. Back must be straight and perpendicular to ground at all times, with no bouncing bar off thighs. This curl option is not part of “The PUMP N’ CURL CHALLENGE” Event which includes no running. Rather, it is an option added to The “PUMP N’ RUN 5K” Event. Go to [www.pumpandrunrace.com](http://www.pumpandrunrace.com) and see The “PUMP N’ CURL CHALLENGE” Event Flier, if you are not interested in running.

### **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

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**Awards:** The following medals and plaques will be awarded. The Weight Lifting awards are separate, and do not relate to how fast, or slow, contestants run the 10K!

- **Individual 10K Run Awards** (Includes Bench Press Handicap):

Plaques: Overall Event Male and Female Champions (Fastest Overall Male and Female Finisher)

Medals: Fastest Finisher in each Male and Female \*Age Group

- **Individual Weight Lifting Awards** (not related to run-time!)

Plaques: POST-RACE PUMP-OFF Male/Female Champion (i.e. “PUMP-QUEEN” and “PUMP-KING”)

Medals: Iron Man/Iron Lady Winner each \*Age Group (Most Pre-PUMPS and CURLS added together)

Medals: Bronze Medal... Achieving at least 10 Pre-Race Pumps (10-PUMP Club Member!)

Medals: Silver Medal..... Achieving at least 20 Pre-Race Pumps (20-PUMP Club Member!)

Medals: Gold Medal..... Achieving at least 30 Pre-Race Pumps (30-PUMP Club Member!)

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

- **2-Person Team Awards:** Awarded for Male, Female and COED Team Divisions

Medals: Fastest Team (both person’s net run times including bench press handicap added together)

Medals: Strongest Team (both person’s pre-race bench press totals added together)



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