

Flying Pig PUMP N' RUN HALF MARATHON

(Fri May 2nd, Sat May 3rd, and Sun May 4th 2008)



“PUMP N’ RUN HALF MARATHON” Event Description - A runner's Net 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 2 minutes per Bench Press Repetition, with a maximum number of 50 reps (maximum of 100 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), and Iron Man awards in Male and Female Age Categories. See details of awards 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.pumpandruncrace.com

BENCH CHART

Jr. Men 15 to 18..... Contestants will bench press 60% of their weight
Men 19 to 39..... Contestants will bench press 75% of their weight
Men 40 to 49..... Contestants will bench press 65% of their weight
Men 50 to 59..... Contestants will bench press 55% of their weight
Men 60 and over..... Contestants will bench press 45% of their weight

Jr. Women 15 to 18 Contestants will bench press 40% of their weight
Women 19 to 39 Contestants will bench press 55% of their weight
Women 40 to 49 Contestants will bench press 45% of their weight
Women 50 to 59 Contestants will bench press 35% of their weight
Women 60 and over ... Contestants will bench press 25% 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 50 (i.e. a maximum of 100 minutes time reduction), contestants will want to do as many as possible because the **IRON MAN Awards** (Male and Female) are based upon the total number of Pre-race **PUMPS** and **CURLS** added together!
 - 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 The Duke Energy Center, 525 Elm 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 from 2:30PM to 5:30PM at same Convention Center Address (see above)

HALF MARATHON Race: Sunday May 4th, 6:30AM

NOTE: For Course Map, also showing RACE START location, go to www.flyingpigmarathon.com and select "Race Information", then select "Half Marathon", then select "Half Marathon Course Map".

Note: All Event locations above will be able to be seen on a map at the www.pumpandrunrace.com website, several weeks before the race!

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 at the Individual and Team level. There are three categories of Teams: 2-Male, 2-Female and COED (1-Male/1-Female). Medals will be issued for the "Fastest Team" (Both Net Run Times added together) and "Strongest Team" (Both Bench Totals added together) by the two Team Members, for each Team Division.

TEAM REGISTRATION: To enter the Team Competition, simply sign up as an Individual on-line at the www.flyingpigmarathon.com site, then go to www.pumpandrunrace.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 Half Marathon 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 group, 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, and 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 HALF MARATHON Event. Go to 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 35% of their weight
Men 19 to 39.....	Contestants will curl 40% of their weight
Men 40 to 49.....	Contestants will curl 35% of their weight
Men 50 to 59.....	Contestants will curl 30% of their weight
Men 60 and over.....	Contestants will curl 25% 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

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 HALF MARATHON! Awards can be picked up at FleetFEET™ running store (see www.fleetfeetcincy.com).

- **Individual HALF MARATHON 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!)
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!