

Flying Pig PUMP N' RUN 5K

(Friday May 4th and Saturday May 5th, 2007)



NOTE: This year, contestants will now have the option of selecting “THE PUMP N’ CURL CHALLENGE”, instead of “THE PUMP N’ RUN 5K”. This is a separate event which involves weight lifting-only, and does not require participants to run the 5K. A detailed flier of “The PUMP N’ CURL CHALLENGE” can be seen at www.pumpandruncrace.com. All Information below within this flier, pertains only to the “THE PUMP N’ RUN 5K” Event.

“PUMP N’ RUN 5K Event” Description - A runner's time will be based on how many times he/she can bench press a percentage of their body weight, according to the schedule below. A runner will be able to reduce his/her running time by 30 seconds per rep, with a maximum number of 30 reps (max of 15 minutes off run time). You must be able to perform at least one bench rep, to be eligible to compete. Medals will be awarded for reaching the following Bench Press Levels: Bronze Level (10 Bench Reps), Silver Level (20 Bench Reps) and Gold Level (30 Bench Reps). There will also be 2-Person Team Awards, a Post Race PUMP-OFF Championship, and numerous other weight lifting and running awards described below.

BENCH CHART

Jr. Men 15 to 18..... Contestants will bench press 90% 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 60% 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.
 - 3.) Back and Rear must be flat on bench, and both feet must be flat on ground at all times.
 - 4.) Participants must complete at least one bench rep to qualify for the PUMP N' RUN 5K Event.
 - 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.) There can be no more than 1-second in between each rep, at either the chest or full arm-extension position. A noticeable resting pause beyond this time, will nullify the previous rep.
 - 8.) Although the maximum number of pumps which will count towards reducing the run-time is 30 (i.e. maximum of 15 minutes time reduction), contestants with the most pre-race pumps, will qualify for the "**POST-RACE PUMP-OFF COMPETITION**" (see info below).
 - 9.) 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 4th, Noon to 2:00PM, and 4:00PM to 8:00PM, at 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 at 9:00AM.

- Saturday May 5th, 7:00AM to 9:30 AM, at Sawyer Point (near Race Start)

5K Race: Saturday May 5th, 10:15AM, Downtown Cincy at Corner of Butler and Pete Rose Way

NOTE: For Course Map go to www.flyingpigmarathon.com and select "Race Information" then "Pump N' Run" then "5K Course Map".

Post-Race "PUMP-OFF": Saturday May 5th, approx. 11:30AM at Sawyer Point

Post-Race PUMP-OFF Competition: The Top 7-Male and Top 7-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 plaque. 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.

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 Cumulative Net Run Time (includes Bench Press handicap!) and Most Cumulative Pre-Race Pumps by the two Team Members, for each Team Division.

IMPORTANT: By entering the optional team competition, you will still be competing as an individual. The team competition is no extra charge!

“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 30 seconds, and then perform 2-Arm curl repetitions according to the chart below. Additional awards earned in each female/male age group, will be the “Iron Man” and “Iron Lady” achievement, which is the most Bench Reps and Curls added together. There will also be an overall event “Iron Man” and “Iron Lady” champion award. 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 more than a 1-second pause, in either the chest or thigh position, and back is 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. It is an option added to the “PUMP N’ RUN 5K” Event. Go to www.pumpandruncrace.com and see the two fliers for these two completely separate events.

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 20% of their weight
Women 19 to 39.....	Contestants will curl 25% of their weight
Women 40 to 49.....	Contestants will curl 20% of their weight
Women 50 to 59.....	Contestants will curl 15% of their weight
Women 60 and over.....	Contestants will curl 10% 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 5K!

- **Individual 5K Run Awards** (Includes Bench Press Handicap):
Plaques: Overall Male and Female Champions (Fastest Overall Male and Female Finisher)
Medals: Two Fastest Finishers 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 Overall (Most Pre-race PUMPS and CURLS added together)
Medals: Iron Man/Iron Lady Winner each *Age Group (Most Pre-PUMPS and CURLS added together)
Medals: Bronze Level...Achieving at least 10 Pre-Race Pumps
Medals: Silver Level..... Achieving at least 20 Pre-Race Pumps
Medals: Gold Level.....Achieving at least 30 Pre-Race Pumps
- *NOTE: Separate Male and Female Age Categories are: 15-18, 19-29, 30-39, 40-49, 50-59, 60+
- **2-Person Team Awards:** Male, Female and COED Team Divisions
Medals: Fastest Team (both net run times including bench press handicap added together)
Medals: Strongest Team (both pre-race bench press totals added together)
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All proceeds go to The LORD’S GYM, part of FOCAS, a nonprofit which serves under-resourced people in Cincinnati’s Inner City!