

The Pump N' Run!

(June 5, 2010 in Nordonia Hills, Ohio)



"PUMP N' RUN" Event Description: Participants do maximum bench press repetitions, and afterwards run a 2.5 mile race or full duathlon. An athlete will be able to reduce his/her running/duathlon time by 30 seconds per bench press repetition, with a maximum number of 30 repetitions (maximum of 15 minutes off run time).

Awards are as follows:

- **Pump-Club Personal Achievement** (Based on Bench Reps-only): 10-Pump Club (Bronze Medal), 20-Pump Club (Silver Medal) and 30-Pump Club (Gold Medal)
- **Top Three Fastest Males and Top Three Fastest Females Overall in the Pump N' Run event** (Net Run-Time minus Pumps)
- **Top Three Fastest Males and Top Three Fastest Females Overall in the Pump N' Duathlon event** (Net Run/Bike/Run-Time minus Pumps)
- **Pump "KING" and Pump "QUEEN" Awards** (see description below)
- **Top Three Males and Top Three Females Overall in the Pump N' Curl event**

Non-Running Pump N' Curl Alternative: For those of you with running injuries, or if you have fitness friends who "just don't like to run," there will be a **Pump N' Curl** competition at the same time and place as the PUMP N' RUN. This non-running competition will include maximum repetition bench pressing and curling!

Scroll down for Bench Lift Charts, Event Times, Event Location, and further details.

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 reps which will count towards reducing the run-time is 30 (i.e. a maximum of 15 minute time reduction), contestants will do as many reps as possible, in order to qualify for the **“POST-RACE PUMP-OFF COMPETITION”** (see information below).
 - 8.) Liability Waiver must be signed, prior to pumping.
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CURL CHART

Jr. Men 15 to 18Contestants 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 18Contestants will curl 30% of their weight
Women 19 to 39Contestants will curl 35% of their weight
Women 40 to 49Contestants will curl 30% of their weight
Women 50 to 59Contestants will curl 25% of their weight

CURL RULES

- 1.) Curling begins 15 seconds after last Bench Press.
- 2.) 2-Arm Curl begins at full arm extension with bar resting on thigh. A Full Rep is defined by raising bar up to touch chest, then lowering back down to touch thigh.
- 3.) Back and legs must be straight at all times and perpendicular to ground.
- 4.) Movement must be continuous with no resting at thigh or chest position. A noticeable resting pause at either the thigh or chest position will nullify previous rep.
- 5.) No using back and legs to help lift bar!
- 6.) No bouncing bar off of thighs!
- 7.) An E-Z Curl Bar will be used.
- 8.) Liability Waiver must be signed, prior to curling.

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 an award. The Bench Weight will be the same amount which the contestant lifted prior to the race, and the contestants will go in reverse order (i.e. the person with the most pre-race pumps gets to go last!). There will be an award for the winners, who are crowned "The PUMP QUEEN" and "The PUMP KING"!

Location and Event Times:

Please check back for more information as it becomes available.

Event Fees and Registration:

Go to www.hermescleveland.com,
You must present your race number before lifting (No Exceptions).

Post-Race PUMP-OFF!



***Proceeds from the "Pump/Curl" portion of the Run/Duathlon will be donated to the Battered Women's Shelter of Summit County and the Haven of Rest Shelter of Summit County.**

Further questions can be directed to Mark Nolan at: pumpnrun316@roadrunner.com
