



**SATURDAY, AUGUST 2<sup>ND</sup> 2008**



**OHIO**  
UNIVERSITY  
LANCASTER CAMPUS

**Pump & Run 2 Mile Event Description- The contest is simple! Runners deduct a calculated time from their 2 mile run, in accordance with how many times they bench press their body weight or a percentage there of. (See Attached Chart)**

**Adult- \$25 Pre-register/ \$35 day of event**

**Student- \$20 Pre-register/ \$30 day of event**

**New for 2008 "TAG TEAM"**

**one competitor Pumps & the other Runs (Team Price \$40)**

**ALSO NEW FOR 2008- KIDS RACE: Up to 14 years of age (\$5)**

**T-Shirt to all Pump and Run Contestants/ Door Prizes after race**

**Registration Limited to 200 participants**

**Proceeds Benefit Lancaster Fire Fighters Local 291 and**

**Muscular Dystrophy Association**

**For more information and registration visit**

**[www.lancasterfirefighters.com](http://www.lancasterfirefighters.com)**

**Location and Event Times:**

**Weigh In:** On Saturday, Aug. 2nd registered participants will weigh in at designated time between 5- 6:30pm @  
**Ohio University Lancaster, 1570 Granville Pike (St. Rt. 37) Lancaster, Ohio 43130).**  
**Phone Number (740) 654-6711.**

**Weigh In Rules**

- 1) Weigh in between 5pm-6:30pm immediately before bench press.
- 2) Minimum attire of shorts, shirt and socks.

**Bench Press Rules:**

- 1) Bench press weight determined by Age and Gender rounded to the nearest 5 pounds.
- 2) Repetitions start at full arm extension, and then lower until bar touches chest, then back to full extension.
- 3) Back and rear must be flat on bench, and both feet touching the floor at all times.
- 4) Participant must complete at least one bench to qualify for race.
- 5) **NO BOUNCING BAR OFF CHEST/ NO RESTING BARS ON CHEST.**
- 6) **10 seconds** deducted for every repetition. **Maximum number of repetition is 30. Max time able to be deducted is 5 minutes. Minimum Bench Weight will be 45 pounds (Standard Barbell Weight).**
- 7) No belts, wraps or lifting suits
- 8) Additional rules may be added. Judges will be provided to determine a bench, **decisions are final.**

**The 2 mile race:** Registration will be open 6:30-7 pm at Ohio University Lancaster. Race start time scheduled for 7:15 pm but is subject to change. Course outline provided and marked.

**2 Mile Run Rules:**

- 1) Must start at start line at sound off
- 2) Must wear runner number in visible- non obstructed area
- 3) Minimum attire shirt, shorts and shoes
- 4) Runner must finish run and stay in finish shoot for placement and to qualify for awards.

**Lifting and Qualifying Divisions:**

Men Jr. Division will bench 100% of their weight.....Women Jr. Division will bench 60% of their weight  
 Men age 19-39 will bench 100% of their weight.....Women age 19-39 will bench 60% of their weight  
 Men age 40-49 will bench 90% of their weight.....Women age 40-49 will bench 50% of their weight  
 Men age 50-59 will bench 80% of their weight.....Women age 50-59 will bench 40% of their weight  
 Men age 60 & older will bench 70% their of weight.....Women age 60 & older will bench 30% of their weight

Above bench press age/percentages apply to “TAG TEAM” division and will compete in its own division

**Awards:** will be given to top three men and women in each division. Prize money will be mailed out the week after event. Payout rates are subject to contestant registration numbers.

**Registration Form /Please print legibly**

**Last Name:** \_\_\_\_\_ **First Name:** \_\_\_\_\_

**Street Address:** \_\_\_\_\_

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip Code:** \_\_\_\_\_

**Phone Number** \_\_\_\_\_ **DOB** \_\_\_\_\_ **Age** \_\_\_\_\_

**Circle one of the following: Male or Female**      **Shirt Size: S M L XL**

**Preferred Weigh In/ Bench Time: 5-5:30pm 5:30-6pm 6-6:30pm**

**Send Payment to:**

**Attention Pump and Run 2 mile  
Lancaster Fire Dept. ENG House 3  
1596 E. Main Street  
Lancaster, Ohio 43130**

Upon receipt of Payment and prior to event you will receive a confirmation email

**Email Address:** \_\_\_\_\_

Not a pump or runner but would like to make a donation to the Muscular Dystrophy Association?

**Take a nap for a cure donation: \$5 \$10 \$20 \$50**