



- ▶ September 18, 2008 at 0900 hours
- ▶ Combination Bench Press and 5K Run (see rules)
- ▶ Separate 5K Run for those who do not wish to lift

If you wish to participate, reply via e-mail to: NTCPICNIC@psta.org.

Include the following in your response:

1. Name
2. Agency/Department
3. Age and Weight
4. Indicate if you desire to participate in the Pump N Run or 5K
5. Contact e-mail address and phone number

Include Pump N Run or 5K run in the subject line of your e-mail

Pump and Run Bench Press Rules

In the NTC 5K Pump and Run a runner's time will be based on how many times he/she can bench press their weight.

Pump and Run athletes will weigh in between 7:15 a.m. and 8:30 a.m. race day.

An athlete will reduce their run time by 30 seconds for each successful lift (maximum 30 reps) which will allow a runner to reduce their run time by 15 minutes based on 30 reps (maximum allowed).

No bench press warm-up will be provided

Body weight will be rounded to nearest 5 pound increment (weigh in with; shoes, shorts and shirt - required)

Lift starts with the bar in the extended position

Feet must remain in contact with the floor during the lift. (no hooking bench support with feet/legs)

Bar must touch the chest and be fully extended on each press- stopping terminates the lift. No bouncing bar off chest

Body (shoulder and rear) must stay in contact with bench during lifts

If necessary plates may be placed under lifters feet.

No belts, wraps or lifting suits

Additional rules could be added as needed

Lifting Divisions

Five Men's Lifting Divisions -

Men 39 and under - contestants will bench press 100% of their weight

Men 40 - 49 will bench press 90% of their weight

Men 50 - 59 will bench press 80% of their weight

Men 60 and over will bench press 70% of their weight

Five Women's Lifting Divisions – (Minimum lift 45 pounds)

Women 39 and under - contestants will bench press 70% of their weight.

Women 40 - 49 will bench press 60% of their weight.

Women 50 - 59 will bench press 50% of their weight.

Women 60 and over will bench press 40% of their weight.

Also, because of liability reasons your Race Number cannot be worn by anyone else than the person the number is assigned.