



# 5K and Pump n Go by NWO

March 28, 2009



## To Support Local Athletic Booster Clubs



Name: \_\_\_\_\_ Birth Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Sex: \_\_\_\_\_  
Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Email Address: \_\_\_\_\_ Phone: \_\_\_\_\_

If a student or faculty member - school represented: \_\_\_\_\_

Findlay Police Officer or Findlay Fire Firefighter? (circle one)

Event (circle one):    **5K Only**            \*5K participants can Pre-Register OR register day of the event  
                                 **Pump n Go**            \*Pump n Go participants **MUST** Pre-Register  
                                 \*Pump n Go participants **must be at least 12 years old**

T-Shirt Size (circle one):    S      M      L      XL      XXL

Pre-Registration Deadline:    March 21, 2009 (T-shirt guaranteed for all Pre-Registered participants)

Cost: Pre-Registration - \$20.00      On-Site Registration (5K Only) - \$25.00

Make checks payable to: Wide Open Enterprises

Register online at [https://www.active.com/event\\_detail.cfm?event\\_id=1690328](https://www.active.com/event_detail.cfm?event_id=1690328)  
or by mail: Northwest Ohio Orthopedics & Sports Medicine,  
7595 CR 236, Findlay, Ohio 45840, Attention: Paula Miller

For additional forms, visit [www.FindlaySTRIDERS.com](http://www.FindlaySTRIDERS.com)

**GIVING BACK:** NWO is collecting on race day old running t-shirts and shoes to donate to charity. Please remember to bring your donations.

**Shuttle Service:** For those participating in the "Pump" portion of the event, there will be a shuttle service available to Lakeview Clubhouse for the 5K run.

**Waiver:** I attest and verify that I am physically fit to participate and understand that I should not enter unless I am medically able and properly trained along with being aware of the possible hazards of running in this event, effects of weather, including extreme temperatures, traffic and all conditions of the road. I hereby for myself or my executors in consideration of the acceptance of this entry, waive for myself and my heirs any and all claims for damages against the sponsors, their representatives, and all race officials, for all claims of injury growing out of participation in this event.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_  
(Under age 18 **requires** Parent or Guardian signature)

## Information and Rules

**Pump n Go** Must Pre-Register by March 21, no day of event registering

- Weigh-In: Friday, March 27, 2009 (to expedite lifting the day of the event, participants may choose to weigh-in the evening before)
- Time: 5:30 p.m. to 7:30 p.m. (weigh-in)
- Location: Northwest Ohio Orthopedics & Sports Medicine, Inc. (NWO)  
7595 County Road 236, Findlay
- Date of Event: Saturday, March 28, 2009
- Time: ARRIVE at 6:30 a.m.
- Location: Northwest Ohio Orthopedics & Sports Medicine, Inc. (NWO)  
7595 County Road 236, Findlay
- Registration: 6:30 a.m. – ‘Pump’ begins promptly  
9:30 a.m. – ‘Go’ will take place at Lakeview Clubhouse  
15701 Lakeview Parkway, Findlay

### **Rules**

- A runner’s time will be based on how many times he/she can bench press their body weight.
- 30 seconds per rep will be deducted from the competitor’s final 5K time for the Pump n Run Division.
- There are six lifting divisions (body weight will be rounded to the next higher 5 lb. increment. Weigh-in with shoes, shorts and shirt):
  - Male 12 – 15 – contestants will bench press **70%** of their weight
  - Male 16 – 39 – contestants will bench press **100%** of their weight
  - Male 40 – 49 – contestants will bench press **90%** of their weight
  - Male 50 & Over – contestants will bench press **80%** of their weight
  - Female 12 – 15 – contestants will bench press **50%** of their weight
  - Female 16 – 39 – contestants will bench press **70%** of their weight
  - Female 40 – 49 – contestants will bench press **60%** of their weight
  - Female 50 & Over – contestants will bench press **50%** of their weight

### **Lifting Technique Specifics**

- Lift starts with the bar in the extended position.
- Feet must remain in contact with the floor throughout 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.
- Shoulder and rear must stay in contact with the bench during lifts.
- If necessary, plates may be placed under lifter’s feet.
- No baggy clothing, belts, wraps or lifting suits.
- Decisions of our Marine judges are final.
- Additional rules may be added as needed.

**Awards** will be given to the Top 3 Males & Top 3 Females

### **5K Run/Walk**

- Time: 9:30 a.m.
- When: Saturday, March 28, 2009
- Location: Lakeview Clubhouse  
15701 Lakeview Parkway, Findlay
- Registration: 8:00 a.m. – 9:00 a.m.

### **Awards**

- 1<sup>st</sup> Male & 1<sup>st</sup> Female
- 1<sup>st</sup> Male & 1<sup>st</sup> Female Master
- Age Groups: 14 & Under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69 and 70 & Over

**Pull – Up Challenge:** \$2.00 Entry Fee the day of the event

\*Award for Top Male & Female