

# VERTEX PUMP & RUN



SATURDAY APRIL 20TH,  
2024

CAYCE, SC

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More Info: [VertexPT.com](https://VertexPT.com)

Register Online: [www.strictlyrunning.com](https://www.strictlyrunning.com)

On the *CRC Tour de Columbia*

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**PRIZES, T-SHIRTS & MORE**

# WHAT IS A PUMP & RUN?

- Participants can choose to perform the pump & run **OR** just the run/walk
- Participants bench press a % of their body weight
- Each lift (*up to a max of 30*) reduces your 5K time by 30 seconds

# BENCH PRESS %

AGE	MEN (% BODY WEIGHT)	WOMEN (% BODY WEIGHT)
39 and under	100%	70%
40-49	90%	60%
50-59	80%	50%
60-69	70%	40%
70 and over	60%	40%

\*Minimum lift is 45 lbs

# RACE DAY SCHEDULE

- » 7:00am – Packet pick up, Late registration
- » 7:00-8:00am – Weigh-in and Bench press
- » 8:30am – 5K race start for EVERYONE
- » 10:00am – Awards Ceremony



**Vertex PT Specialists**

1105 12th Street, Cayce, SC

*Across the street from Krispy Kreme*

# REGISTRATION

**5K Run**

**\$40**

**Pump & Run 5K**

**\$45**

*All registration prior to April 1st  
guarantees a free T-shirt*

**\*Discount Code for all CRC Members**

**Packet pick up:**

Friday, April 19th, 8am-6pm

Saturday, April 20th, 7-7:30am