

VERTEX PUMP & RUN



SATURDAY APRIL 20TH,
2024

CAYCE, SC

More Info: VertexPT.com

Register Online: www.strictlyrunning.com

On the *CRC Tour de Columbia*

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

RACE COURSE

The race will start & finish at Vertex PT

