

# VERTEX PUMP & RUN



**OFFICIAL RACE INFO  
SWIPE FOR DETAILS**



# **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 March 21st  
guarantees a free T-shirt*

**Register online: [www.StrictlyRunning.com](http://www.StrictlyRunning.com)  
(link in bio)**

**Packet pick up is available at Vertex - Cayce:**

**Friday, April 17th, 8am-6pm**

**Saturday, April 18th, 7am-7:30am**

# ON THE TOUR DE COLUMBIA!



# COME GET YOUR POINTS!