

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
(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!