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THE PRO GROUP OF
SPECIALIZED SERVICES



PRO PHYSICAL
THERAPY
PIKE CREEK

100 VALLEY CENTER DRIVE
WILMINGTON, DE 19808
302-994-1200 office
302-994-1233 fax

SERVING
PENNSYLVANIA
DELAWARE
MARYLAND

1-877-PROPT58
(1-877-776-7858)

PHYSICAL THERAPIST
OWNED AND OPERATED

PROFESSIONAL REHABILITATION AND ORTHOPEDIC PHYSICAL THERAPY

PUMP-N-RUN RULES

1. To participate you must be officially registered for the associated race and be wearing your race number.
2. Participants compete in the corresponding age groups that the race has for that day.
3. Must be at least 16 years old to participate.
4. You must weigh in at the Pump-N-Run area prior to lifting.
5. No fee for individual race events but if you want to compete in the series a \$25 fee is required. See Pump-N-Run Series for more details.

6. Weights used for competition:

Males 16-49 years of age- bodyweight to closest 5 lb increment

255 lbs to be lifted if ≥ 225 lb bodyweight

Males 50-59 years of age- 75% of bodyweight

Males 60+ years of age- 50% of bodyweight

Females 16-49 years of age- 50% of bodyweight to closest 5 lb increment

Females 50-59 years of age- 40% of bodyweight

Females 60+ years of age- 30% of bodyweight

Lowest weight to be lifted for females is 45 lb regardless of bodyweight percentage.

7. Each bench press repetition completed deducts the corresponding number of seconds off your race time.

5K: 15 seconds/rep

5 miles-10K: 20 seconds/rep

15k-Half Marathon: 30 seconds/rep

Marathon: 60 seconds/rep

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8. Lifting techniques:

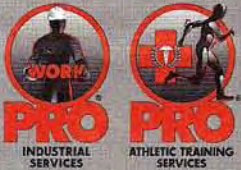
- Hand spacing is approximately shoulder width on the bar; excessively wide grip not allowed
- No underhand grip allowed
- Feet must be in contact with flooring surface; plates will be allowed under feet if you choose to do so
- Bar must touch chest and arms go to full lockout at top of each repetition
- If you have limitation of elbow movement it must be told to the judge prior to lifting
- Judges can stop lifter at any time if they feel unsafe technique is being used
- No bench press shirts allowed
- No elbow supports allowed
- Wrist straps are legal

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PUMP-N-RUN SERIES RULES

- To be eligible you must complete a minimum of six (6) of the events in the series.
- If you complete more than six your top six finishes will be used in scoring.
- Points will be awarded as per XC running events.
Ex. One point for 1st place/10 points for 10th place. Lowest total over six events will be used to calculate your finishing spot.

1st tie breaker- the individual with the most number of races completed
2nd tie breaker- lowest point total over equal number of events
- We will go 2-3 deep in 5-10 year age groups depending on the number of participants.
- Anyone who completes all of the events will receive an award for doing so if they haven't placed in their age group.
- If you change age brackets during the series you can choose which group you want to compete in. Notification to staff in writing must be done or you will be placed in the category where you completed the most number of events.
- A \$25 fee is required to enter the series.

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