



Saturday, July 3rd 8 am

Prairie Park Dakota Dunes, SD

PUMP 'N' RUN 5K: Participants in this event will combine the bench press and running a 5K. Males and females will get a 1-minute deduction from their race time for each time they can bench press a percentage of their body weight according to the chart below.

Male		Female	
Age	Percentage	Age	Percentage
39 & Under	100%	39 & Under	60%
40-49	90%	40 & Over	50%
50-59	80%		
60-69	70%		
70 & Over	60%		

The bench press portion of the PUMP 'N' RUN event will be conducted at Peak Performance at 4501 Southern Hills Drive (Southern Hills Square) Sioux City from 10 a.m. to 6 p.m. Thursday and Friday (July 1st & 2nd). No lifting will be conducted at Dakota Dunes before the race.

PUMP 'N' RUN Lifting Rules: Participants must weigh in on scale provided by Peak Performance the day they are to bench press. Event representatives will calculate the amount to be bench-pressed and the lifting weight will be rounded to the nearest five pounds. Only full bench presses are counted. (Bar must touch participant's chest).

5K Run/Walk: There will be a 5K race (judged separately with awards) for those who prefer to run or walk and not participate in the bench press.

Kids Run: Free to kids age 12 and under. Participants will receive a medal. 9 a. m. Start

Packet Pick-up & Registration: All participants may pick up race packets (as well as register) at Peak Performance on Thursday or Friday (July 1st & 2nd) from 10 a.m. to 6 p.m. Race day registration and packet pick-up (for 5K Run/Walk only) will begin at 6:45 a.m. at Prairie Park in Dakota Dunes. Register on line at www.allsportcentral.com. (Discount for online entry!) Mail-in registration form also available on this website.

Race Start: The 5K and PUMP'N' RUN 5K will start at 8 a.m. The Half Mile Kids Run will start at 9 a.m. All races will begin near the shelter house at Prairie Park.

Post-Race: Beverages, snacks and fruit will be provided following the events.

Awards: Overall male and female winners in the Pump 'N' Run 5K and the 5K Run/walk will receive a gift certificate from Peak Performance along with trophy. Top 3 male and female finishers in the following age groups will receive a medal: 14 & Under • 15-19 • 20-24 • 25-29 • 30-34 • 35-39 • 40-44 • 45-49 • 50-54 • 55-59 • 60-69 • 70 & Over

Contact Information: Ken Kreber 712-239-5642 or email bkreber2@hotmail.com