

Saturday, July 4th 8 a.m.

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) from 10 a.m. to 6 p.m. Thursday and Friday (July 2nd & 3rd). 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. Peak Performance employees will calculate the amount to be bench-pressed and the lifting weight will be rounded to the nearest five pounds. A full press must be done to be counted (bar must touch participant's chest).

5K Run/Walk: There will be a separate 5K race for those who prefer to run or walk only and choose not participate in the Pump 'n Run 5K.

1/2 Mile Kids Run: Free to kids age 10 and under. Participants will receive a medal.

Packet Pick-up & Registration: All pre-registered runners may pick up race packets at Peak Performance on Thursday or Friday (July 2, 3) from 10 a.m. to 6 p.m. Race day registration and packet pick-up will begin at 6:45 a.m. at Prairie Park, July 4th. Register on line at www.allsportcentral.com and receive free key tag. 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 packet pick-up/registration area at the shelter at Prairie Park.

Post-Race: Snacks and fruit will be provided following the events.

Awards: Overall male and female winners in the Pump 'n Run 5K and the 5K will receive an award. 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

www.missouririverrunners.com

