

RULES:

- Bench press weight will be rounded to the nearest 5-lb increment.
- Barbell must come within two inches of the chest and no arching of the back.
- Bench Press judge will have final say in order to maintain safety and fairness.
- Your scheduled weigh-in and bench press time will be provided to you (via email) in advance.
- A separate warm-up bench will be available to use prior to your scheduled time.
- Same-day registration begins at 7:30 a.m. at Albany Athletic Club.

AWARDS:

In the Open division, top three male and female age group winners will receive awards. Overall male, female, and team winners will receive special awards. In the Recreational division, top three overall males and females will be recognized.

HOW TO ENTER:

Mail completed entry form with check or money order payable to:

AFFCAF
Pump & Run 5K
P.O. Box 1864
Albany, OR 97321

COST:

\$25/person if postmarked by 6/15/09
\$35/person for late or day of registration

Barbeque luncheon will follow event....
\$5.00 per person

SCHEDULE:

Bench Press Lift: 8:00 - 9:30 a.m.
5K Run/Walk: 10:00 a.m.

BENCH PRESS:

Participants will receive a time deduction from their 5K run time for each repetition they can bench press. In the Open Division all males will be required to bench press 90% of their body weight, and all females will be required to bench press 70% of their body weight. In the Recreational Division, males will bench press 70% of their body weight, and females 50% of their body weight. Time deduction will be determined by the following age groups:

39 & under:	20 seconds / rep
40 - 49:	25 seconds / rep
50 - 59	30 seconds / rep
60 - 69	35 seconds / rep
70 & over	40 seconds / rep

5K RUN/WALK:

The 5K course will start at the Albany Athletic club, travel east on Hickory St across Springhill Blvd and run an out and back course on Eagle Trail at Takena Landing. Eagle Trail is a well groomed, relatively flat dirt trail that follows the Willamette River.

FOR MORE INFORMATION:

Contact Tammy Jordan at
541-917-7700 or
tammy.jordan@cityofalbany.net

All participants will receive a commemorative event T-shirt, refreshments, and entry into door prize drawings.

Pump & Run 5K Entry Form

Saturday, June 27, 2009

CHECK ONE: 5K Run/Walk Only
 Pump & Run Open Pump & Run Recreational

Name: _____

M ___ F ___ Age: ___ T-shirt size: S ___ M ___ L ___ XL ___

Approx. Body Wt. (lbs): _____ (for bench press)

Street Address: _____

City/State/Zip: _____

Telephone: _____

E-mail Address: (used for bench press start time only)

Departmental Affiliation (if applicable): _____

Team Name: _____

Team Members: (Must compete in Open Division. Each team member must complete a separate entry form.)

Waiver of Liability: In consideration of being allowed to participate in this event, the undersigned, on behalf of themselves, their heirs, executors, and assigns, and on behalf of their children, if any under 18 are to participate, hereby forever waive and release the City of Albany, the Albany Fire Department, Benton County, Linn County, race officials, sponsors, and event volunteers, together with any agents, officers, or employees thereof, from any and all claims, demands, or damages, arising in any manner from my participation, or that of my minor child, in this event. I further agree to indemnify and hold harmless all parties released from any such claims including cost of defense. I attest that I am physically fit and in all respects capable of safely participating in this event. I am aware of the dangers of weight lifting and running and the precautions that must be taken before participating in such activities. I further agree that I will assume and pay my own medical and emergency expenses including those of my minor child, if applicable, which may result in the event of an accident, illness, or other incapacity occurring in connection with the event. I further agree to indemnify all parties released above from such expenses.

I hereby grant full permission to the Albany Fire Department and its agents, officers, and employees, to use any photographs or videotapes of the event for any legitimate purposes whatsoever. I HAVE READ THIS WAIVER CAREFULLY, UNDERSTAND IT, AND SUBMIT TO ITS CONDITIONS.

Signature of Entrant/Date:

Signature of parent or legal guardian, if under 18/Date:

Name of Child Participant: