

## Denison Haiti Relief Run Preregistration Form

**Sunday, April 18, 2010 Athletic Complex Denison University**  
**Pump & Run Event starts at 12:30 p.m. 3k Run/Walk starts at 2:00 p.m.**  
**Sponsors: Denison Haiti Relief Coordinating Committee, RunGranville, Star Power Running**

### Cost:

Pump and Run: \$12 for Denison Community \$15 All Others (preregistration required)  
3k Run/Walk: \$9 for Denison Community \$12 All Others  
Maximum \$35 for a family of three or more \* Extra Donations Accepted!

Checks made out to : **Denison Haiti Relief Coordinating Committee**

**Name:** \_\_\_\_\_ **Address:** \_\_\_\_\_  
**City:** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip:** \_\_\_\_\_ **e-mail:** \_\_\_\_\_  
**Telephone:** \_\_\_\_\_

**Age day of event:** \_\_\_\_\_ **Gender:** Male Female  
(must be 18 years of age for the Pump & Run)

**Event: (choose once) Pump & Run** \_\_\_\_\_ **3k Run/Walk** \_\_\_\_\_

Having completed this form, I agree to abide by any decision of a race official relative to my ability to safely complete this event. I assume all risks associated with the event. I waive and release Denison University from all claims or liabilities of any kind arising out of my participation in the event. I give permission to use photos and records associated with this event for any legitimate purposes. No animals, bicycles, skateboards, jogging strollers, roller skates or blades, or headphones are permitted on the race course.

**Signature:**

\_\_\_\_\_  
(parents signature required if 3k runner is under 18 years of age)

**Denison employees and students can drop off entries to: E. Berges, Slayter Box 8323. Mailed entries: S. Agosta, 305 Sigma Chi House, Denison University, Granville, Ohio 43023**

**Ann Kanpe!**

**Stand Up  
Stand Together  
Stand Strong!**



**Haiti Relief Pump & Run**  
**with**  
**3k Run/Walk**

**April 18, 2010 12:30 p.m.**  
Denison University Campus –  
Athletic Complex

Denison Haiti Relief Coordinating  
Committee & Granville Runners Club

## What is a Pump and Run?

### No...it's not gasoline theft!

This is a unique challenge of strength and endurance where athletes are measured by their ability to run swiftly and demonstrate their capacity for endurance lifting.

The bench press is used as a means of measuring one's strength, or the "pump" portion of the equation. The amount of weight lifted by each athlete is determined by their age group, gender, and body weight. Men will lift between 70 to 100 percent of their body weight and age; females will be 50 to 70 percent based on body weight and age.

The "run" challenge of the athletic event is demonstrated by a 3k run, which is 1.8 miles.

### How is it scored?

The number of reps in the bench press will determine how much time is deducted from the athlete's run time. For every rep completed, a 20 second deduction is taken from their overall run time. Maximum # of reps is 30.

## Who Can Enter?

The **Denison Pump and Run for Haiti Relief** is open to students, faculty, staff and their family members at the Denison Community Rate. Others from the local community and surrounding areas are welcome to participate at the Local Community Rate You must be 18 years of age to participate in the Pump & Run.

### Do I have to pump to participate?

NO! There is a **3k run/walk** event in addition to the **Pump & Run**. Participants will run simultaneously with the **Pump & Run** participants, but will be scored separately. Age groups apply to 3k runners also.

The 3k run or walk invites all ages.

Age Groups: 18-24; 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60+

Men: up to 40 – 100 percent of BW  
41-50 – 90% of BW; 51-60 – 80% of BW, 60+ - 70% of BW

Women: up to 40 – 70% of BW; 41-50 – 60% of BW; 60+ - 50% of body weight.

**Denison Football Team Members will spot and judge weight lifting. Coaches and Personal Trainers will assist and oversee the event. Safety is our number one priority.**

## Place and Time?

The **Pump & Run** will take place on **Sunday, April 18**

The "pump" portion will begin at **12:30 p.m. and all lifters must be checked in 1:00 p.m. Limited to first 80 participants. Must be preregistered.**

We will be using **the Old Gym at the Physical Education Building within the Athletic Complex** of Denison University off Rt. 661 in Granville.

**The 3k run and walk will start at 2:00 p.m. sharp!** The run will take place outside on campus roads. You can register day of the race, prior to 1:30 p.m.

Registration starts at 12:00 noon for both events. Ends at 1:00 for pump and run and 1:30 for 3k.

### Cost:

**Pump & Run \$12 Denison Community \$15 all others**

**3k Run/Walk \$9 Denison Community \$12 all others**

There is a **family rate maximum** of \$35 for any combination of events.