

**Pump and Five-Kilometer Run Contest
Penn State University, Wilkes-Barre Campus
Lehman, Pennsylvania**

**Sunday August 29th, 9 AM
at the Summer Arts Festival**

A contestant bench presses (pumps) his/her body weight or percent thereof according to the age-group chart below, a time equal to the number of reps (0, 1, 2, ...) multiplied by 15 seconds being subtracted from the subsequent 5k running time.

Bench Press, Men
15-39, 100% weight
40-49, 90% weight
50-59, 80% weight
60-69, 70% weight
70-79, 60% weight

Bench Press, Women
15-39, 70% weight
40-49, 60% weight
50-59, 50% weight
60-69, 40% weight
70-79, 30% weight

The contest pits the elite runner against the elite weight lifter.

Awards: The overall top two male and top two female finishers in the combined pump and run contest receive significant awards: If students, \$200 cash for first place and \$100 cash for second place. If not students, a one-year membership in the campus' fitness facility for first place and a one-semester membership for second place.

Other leading contestants in the above-noted age groups will also receive awards: ten in the first age group and five in each of the other groups.

The overall top male and female runners also receive awards: If students, \$200 cash. If not students, a one-year membership in the campus' fitness facility.

Registration, weigh-in, and lifting: 9-9:45 in the Athletics and Recreation Building. Run, 10:00 beginning at the tennis courts, proceeding on a measured back-road course (in part that of the Winter's End Road Race). Questions: Contact 675-9278 or txw2@psu.edu.

Entry fee: \$2 for students, \$10 for others to August 10th, \$3 or \$12 thereafter, cash or check payable to Arts at Hayfield, sent to Dr. Thomas G. Winter, Physics Department, Penn State University, Wilkes-Barre Campus, Lehman, PA 18627. Includes entry to the Summer Arts Festival. All fees go to Arts at Hayfield, an all-volunteer organization providing Penn State scholarships and support of the arts throughout the Wyoming Valley.

Entry form: Penn State Pump and 5k Run Contest, 9 AM, August 29, 2010, Lehman, PA:

Name: _____ Phone _____ Email _____
Address: _____
School or College if a student _____ Birth Year _____ Sex _____

Waiver: I assume all risks associated with my entering this contest, and release Penn State University, Arts at Hayfield, and Lehman Township from all claims or liabilities arising from my participation.

Signature (parent if under 18) _____ Date _____