

Pump and Run Rules: (13 and over)

1. **A runner will reduce their 5K run time by 30 seconds for each successful lift at the designated amount of weight for their age category**
2. **There is a maximum of 30 reps allowed for a maximum 15 minute reduction**
3. During weigh-in, minimum attire must be shorts, shirt and running shoes
4. **Weight will be rounded to the nearest five pound increment (e.g. 142 will round to 140 while 143 would round to 145)**
5. No warm-ups will be allowed
6. Lift starts with the bar in the extended position
7. Feet must remain in contact with the floor throughout the lift (no hooking bench support with feet/legs).
8. Arms must come down to a complete 90 degree angle and be fully extended to lock-out position on each press for the rep to count
9. Stopping during the lift terminates the rep; can rest in lock out position if necessary
10. No bouncing bar off chest
11. Shoulders and rear must stay in contact with the bench during lifts
12. If necessary, plates may be placed under lifters' feet

Push Up Contest Rules: (12 and under)

1. **A runner will reduce their 1 mile time by 10 seconds for each successful push up executed with proper form**
2. **There is a maximum of 30 push-ups allowed for a maximum 5 minute reduction**
3. All push-ups must be conducted in standard form (hands and toes, no knees)
4. Back must be flat with hips tucked under
5. Hands shoulder width apart
6. Push up will begin in the up/extended position
7. Must come down to arms in a 90 degree angle and push back up into the lock out/extended position for a complete rep
8. Hips and abdominal area must be kept raised (no sagging) during reps

Male	
Age	% of Body Weight
13-17	75%
18-29	100%
30-39	100%
40-49	90%
50-59	80%
60-69	70%
70+	60%

Female	
Age	% of Body Weight
13-17	50%
18-29	70%
30-39	70%
40-49	60%
50-59	50%
60-69	40%
70+	40%