

2010 BULL RUN PUMP N' RUN RULES

1. Participants must weigh in on a digital scale provided by the Aberdeen YMCA in front of a race representative the day of the bench press.
2. The race representative will calculate the amount to be bench pressed once weigh-in is completed. The participant's lifting weight will be rounded to the nearest 5 pounds using the graph below.

MEN

AGE	PERCENTAGE
39 & Under	100%
40-49	90%
50-59	80%
60 & over	70%
High School Age	65%

WOMEN

AGE	PERCENTAGE
39 & Under	60%
40 & Over	50%
High School Age	45%

3. Bench press will be done in front of and counted by race representative who will also act as spotter. A full bench press must be done to be counted (elbows fully extended and bar touches chest). The race representative will record total correct repetitions completed.
4. The race representative will confirm completion of each acceptable bench press by counting out loud the number of acceptable completed repetitions in a single set.
5. After completing the run Saturday morning, one minute will be taken off of the participants 5K time for every time they are able to bench press the calculated weight.

Weight In/Bench Press Times/Dates

Weigh in Location:

Aberdeen Family YMCA
5 South State Street
Aberdeen, SD 57401

Weigh In Times:

Thursday July 22nd from 10am-8pm
Friday July 23rd from 10am-8pm

*Participants MUST Bench Press on the same day of the official Weigh-in



YMCA

We build strong kids,
strong families, strong communities.

