

3RD Annual Hocking College

Pump & Run

Hocking College Fitness Management program would like to invite you to our third annual Pump & Run on Saturday, **April 18th at 9 AM** in the student center of Hocking College. **Check-in and walk-up registration begins at 8 AM.** The event includes the pump portion (bench press) followed by the run (1.5 miles). Contestants are divided by age and gender with ribbons provided for the top three-placers in age categories (determined after registration is complete). Deluxe medals will be awarded for the overall male and female winners as well. Event T-shirt to all pre-registered by **April 1st 2015.**

Name: _____ Age: _____ Sex _____ T-shirt Size: _____

Address: _____

Are you a: (circle one) Hocking College Student or Alumni Neither Technology: _____

Phone: _____ E-mail: _____

Payment: Cash (preferred) or money order. No checks Mail by date: March 25th

Hocking College Students or Alumni: \$15 Community/Walk-ins \$20

Money order made out to: Hocking College Fitness Management c/o Bill Finnearty

Mail or deliver to: Hocking College, ATTN: Bill Finnearty (Student Center)

3301 Hocking Parkway Nelsonville OH 45764 ***Must receive by April 1st to guarantee shirt.**

Hocking College Release and Waiver of Indemnity Completed (on back) : YES / NO

Signature of Entrant: _____

“Pump” Weight Requirements: (circle your category)

Age

Males

Female

18-29	100% of body weight	50 % of body weight
30-39	95 % of body weight	45 % of body weight
40-49	90% of body weight	40 % of body weight
50-59	80 % of body weight	35 % of body weight
60+	70% of body weight	30 % of body weight

* Minimum weight of 45 LBS.

* 10 seconds off 1.5 run per bench repetition

* 30 repetition maximum

Early weigh-in is available the day before the event Friday, April 17th in 122 Conference room A in the Student Center 9-5 pm
 Questions contact: Bill Finnearty 740-753-6533 or finneartyw@hocking.edu