

## **Walker Pump and Run Rules**

1. You must sign a liability and image use waiver to participate.
2. Shoes, shorts, and shirt are required for weigh-in.
3. Your bench-press weight will be determined by multiplying your body weight from weigh-in by the applicable percentage (80% for males and 60% for females) and rounding to the nearest 5-pound increment.
4. Bench-press spotters will be provided.
5. Clips must be used on the bench-press bar.
6. If desired, bench-press spotters will help you un-rack and re-rack the weight.
7. Bench-press lift starts with the bar in the extended position.
8. Your body (shoulders and rear) must stay in contact with the bench, and your feet must remain on the floor during the lift.
9. Bar must touch the chest and be fully extended on each press.
10. You may not bounce the bar off of your chest.
11. You may not rest with the bar on your chest, however you may rest with the bar in the extended position.
12. No belts, wraps, or lifting suits are allowed.
13. The 5K run will begin approximately 10 minutes after the last participant has completed their bench-press.
14. You must stay on the marked course during the 5K run.
15. Pump and Run time = 5K time – (30 sec) x (# bench reps).
16. In the event of a tie, placement will be determined by 5K time.
17. Maximum of one award per person for each event.
18. Award precedence is Overall, Master's Division (40 yr +), Clydesdale Division (200 lb +).
19. Results and event records are based upon division eligibility, not award presentation.
20. You must be 16 years or older to participate.
21. All decisions made by the race director are final.