



1st Annual 5k & 5k Pump N' Run

Registration Form

PLEASE PRINT

NAME: _____

ADDRESS: _____

CITY: _____ STATE: _____ ZIP _____

PHONE: (____) ____-____ RUN DAY AGE: _____

E-MAIL: _____ M F

SHIRT: S M L XL XXL

SHIRTS and Sizes GUARANTEED ONLY FOR REGISTRATIONS RECEIVED 14 DAYS PRIOR.

Contact us at:

if.pumpnrun@gmail.com OR (208) 569-8166

LIABILITY WAIVER

I know that participating in a weight lifting, walking, jogging, running and trail running event is a potentially hazardous activity and that I should not enter and complete unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the event. I assume all risks associated with participating in this event including, but not limited to: falls, contact with other participants and wildlife, the effects of the weather, including heat, cold and/or rain or snow, traffic and the conditions of the road, path, or trail, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release the organizers of the selected event, the State of Idaho, all cities and counties, the BLM, Apple Athletic Club, and all other sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in this event or carelessness on the part of the persons named in this waiver. Further, I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for legitimate purposes.

SIGNATURE _____ DATE: _____

WAIVER MUST BE SIGNED PRIOR TO EVENT PARTICIPATION

SIGNATURE _____ DATE: _____

IF UNDER 18, LEGAL GUARDIAN MUST SIGN

June 29, 2012 - (weigh-in and lifting 7:00pm - 9:00 pm)
@ Apple Athletic Club

June 30, 2012 - Race held at the Idaho Falls
Community Park -25th Street to begin at 8:00am.

All 5k and 5k Pump and Run Athletes will race at the same time.

*Athletes need to successfully lift at least one rep and run the 5K. A runner's time will be based on how many times he/she can bench press their weight by formula. There will be ten lifting divisions.

AGE (MIN AGE 18)	MEN % OF BODY WEIGHT	WOMEN % OF BODY WEIGHT
18-39	100%	70%
40-49	90%	60%
50-59	80%	50%
60-69	70%	40% *
70 & over	60%	40% *

* Minimum lift: 45 pounds

An athlete's run time will be reduced by 30 seconds for each lift (maximum 30 reps). This will allow a runner to reduce their run time by 15 minutes based on 30 reps (maximum allowed). If they bench press their weight 10 times - 5 minutes will be taken off the finish running time. Rep-bar must touch athlete's chest and be fully extended or a no-count will be given.

EVENT FEES

Registration must be received by date specified

2012	FEE:	LATE:
5K Pump N' Run	\$25	After June 24 \$35

*All Proceeds go to Addictions Rehabilitation Association (ARA), a local Non-Profit Residential Treatment Program and half-way house for substance abuse.

TOTAL—ALL EVENTS \$ _____

REGISTRATION FEES ARE NON-REFUNDABLE

SEND THIS FORM WITH CHECK OR MONEY ORDER TO:

Addiction Rehabilitation Association (ARA)

605 N. Capital Idaho Falls ID, 83402

Attn: Rex Thornley