



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Pump & Run 5k

**Friday April 27, 2012 Start time 6 PM**

## What is a Pump & Run 5k?

Pump some iron and reduce your time! A runner who signs up for the pump portion of this event can reduce their time by 30 seconds per bench repetition, with a max of 30 reps. Men are required to press their body weight and women must press 65% their body weight.

If you sign up for the Pump and Run come to the Downtown Wellness center on Thursday April 26 or Friday April 27 from 11:30 am to 1:00 pm to record your reps.

**5k Run:** You can run in the 5K only portion and compete against runners who are not taking time off with the bench press.

**Packet Pick Up:** April 27, 11:30 am to 5:45 PM at the Downtown Wellness center 119 N. Washington Sq.

**5k start:** 6:00 pm on the Lansing River Trail under the Shiawassee Bridge next to the Lansing City market 325 City Market Dr. Lansing

**5k finish and award ceremony:** Downtown Wellness center 119 N. Washington Sq. Lansing.

**Awards:** Age group awards 3-deep, plus top finisher awards. The awards ceremony will immediately follow the race at the Downtown YMCA Wellness Center. Join fellow participants for refreshments and chair massages.

## Where do the proceeds go?

Proceeds benefit the Downtown Y's Annual Giving Campaign, which provides financial assistance to youth, families and older adults in the Lansing community.

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YMCA Downtown Wellness Center Pump and Run 5K, Friday April 27, 2012 – Start time 6 PM

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_ City/State/Zip \_\_\_\_\_

Gender: (Circle one)    **M**    **F**    Age on Race Day: \_\_\_\_\_ Email \_\_\_\_\_

Event: (Circle one)    **5k Run**    **Pump & Run**    Shirt Size: (Circle one)    **S**    **M**    **L**    **XL**

**Entry Fee:** Postmarked by 4/19: **\$25** (T-shirt guaranteed if registered by 4/19)    **Race Day: \$35** (No race day entry for Pump & Run)

Make Check Payable to: YMCA of Lansing Mail to: 119 N. Washington Sq. #1 Lansing MI 48933

Register online @ <https://bit.ly/pumprunregistration>

Waiver By submitting this entry form, I hereby, my heirs and my executors, waive and release all rights and claims for damages I may have against City of Lansing, YMCA of Lansing, and all sponsors, and race management organization, for injuries suffered by me in this event. I attest that I have trained sufficiently to participate in this event and I am physically fit.

\_\_\_\_\_  
Participants Signature

\_\_\_\_\_  
Parent's Signature if under 18

\_\_\_\_\_  
Date Signed

