

BENEFITTING OUR COMMUNITY

5K PUMP & RUN

April 29 • 6:00pm Start

Proceeds Support Downtown
Wellness Center Open Arms Campaign

What is a Pump & Run?

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

When & where?

PUMP (Downtown Wellness Center)

April 28: 11:30am-1:00pm

April 29: 11:30am-1:00pm

5K (325 City Market Dr., Lansing, MI)

Shiawassee Bridge to the Downtown Y

April 29: 6:00pm 5k; 5:45pm Kid's Fun Run

Packet Pick Up

April 28 & 29 (Downtown Wellness Center)

T-shirt guaranteed to all participants who register by 4/15/11.

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?

All proceeds from the race go to the YMCA's Open Arms Campaign. Open Arms supports programs and provides financial assistance to children, families and active older adults who need it the most. Partnering with us is a perfect way to make a heartfelt gift and help individuals in our community who need a place like the YMCA.

Register

Enter online at: <http://bit.ly/gR6Nrq>

By phone or Send a check made out to the YMCA to:

119 N. Washington Sq., #1, Lansing, MI 48933



DOWNTOWN WELLNESS CENTER
119 N. Washington Sq.
517.827.9640

ymcaoflansing.org

