



Family Promise Of Shawnee

5KM Road Race Challenge Walk & Kids' Fun Run Sunday, October 7, 2012

To benefit homeless families with children and pregnant women

Location: Woodland Park in Shawnee, OK. at the corner of Broadway Ave. & Highland.
This event is chip timed and sanctioned by the USAT&F. The 5KM course is certified.

Start Times:

12:30 - 1:45 p.m.

Race Day Registration

Weigh-In and Bench Press for [Pump & Run Challenge](#)

1:40 p.m. Kids' Races

2:00 p.m. 5KM Race (**\$25 Registration**)

Free Kids' Fun Runs

Ages 10-11 Boys & Girls – 400 Meters

Ages 6 -9 Boys & Girls – 200 meters

Ages 5 & under Boys & Girls – 50 meters

PERSONAL INFORMATION:

FIRST NAME: _____ LAST NAME: _____ GENDER: M F

AGE ON RACE DAY: _____ DOB: ___/___/___ EMAIL: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

PHONE: _____ SHIRT SIZE: S M L XL 2XL

Waiver:

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that there will be a possibility of traffic on the course. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including, but not limited to falls, contact with other participants, the effects of the weather and the conditions of the roads, all such risks being known and appreciated by me. Furthermore, I agree to yield to all emergency vehicles. I also a fully aware that baby strollers and wheels of any kind (except competitive wheelchairs), animals and head phones are strictly prohibited and I agree not to have them on the course. Furthermore, I agree not to go back onto the course after finishing. I am fully aware that it is a fraudulent act to switch race numbers with anyone or allow anyone other than myself to wear my race number and I agree not to do this. Knowing these facts, and in consideration of your accepting my entry. I hereby for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive and release and discharge any and all race sponsors, race officials, volunteers, local and state police including any and all of their agents, employees, assigns or anyone acting for or on their behalf from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participating in this event whether same be caused by negligence or fault. This release and waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned grants permission to sponsors and or agents authorized by them to use any photos, videotapes, motion pictures, or any other record of this event for any purpose. Minors accepted only with a parent or guardian's signature.

SIGNED _____ DATE _____


Mailed entry forms must be received before Monday, October 1, 2012 otherwise, register on day of race

Family Promise of Shawnee
P.O. Box 3044
Shawnee, Ok. 74802 – 3044

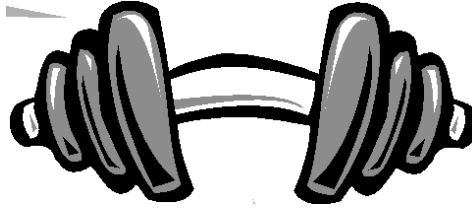
For race questions: 405-823-1104 (Meredith)
Website: www.familypromiseshawnee.org



Are you up for the Pump & Run Challenge?
YES!! Free with 5KM Run race entry!
 See page 2 for details..

 5km Cash Prizes	1 st	2 nd	3 rd	New Course Record
	Male	\$500.00	\$300.00	\$200.00
Female	\$500.00	\$300.00	\$200.00	\$500.00

Take the Pump & Run Challenge!



Information and Rules

Fill out your 5KM registration form and Check “YES” I am up for the Pump & Run Challenge.

Weigh-In and Bench Press Start time: 12:30 p.m.
5KM Start time: 2:00 p.m.

RULES

- A runner’s time will be based on how many times he/she can bench press their body weight
- There are eight lifting divisions. (body weight will be rounded to the next higher 5lb. Increment. Weigh-in with shoes, shorts, and shirt.)
- 30 seconds per repetition will be deducted from the competitor’s final 5KM time for the **Pump & Run Division**.

Jr. Men (15-18) - Bench press 85% of their weight.
Men 39 and under - Bench press 100% of their weight
Men 40 and over - Bench press 90% of their weight.
Men 50 and over - Bench press 80% of their weight.

Jr. Women (15-18) - Bench press 55% of their weight.
Women 39 and under - Bench press 70% of their weight
Women 40 and over - Bench press 60% of their weight.
Women 50 and over - Bench press 50% of their weight.

Lifting Technique Specifics

Lift starts with the bar in the extended position. Feet must remain in contact with the floor throughout the lift (no hooking feet on bench). Bar must touch the chest and be fully extended on each press—stopping terminates the lift. No bouncing bar off chest. Shoulder and rear must stay in contact with the bench during lifts. If necessary, plates may be placed under lifters’ feet. No baggy clothing, belts, wraps, or lifting suits. Decisions of our judges are final. Additional rules may be added as needed.

Awards

Awards will be given to the top 3 men and top 3 women in the Pump & Run Division. Pump and Run is a stand-alone division. **Pump & Run times are NOT used to determine awards in overall 5KM Race.**



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of Shawnee
5KM Road Race
October 7, 2012

