



# OCTOBER 8, 2016

The "Why" behind LiveFIT For A Cause



Hope Burkin

Ty Swoap

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## EVENTS

- Adult Pump and Run:** (5K Run and Bench Press)
- Youth Pump and Run:** (1 Mile Run and Push-Ups)
- 5K Run Only:** (available to all ages)
- 1 Mile Run Only:** (available to ages 14 & under)

## REGISTRATION FEES

Participants may register online or fill out a printed entry form. Printed entry forms may be mailed or dropped off:

LiveFIT Perrysburg LLC  
26610 Eckel Rd. Suite #1  
Perrysburg, OH 43551

### Early registration fees (must be registered by 9/1/16):

- Adult pump and run \$25
- Youth pump and run \$20
- 5K Run Only: \$20
- 1 Mile Run Only: \$15

### Race day registration fees (registration after 9/1/16):

- Adult pump and run \$30
- Youth pump and run \$25
- 5K Run Only: \$25
- 1 Mile Run Only: \$20

### Family Discount:

A family discount is available for families who wish to register up to 2 adults and 5 kids (i.e. mom/dad/kids)

- Early Registration Family Discount (by 9/1/16): \$100
- Race Day Registration Family Discount (after 9/1/16): \$125

**Each family member must submit a separate entry form**

Visit us online for complete pump and run rules

### For Online Registration:

[www.livefitperrysburg.com](http://www.livefitperrysburg.com)

## T-SHIRTS

All early registration participants will receive a T-shirt. T-shirts are not guaranteed for race day registrants.

## EVENT LOCATION

The pump and run event will take place in the Levis Commons Shopping Center, located at 3201 Levis Commons Blvd in Perrysburg, OH 43551.

## TIME

- Race day registration/weigh-in begins at 7:30am
- Bench Press/Push-Up begins at 8:00am
- 1 Mile Run begins at 9:00am
- 5K Run begins at 9:30am

## HOW IT WORKS (complete rules online)

**Adult Pump and Run:** every successful bench press rep will reduce the participants 5K time by 30 seconds (max 30 reps or 15 minutes)

**Youth Pump and Run:** every successful push-up will reduce the participants 1 mile time by 10 seconds (max 30 push-ups or 5 minutes)

## AWARDS

- Adult Pump and Run (male and female)**  
Overall, 15-17, 18-29, 30-39, 40-49, 50-59, 60+
- Youth Pump and Run (male and female)**  
Under 10, 10-12, 13-14
- 5K Run Only (male and female)**  
Top 3 overall
- 1 Mile Run Only (male and female)**  
Top 3 overall (available to ages 14 and under)

## BENCH PRESS

### MALE

AGE	% OF WEIGHT
15-17	75%
18-29	100%
30-39	100%
40-49	90%
50-59	80%
60-69	70%
70+	60%

### FEMALE

AGE	% OF WEIGHT
15-17	50%
18-29	70%
30-39	70%
40-49	60%
50-59	50%
60-69	40%
70+	40%

Bench press weight will be rounded to nearest 5lbs



## PUMP AND RUN OCTOBER 8, 2016

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone \_\_\_\_\_ Email \_\_\_\_\_

In consideration of your accepting this entry, I hereby for myself, my heirs, my executors, and administrators, waive and release any and all rights and claims for damages I may have against LiveFIT Perrysburg LLC and 26610 Eckel LLC, their representatives, successors, and assigns for any and all injuries suffered by me in said event or in transit to and from said event. I further attest that I am physically fit and have sufficiently prepared for this event. I will additionally permit the use of my name and/or pictures in publications for the companies listed above.

Signature \_\_\_\_\_

*Parent/guardian signature if under 18 years old*

### Check ONLY one box

- Adult Pump and Run \$25
- Youth Pump and Run \$20
- 5K Run Only \$20
- 1 Mile Run Only \$15 (ages 14 & under)

Date of Birth \_\_\_\_\_

### T-shirt Size (please circle)

YM YL AS AM AL AXL AXXL

Checks Payable to: **LiveFIT Perrysburg LLC**

### Mail form and entry fee to:

LiveFIT Perrysburg LLC  
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Perrysburg, OH 43551



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419-482-8175