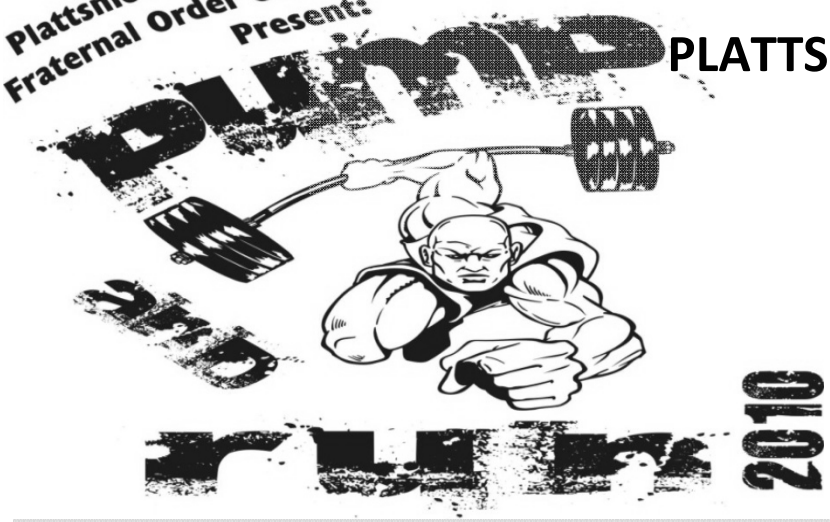
Saturday May 15, 2010

Plattsmouth Community Center & Fraternal Order of Police LODGE #34 Present:



PLATTSMOUTH COMMUNITY CENTER

PUMP & RUN ENTRY FORM

Pump and Run scoring:

The Pump and Run event includes both the 5K run and a maximal repetition bench press. The runner's final time will be determined by how many times he/she cans bench press a percentage of their body weight. An athlete's run time will be reduced by 1 min **for each bench press rep.**

Location:	Plattsmouth Community Center, 308 South 18th Street, Plattsmouth Ne.
Pump and Run check-in/weigh-in:	7:00am-7:45am.
Pre-race meeting:	7:45am
Race Time:	8am-10am
Entry Fee:	**$25** Make *checks payable to:* Fraternal Order of Police Lodge 34 Must register by May 12, 2010 to receive a t-shirt
Awards:	Awards will be given to the TOP 3 in each division. Awards will be presented during the post-race party immediately following the race. Awards not claimed on race day may be picked up at the Plattsmouth Community center 308 S 18th St, Plattsmouth, Ne 68048, during normal business hours.
FOR MORE RACE INFO:	Contact Geri Hennessy 402-296-5800 x206 or e-mail: pcctrainer@plattsmouth.org

AGE (minimum age 18)	MEN % of their weight	Women % of their weight
39 and Under	100%	70%
40-49	90%	60%
50-59	80%	50%
60-69	60%	40%
70 and over	60%	40%

*Minimum lift 45 pounds

LAST NAME FIRST NAME AGE OF (5/15/10) SEX M/F

STREET ADDRESS

CITY NE ZIP

TELEPHONE NUMBER MONTH DAY YEAR DATE OF BIRT H XS S M L XL XXL Adult Shirt Size

Race Fee $ 25

ALL FEES ARE FINAL.

E-MAIL ADDRESS

Emergency Contact Name:_____ **Emergency Phone:**_____

Pump and Run Bench Pressing Rules:

Reps begin at full arm extension, and then are lowered until the bar touches the chest, and then back to full extension. Back and butt must be flat on the bench with both feet on the floor at all times. NO bouncing the bar off chest. Incomplete reps will not count. No more than one (1) seconds is allowed in between reps at either the chest of full extension. If a rep is thought to be questionable or close to being incomplete-the Pump Referee will issue one (1) "warning". A second "warning" will end the Pumpers session. Rulings by the Pump Referee are final.

WAIVER

I hereby, for myself, my heirs, executors, administrators, and assigns, and anyone entitled to act on my behalf, WAIVE, RELEASE & DISCHARGE from any and all liability for myself death, disability, personal injury, property damage, property theft or actions of any kind which may hereafter accrue to me as a result of my participation in the Plattsmouth Community Center Pump and Run. THE FOLLOWING PERSONS OF ENTITIES: All Event sponsors, race directors, race staff,

Race volunteers, the City of Plattsmouth, The Plattsmouth Parks District, Cass County, The State of Nebraska, and its (their) office, officers, directors, employees, representatives & agents & Event volunteers.

Signature (signature of parent of guardian if under 18)

Date:_____

Make checks payable to:

Fraternal Order of Police
Lodge 34

Must register by May 12 to receive a t-shirt