

Saturday 5.4.2013
CrossFit 864
213 West Main Street
Clinton, S.C.

Weigh-in starts at 8:00 a.m. Lifting starts after weigh-in. Athletes need to successfully lift at least one rep and run the 5K. A runner's time will be based on how many times he/she can bench press their weight by formula. There will be 8 lifting divisions.

| 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 and over | 60% | 40% |

An athlete's run time will be reduced by 30 seconds for each lift (maximum 30 reps) This will allow a runner to reduce their run time by 15 minutes based on 30 reps (maximum reps allowed.) Example - If they bench press their weight 10 times (-5 minutes) will be taken off the 5k running time. Total time will be run time minus reps.

The bar must touch athlete's chest and be fully extended on each rep or a "no rep" call will be given. Athletes back and butt must stay in contact with the bench at all times. No bouncing the bar off chest. Both feet must stay on the floor at all times. Partial or incomplete reps will not be counted. Athletes must wear running shoes at weigh-in.

Cash awards will be given to the top male and female athletes. Awards will be given to top three male and female finishers in each age group. Age groups are: 29 and under, 30-39, 40-49, 50-59, and 60+

\$30.00 entry fee payable by cash, check or sign up at: www.sportoften.com. Registration increases to \$40.00 per person after April 15, 2013. **No race day registrations - No exceptions**

Make checks payable to: CrossFit 864, LLC • P.O. Box 235 • Clinton, SC 29325

Name _____ Age _____ Date of Birth _____

Male/Female

T-Shirt Size Adults: S M L XL XXL

In consideration of my application being accepted, I accept any risks of participation in the pump and run and agree to hold harmless anyone involved in the CrossFit864 Pump and Run 5K and all sponsors, all officers, directors, and their respective employees, agents, and any other individuals who are in anyway associated with the event, including volunteers assisting with traffic on the course. I attest and verify that I am physically fit and have sufficiently trained for the completion of the event. I release CrossFit864 from any liability of injuries sustained while competing in this event. I have read and understand the rules and regulations of the 2012 CrossFit864 Pump and Run 5K.

Read carefully before signing Signature _____

Bring in/mail completed entry forms to: Janice Long, CrossFit864, P.O. Box 235, Clinton, S.C. 29325

