

2011 Sponsored by
Winterset Rotary Club
Winterset, IA

Cannonball Pump & Run Events

Pump & Run (5K) 5K Run

Pump & Run (1 mile) 1
Mile Run

Saturday August 6, 2011

Lifting 7 A.M. – 8:30 A.M.

1 Mile & 5K Run
@ 8:30 A.M.

Winterset Cannon Park
(One block east of Square)

Winterset, Iowa

All Proceeds go to the

Winterset Rotary Scholarship Fund And

Winterset School Activity Fund
Awards to top 3 in each age group

Contact Info. Bob Kaldenberg
515-462-4731

pek9@mindspring.com

Participants

Participants are required to bench press their body weight (or a percent of their body weight) as many times as possible, then run a mile or a 5K. Each successful repetition of the bench press earns competitors 15 seconds off their mile or 5K finish time. The winner of each age division will be the fastest time after the deductions of time, thus demonstrating both endurance and strength!

Rules

Lifting Requirements

All divisions must complete at least one bench press to be entered in the Pump & Run. For each repetition the arms must be in a vertical position and fully extended to be credited..

All those who fail to complete at least one bench press requirement will be entered in the 5K Run or Mile Run only.

Males

High School thru age 39 must bench press their own body weight.

Under 14 and age 60 or over: 70%.

Age 50 to 59: 80%.

Age 40 to 49: 90%.

Females

High School thru age 39 must bench press 60% of their weight.

Under age 14: 50%

Age 40 to 49: 50%.

Age 50 to 60: 40%

Age 60 and above: 30%

All time Course Records

5K Pump and Run

Male 25-29 Sam Ellis Norwalk 2004

5K time 18:37-Reps 41@160# adj.time
8:22

Female 30-34 Allison Ryme, DesMoines 09

5K time 21:31-Reps 30@85# -adjT 14:01

One Mile Pump and Run

Male 35-39 Rocky Hardy, DesMoines 2010

1 Mile 5:18-Reps43@155# AdjT -5:27

5K Run

Male-Marty Dalton, Earlham 2009 15:03

Female HS-24- Genna Kinley, Waukee
2008 - 20:16

Our Sponsors

Union State Bank

Farmers & Merchants State Bank

Exchange State Bank

Middle River Hospice

Madison County Health Care Systems

Fareway Stores

The Shopper

The Madisonian

Winterset Weight Lifters

Winterset Fire Fighters

Entry Fees

Before August 1, 2011

HS. And Under \$15

All Others \$20

August 1st and after

HS. And Under \$20

All Others \$25

Please do not mail after August 3rd

Packet pick-up is day of race.

Entry Form: Make checks out to Winterset Rotary Club and mail them to (one entry per form please)

Mike Wells, Winterset CSD, P.O. Box 30, Winterset, Iowa 50273

email: mwells@winterset.k12.ia.us

Last Name _____ First _____ MI ____, Age ____ Gender: ____ Male ____ Female

Address _____ City _____ State _____ Zip _____

Phone _____ Email _____

DOB ____ __ __ Shirt Size: sm__ med__ large__ XL__ XXL__

Age Group: __ 14 & under, __ High School , __ Out of H S-24, __ 25-29 __ 30-34, __ 35-39, __ 40-44, __ 45-49, __ 50-54, __ 55-59, __ 60-64, __ 65-69, __ 70+

Event entered _____ 5K Pump & Run, _____ 1 Mile Pump & Run _____ 5K Only _____ 1 Mile Only

In consideration of your acceptance of this entry, I hereby, for myself, my heirs, executor, administrators, waives any rights and claims for damages I may have against the Winterset Rotary Club and individuals or groups associated with this event their agents, representatives, successors, and assigners for any and all injuries suffered by me in said event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event.

Signature

Signature of parent or guardian (if under 18)

Date

[Downloaded via RunningWall.com](http://RunningWall.com)