

Questions? Contact the Administrator

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Website: www.nwafitnessandhealth.com Click on Registration → search for **PRO Course**

Location

Bentonville High School
1901 SE J Street
Bentonville, AR 72712

Registration starts December 1st

Registration for the 2012 NW Arkansas Pump n Run Obstacle Course (PRO Course) starts December 1, 2011. Please read all of the information about the event before registering... No refunds will be given.

About This Event

In the NWA Pump n Run Obstacle Course, a runner's time will be based on how many times he/she can bench press (and/or pushup) their "percentaged weight" for repetitions (please refer to spreadsheet below & must successfully attempt to lift one rep), and run either a 3.2 mile course (for ages 16+) or 1 mile fun run course (designed for ages 15 and under) with obstacles throughout including tires, up and over hurdles, balance beam, crawling under a net, run through ditch, 9 foot tall "A" frame wall, kettle bell pull, and bunny hops for 20 yards. An athlete will reduce their run time by performing a number of bench press repetitions and/or pushups. The max allowable bench presses are 40 and pushups are 80. A runner can reduce their run time by up to 13 minutes and 20 seconds off of timed run.

Athletes will register online and choose their time available from the options. If offline registration is chosen, administrator will choose best time available once entry form and fee have been received. Each athlete will weigh in and perform the bench press between 7:00 a.m. and 10:00 a.m. on the race day (Arend Arts Center lobby of the Bentonville High School), then immediately proceed to course start and run the course with obstacles. Waves of runners every fifteen minutes (approximately 20-40 runners per wave). Please be prompt and on time. No refunds will be given.

Registration for the 2012 PRO Course

The NWA Pump n Run Obstacle Course is the first and only event of its kind in the state. The race does have a limit of 540 people (16 yrs and older), 600 people (15 and under). Registration will be closed once maximum capacity has been achieved. Your race number and personal dog tag from the NWA PRO Course will allow you ½ off ticket entry to the evening finals portion (\$30 general admission, so entry would be \$15) into the NW Arkansas Natural Championships after the race. No refunds will be given.

Host Hotels

La Quinta Inn & Suites, 1001 Se Walton Blvd, Bentonville, AR 72712;
Phone: (479) 271-7555 \$75 per night – single/double room

Towneplace Suites, 3100 SE 14th St, Bentonville, AR 72712;
Phone: (479) 621-0202 \$65 per night – single/double room

Comfort Suites Bentonville, 2011 Southeast Walton Blvd, Bentonville, AR 72712;
Phone: (479) 254-9099 \$69 per night – single/double room

- Mention the NWA Fitness & Health Expo or NWA Natural Championships
- All hotels are located less than 1.5 miles from Expo
- Late checkout is available until 2:00 pm on Sunday, but MUST be requested at check in.
- A deposit equal to one night's room rate will be immediately charged to your credit card to secure your room. This charge will be refundable if cancellation is received 7 days prior to arrival.
- Book room by 6/6/2012 to guarantee availability. A block of rooms have been set aside for this event. After 6/6/2012, rooms not booked will be available to public.
- Hot breakfast is available at all locations

Volunteer at Race

If you would like to volunteer to help on race day (course marshal or finish line area worker) contact Joe Wilson at bigjoewilson123@yahoo.com or fill out online volunteer form at www.nwafitnessandhealth.com → Registration → Volunteer. Volunteers will receive a t-shirt, lunch, and ½ off admission pass into the NW Arkansas Natural Championships after the race.

EIGHT MEN & EIGHT WOMEN LIFTING DIVISIONS

Age	Men	Women
	<i>% of weight</i>	<i>% of weight</i>
	<i>rounded to nearest 5 lbs</i>	<i>rounded to nearest 5 lbs</i>
15 & under	push-ups	push-ups
16-19	90%	60%
20-29	100%	65%
30-39	95%	70%
40-49	90%	60%
50-59	80%	50%
60-69	70%	40%
70+	60%	40%

**minimum lift is 45 lbs*

DETAILS FOR BENCH PRESS/PUSHUP FOR AGE & GENDER

Youth aged competitors (15 and under) must perform pushups directed by a drill sergeant or personal trainer – each pushup = 10 seconds off of timed run (max of 80 pushups) and choose to run the ‘fun run’ 1 mile or the full 3.2 mile course. Women (ages 16+) must attempt to bench press the % of bodyweight as many times as possible for repetitions, then immediately perform as many pushups as possible by the direction of their spotter/drill sergeant – each repetition = 20 seconds; each pushup = 10 seconds off of timed run (max of 40 repetitions and/or 80 pushups = 13 min 20 seconds max) and will run full 3.2 mile course. Men (ages 16+) must attempt to bench press the % of bodyweight as many as possible for repetitions – each repetition = 20 seconds off of timed run (max of 40 repetitions) and will run full 3.2 mile course.

AWARDS

Engraved plaque awards will be given to the first place winner of each male division and each female division. An embroidered jacket will be given to the overall winner of the male division and the female division. Specialized dog tags by the Army will be awarded to all finishers* in the NWA Pump n Run Obstacle Course. (*Athletes ages 16+ need to successfully attempt to lift at least one rep and run the 3.2 mile run and perform full obstacle course). **The winners of each division and overall winners will be rewarded/presented at the expo, so please have a valid phone number so we may contact you – cell phone preferred. No Refunds will be given.

Registration Sign-up

After entry form and fee have signed up online or with promoter, athletes can pick up their race registration package at Rush Running in Bentonville on Friday June 29th or at sign in time at the Bentonville High School main gym lobby between 7:00 a.m. – 10:00 a.m. (if you choose the option of morning registration, please arrive 15-20 minutes early). Address for Rush Running is 2212 South Walton Blvd, Suite #2 Bentonville, AR 72712. Race number needs to be worn on the front of your shirt for entry to lift and for the run... No Refunds will be given...

ONLINE REGISTRATION is encouraged

Registration for the NWA PRO Course starts December 1st 2011 and is encouraged to sign up online. You may also pick up an entry form at Rush Running: 2212 South Walton Blvd, Suite #2 Bentonville, AR 72712. You may also pick up entry forms at YTFS of Rogers and Fayetteville; and at any NWA World Gym location. The race has a time limit to allow for athletes to weigh in and lift before the race. Also, there is no waiting list (unless racer is late). Athletes cannot sell their race number. Only the athlete who registered can participate in the event – bring proper identification to registration. There are NO Refunds.

TEAM REGISTRATION

Signups as a team sponsor is minimum of 4 people ages 16+, but up to 5 people. All participants on team will perform bench press/pushups and run/obstacle course at the same time. Registration for team members must register online. Cost for team is \$400 (or combo Team sponsor and Expo sponsor for \$600) and team name will be placed in Expo program, PRO Course t-shirt and banner (in addition to program), and on Expo website. Only those who register in team are allowed to participate for that team. There are NO refunds.

NWA PRO Course routine:

1. Bench Press % of competitor's weight or perform pushups. Each rep takes off additional 20 seconds or 10 seconds off of run respectively. Bench Press percentage is based on age. Once bench press is complete, competitor must immediately go to start line.
2. Run 3.2 mile or 1 mile fun run route fully. Arrows and volunteers will direct.
3. **Must complete every obstacle properly. If you do not comply, you will be DISQUALIFIED.**
 - High knee in tires: competitor must step in EVERY TIRE. If competitor misses a tire, they must stop and replace foot into missed tire. **This must be followed or competitor will be disqualified.**
 - Over/under hurdles: competitor will step over low hurdle with one foot, then step under high hurdle with one foot. This will be done three times (three low and three high hurdles). **This must be followed or competitor will be disqualified.**
 - 9' Wall Climb: competitor will simply climb wall and scale down the other side. Rope will be available on scale down side for assistance. **This must be followed or competitor will be disqualified.**
 - Ditch Run Through: competitor simply runs in and out of ditch. Note: sand may be distributed on the bottom of the ditch. **This must be followed or competitor will be disqualified.**
 - Balance beam: 4 x 4 post studs will consist of four 10' beams. Competitor can only enter the next obstacle once completed the balance beam without falling. If competitor falls off of first beam's attempt, competitor must go to the second beam and fully complete that beam. If competitor falls off second beam's attempt, competitor must go to the third beam and fully complete that beam. If competitor falls off third beam's attempt, they move on to next obstacle immediately. **This must be followed or competitor will be disqualified.**
 - 40' Rope Drag: competitor must pull a 40 foot long rope with a kettle bell attached (50 lbs for males 16+ & 30 lbs for competitors 10-15 yrs old and females 16+) until it reaches competitors' feet or passes competitors' feet. **This must be followed or competitor will be disqualified.**
 - 2' Net Crawl for 30 feet: competitor will get on hands and knees or hands and feet to crawl for 30 feet under a cargo net. Avoid pressing up against netting while crawling; for it will dislodge stakes from ground. **This must be followed or competitor will be disqualified.**
 - Bunny Hops: competitor must jump with feet together for 20 yards. Feet cannot separate during this obstacle. **This must be followed or competitor will be disqualified.**

Spectators may watch competitor start/finish the run and watch competitor run through the Obstacle Course for free.

RULES AND GUIDELINES

The following rules and guidelines are intended to help create a fun and safe event for all participants.

- Participants must abide by all instructions given from the race director, race staff, volunteers and medical personnel.
- Participants understand and acknowledge the PRO Course is an extreme event and accept all risks associated with the event.
- Participants must be physically able to complete the course and all obstacles.
- Participants under 16 years of age must have parent signature and release on race day in order to participate.
- Participants must wear the provided PRO Course bib number clearly shown on the front. No participant will be allowed to race without an official bib number.
- Several videographers and photographers are stationed along the course. Participants agree to allow the event producer to use any pictures or video footage of the event for future promotional purposes.
- Baby joggers, baby strollers, in-line skates, bicycles, skateboards or any other type of wheeled device are strictly prohibited on the course.
- Urinating or defecating on or anywhere near the course is strictly prohibited.
- Registration is closed when the maximum capacity is reached.
- No pets allowed.

NO REFUNDS OR TRANSFERS

NO REFUNDS OR TRANSFERS!!! This means that the NWA PRO Course WILL NOT ISSUE A REFUND for any reason, such as an injury, scheduling conflict, pregnancy etc. Nor will the NWA PRO Course transfer entries from 2012 to 2013. Also, because of liability reasons your Race Number cannot be worn by anyone else than the person the number is assigned. ***If you do not compete, your entry fee will be donated to the beneficiaries and to the NWA Fitness and Health Expo to help with their costs.... No Refunds will be given...

Sign up for the Rush Running Subscription/newsletter

Subscribe for free - <http://www.rushrunning.com>.

RACE NUMBER AND DOG TAGS ALLOW YOU TO VISIT THE NWA NATURAL CHAMPIONSHIPS

After the race, your race number and dog tags (together) will allow you access to the NWA Natural Championships for ½ off of ticket price for both morning and evening shows. Regular admission to the shows is \$15 for prejudging (\$8 for contestants) and \$30 general admission for finals (\$15 for contestants).

Registration fee for the PRO Course is \$40; late registration after June 18th will incur a fee of \$15. Proceeds of this entry fee are split among each of the 3 beneficiaries: NWA chapter of the American Diabetes Association, Special Olympics of Arkansas, and the Bentonville Public Schools Foundation.