

SATURDAY, JUNE 30TH, 2012

Details can be found at: www.nwafitnessandhealth.com

Bentonville High School Campus, AR • Arend Arts Center Lobby Registration • 1901 SE J St.

THE SECOND ANNUAL EVENT FOR 2012

NWA Pump N Run Obstacle (PRO) Course

7:00 am – 10:00 am; bench press/push up then immediately perform the run/obstacle course

Registration in the Arend Arts Center lobby of Bentonville High School

Racer bib number must be worn to all events. All athletes ages 16+ are required to successfully attempt to lift at least one repetition and perform the full 3.1 mile (or 1 mile fun run)/ obstacle course. A runner's final time will be based on how many times they can bench press their weight by the formula below (or pushups). There will be 8 divisions each for the men and women.

Age	Men	Women
	% of weight rounded to nearest 5 lbs	% of weight rounded to nearest 5 lbs
15 & under	push-ups	push-ups
16-19	90%	50%
20-29	100%	55%
30-39	95%	60%
40-49	90%	50%
50-59	80%	40%
60-69	70%	30%
70+	60%	30%

*minimum lift is 45 lbs

An athlete's run time will be reduced by 20 seconds for each successful lift (maximum 40 reps) or 10 seconds for every pushup (maximum 80 reps). This will allow a runner to reduce their runtime up to 13 minutes 20 seconds. Please read full details of PRO Course info on website. Rep-bar must touch athlete's chest and be fully extended or a no count will be given. A towel roll will be optional and provided. Bench Press will be judged by U.S. Military or personal trainers. **No bench press suits allowed and NO REFUNDS** No switching of races or race number is permitted.

No animals, inline skates, baby strollers, or bikes are allowed on the course.

Team sponsors are available – contact promoter or go online.

Athletes must wear running shoes and number at weigh-in. Arrive early to guarantee entry.

First place winners in each division will win an engraved plaque. All finishers will receive expo t-shirt and dog tags with their final time.

Overall winners for both men and women will receive an embroidered jacket for the "PRO Course Overall Champion" title.

Major awards will be presented at Expo at 4:00 during awards ceremony.

Registration is Online available (recommended), but can also be mailed in. Deadline to sign up is June 16th, \$15 late registration fee until June 23rd. No entries accepted after June 23rd. Entry of PRO Course allows ½ off admission into evening show of the NWA Natural Championships (5:00 Finals) at the Arend Arts Center same day only, bring dog tags and race number. Send entry and make individual \$40 entry check payable to NWA Fitness and Health Foundation; mail to: PO Box 1331, Bentonville, AR 72712.

For more information contact: John Burnett (479) 841-9074 or visit www.nwafitnessandhealth.com



WAIVER: In consideration of the acceptance of the entry, I waive for myself and my heirs and all claims for damages against the sponsors of the NWA Pump N Run Obstacle Course and their representatives, the Bentonville High School and all race officials and volunteers for injuries received during and as a result of this event. If I should suffer injury or illness, I authorize officials at the race to use their discretion to have me treated and be transported to a medical facility and I take full responsibility for this action. I certify that I am physically fit and sufficiently prepared myself for this event. Signature required for entry to be accepted. **Parent's signature is required if entrant is under 18 years old.**

X

(Signature required for entry to be accepted. Parent's signature if entrant is under 18 years old)

First name Last name Complete address: Street, City, State, Zip

T-shirt size: Small Medium Large X Large 2X Large

Age (as of 6-30-2012) Birth Date Sex Time (choose time between 7:00 – 10:00 in 15 minute increments)

Phone number (cell preferred)

Email is for verification when payment and entry have been received only. It will not be distributed.

If you have a child participating (under age 16), write their name here.