



RAILS TO TRAILS

Race Proceeds go to support RAILS TO TRAILS WAYNE COUNTY



WAYNE COUNTY OHIO

Sat., July 2, 2011
5K/1 MILE FUN RUN/WALK

Place: This 12th annual race begins and ends at the Orrville Christian Church, 925 N. Elm Street, Orrville. Parking is available. No lockers or showers are available.

Times: 7:30 a.m.: Race-day registration (Saturday July 2, 2011)
8:30 a.m.: 5K/1 Mile Fun Run/Walk

Distance: 5K over paved roads. Course clearly marked with traffic control and protection. Times at finish. The Orrville Rotary Club will conduct the race.

Registration: \$20 fee (\$25 on race day) for the 5K, \$30 for the Pump-N-Run
FAMILY 4 PACK: \$60 for 2 parents and 2 dependent children (18 and under), \$15 for each additional child
By mail: make check payable to Orrville Rotary Club and send to PO Box 282, Orrville, OH 44667
Online: <https://www.rsracingsystems.com>

Awards: Trophy given to top overall male and female runners. Runners finishing in the top three in each age group will receive awards. Age groups: Men and women, 14 & under, 15-19, 20-29, 30-39, 40-49, 50-59, 60 & over.

**FREE refreshments for walkers and runners following the race.
We look forward to seeing you!**

2011 Rotary FireCracker Race/Orrville YP Pump-N-Run Application

Name (please print) _____ M _____ F _____

Address _____ City _____ Zip _____

E-Mail Address _____ Age (day of race) _____

Date of Birth _____ Home phone _____ Business phone _____

T-shirt size (circle one) S M L XL XXL Participating in: 1 Mile _____ 5K _____ Pump-N-Run _____

In consideration of your accepting this entry, I hereby for myself, my heirs, executors, and administrators, waive and release any and all rights and claims for damages I may have against Orrville Area Young Professionals, Orrville Area Chamber of Commerce, Zephyrs Barbell Gym, Orrville Rotary Club, Orrville City Schools, and the City of Orrville, their representatives, successors, and assigns for any and all injuries suffered by me in said event or in transit to and from said event. I further attest that I am physically fit and have sufficiently prepared for this event. I will additionally permit the use of my name and/or picture in the Orrville Area Young Professionals and Orrville Rotary publications.

Signature (Parent's signature if entrant is under 18)

Send application and check to:
Orrville Rotary Club
PO Box 282
Orrville, Ohio 44667





The Orrville Area Young Professionals Network
PUMP & RUN,
sponsored by **Zephyrs Gym** will be held on

Saturday, July 2
Orrville High School
Orrville, Ohio

**Perfect for the individual interested in
both running and weight-lifting**

Pre-Registration Fee = \$30.00, includes pump, 5K and T-shirt
register at <http://FireCracker5k.eventbrite.com/>

Weigh-in is 7:15am - 8:15am

Run starts promptly at 8:30am

Men's Lifting Division

- Men 39 and under: contestants will bench press 100% of their weight.
- Men 40-49: bench press 90% of their weight
- Men 50-59: bench press 80% of their weight
- Men 60-69: bench press 70% of their weight
- Men 70+: bench press 60% of their weight

Women's Lifting Division

- Women 39 and under: contestants will bench press 70% of their weight
- Women 40-49: bench press 60% of their weight
- Women 50-59: bench press 50% of their weight
- Women 60-69: bench press 40% of their weight
- Women 70+: bench press 40% of their weight

Pump Details

- An athlete will reduce their run time by 30 seconds for each successful lift (maximum 30 reps) which will allow a runner to reduce their run time by 15 minutes based on 30 reps (max).
- Minimum age 18.
- A runner's time will be based on how many times he/she can bench press their weight.
- **Weigh-in is 7:15 am - 8:15 am on race day.**
- No bench press warm-up will be provided.
- Body weight will be rounded to nearest 5 pound increment (weigh in with shoes, shorts and shirt required).
- Lift starts with the bar in the extended position.
- Feet must remain in contact with the floor during the lift (no hooking bench support with feet/legs).
- Bar must touch the chest and be fully extended on each press; stopping terminates the lift. No bouncing bar off chest.
- Body (shoulder and rear) must stay in contact with bench during lifts.
- In necessary, plates may be placed under lifter's feet.
- No belts, wraps or lifting suits.



Sponsored by ZEPHYR'S Barbell Gym
637 E Main Street, Smithville, OH
1-866-414-LIFT
<http://www.zephyrsbarbellgym.com/>

5K Run/Walk Details

- 5K over paved roads.
- Course clearly marked with traffic control and protection.
- Times at finish.
- Orrville Rotary Club will conduct run.

PROCEEDS BENEFIT RAILS TO TRAILS CONSERVANCY