



Pump and Run Application

Date and Time:	September 24 th , 2011 at 11 am
Location:	Cleveland Hill High School
Pump and Run:	Pump and Run refers to a sporting event which consists of a strength event followed by running. Participants must visit a participating gym to complete the “Pump” portion of the contest. Men must bench press 70% of their body weight and women 50% of their weight. Each repetition deducts 10 seconds off of the individual’s race time. The person with the lowest adjusted run time wins the event.
Pump Contest:	Competitors must do their “pump” at either Gold’s Gym location on the following dates: 9/17 and 9/18/11 9a-3p, 9/19 through 9/20/11 9a-7p
Course:	5K street race- (course map on website www.jillfarrarmatticebuffalo5k.com)
Pre Race Pick-Up:	September 22 nd 5:00-8:00pm at Buffalo Covenant September 23 rd 5:00-8:00pm at Cleveland Hill High School
Day of Registration:	September 24 th 8:30-10:30am
Entry Fee:	\$20.00 pre-registered, \$25.00 after 9/1/11 (can also register online) <i>(US funds only)</i> Shirts will only guaranteed for pre-registered racers! NOTE: Please do not send cash
Checks Payable/Mail to:	NYS Troopers Foundation/Mattice – Mail to: Carmen Davidson 625 Starin Ave Buffalo, NY 14216
Awards:	Pump and Run: Top overall male and female. Pump and Run Participants are eligible for race brackets as well, but with straight race time, not the adjusted.
Post Race Party:	Post Race party will be held in the parking lot of the Cleveland Hill High School. After party will include live music and a basket raffle. Please join us for the festivities!

In consideration of your accepting this entry, I for myself, my heirs, executors and administrators, do hereby discharge Cleveland Hill Schools, The Buffalo Covenant Church and the Jill Mattice Scholarship Fund, the race organizers and any & all sponsors & sanctioners of the race for all injuries and losses suffered by me from competing in or attending the said event.

I am full time Law Enforcement

Cleve Hill student/faculty

I am registering for the:

Pump and Run _____

Last Name

First Name

M.I.

Number and Street

Unisex T-Shirt
Size
S, M, L or XL

Town/City

State/Prov

Zip/Post Code

Sex

Age

Phone

E-Mail Address

PSN/BIB #
(race use)

Signature

Parent Signature (if under 18)