

**VERTEX**  
**PUMP & RUN**  
**5K**



**CAYCE, SC**  
**MARCH 29, 2025**

# WHAT IS A PUMP & RUN?

- Participants can choose to perform the pump & run **OR** just the run/walk
- Participants bench press a % of their body weight
- Each lift (*up to a max of 30*) reduces your 5K time by 30 seconds

# BENCH PRESS %

AGE	MEN (% body weight)	WOMEN (% body weight)
39 and under	100%	70%
40-49	90%	60%
50-59	80%	50%
60-69	70%	40%
70 and over	60%	40%

\*Minimum lift is 45 lbs

# RACE DAY SCHEDULE

- » **7:00am** – Packet pick up, Late registration
- » **7:00-8:00am** – Weigh-in and Bench press
- » **8:30am** – 5K race start for EVERYONE
- » **10:00am** – Awards Ceremony

 **Vertex PT Specialists**

1105 12th Street, Cayce, SC

*Across the street from Krispy Kreme*

# REGISTRATION

**5K Run**

**\$40**

**Pump & Run 5K**

**\$45**

*All registration prior to March 10th  
guarantees a free T-shirt*

**Register online: [www.StrictlyRunning.com](http://www.StrictlyRunning.com)**

**Packet pick up is available at Vertex - Cayce:**

Friday, March 28th, 8am-6pm

Saturday, March 29th, 7-7:30am

# ON THE TOUR DE COLUMBIA



**COME GET YOUR POINTS!**