

**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



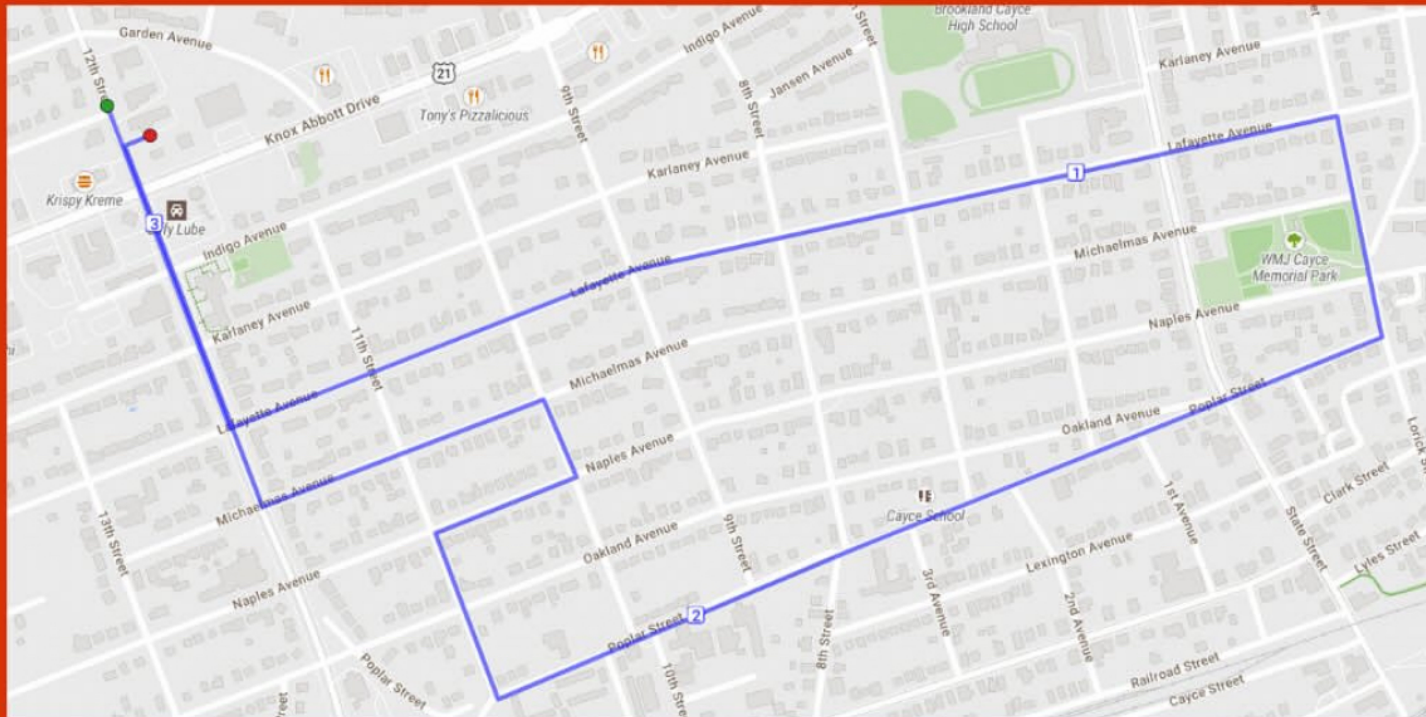
**Vertex PT Specialists**

1105 12th Street, Cayce, SC

*Across the street from Krispy Kreme*

# RACE COURSE

The race will start & finish at Vertex PT



# ON THE TOUR DE COLUMBIA



**COME GET YOUR POINTS!**