

# 12<sup>th</sup> Annual Orrville Rotary Firecracker 5K



All Race Proceeds  
go to support the  
RED RIDERS READ  
Literacy Project.

Sat., July 3, 2010

5K RUN - 1 MILE FUN RUN/WALK

**Place:** This 12th annual race begins and ends at the Orrville High School Parking lot, 841 N. Ella Street, Orrville. Parking is available. No lockers or showers are available.

**Times:** 7:30 a.m.: Race-day registration (Saturday July 3, 2010)  
8:30 a.m.: 5K (3.1-mile) run & 1-mile walk

**Distance:** 5K (3.1 miles) over paved roads. Course clearly marked with traffic control and protection. Times at finish. The Orrville Rotary Club will conduct the run.

**Registration:** \$15 fee for the 5K/\$25 (\$30 on race day) for the Pump-N-Run  
By mail: make check payable to Orrville Rotary Club and send to PO Box 282, Orrville, OH 44667  
Online: <http://FireCracker5k.eventbrite.com>  
For more information please visit [www.orrvillerotary.org](http://www.orrvillerotary.org).

**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!**

---

## 2010 Rotary FireCracker Run/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: Walk \_\_\_\_\_ 5K Run \_\_\_\_\_ 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 3**  
**Orrville High School**  
**Orrville, Ohio**

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

**Pre-Registration Fee = \$25.00**, includes pump, 5K and T-shirt  
register at <http://FireCracker5k.eventbrite.com/>  
**On-site registration = \$30.00**

**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 Details**

- 5K (3.1 miles) over paved roads.
- Course clearly marked with traffic control and protection.
- Times at finish.
- Orrville Rotary Club will conduct run.

**All proceeds benefit RED RIDERS READ Literacy Project, a program of the Orrville Public Library**