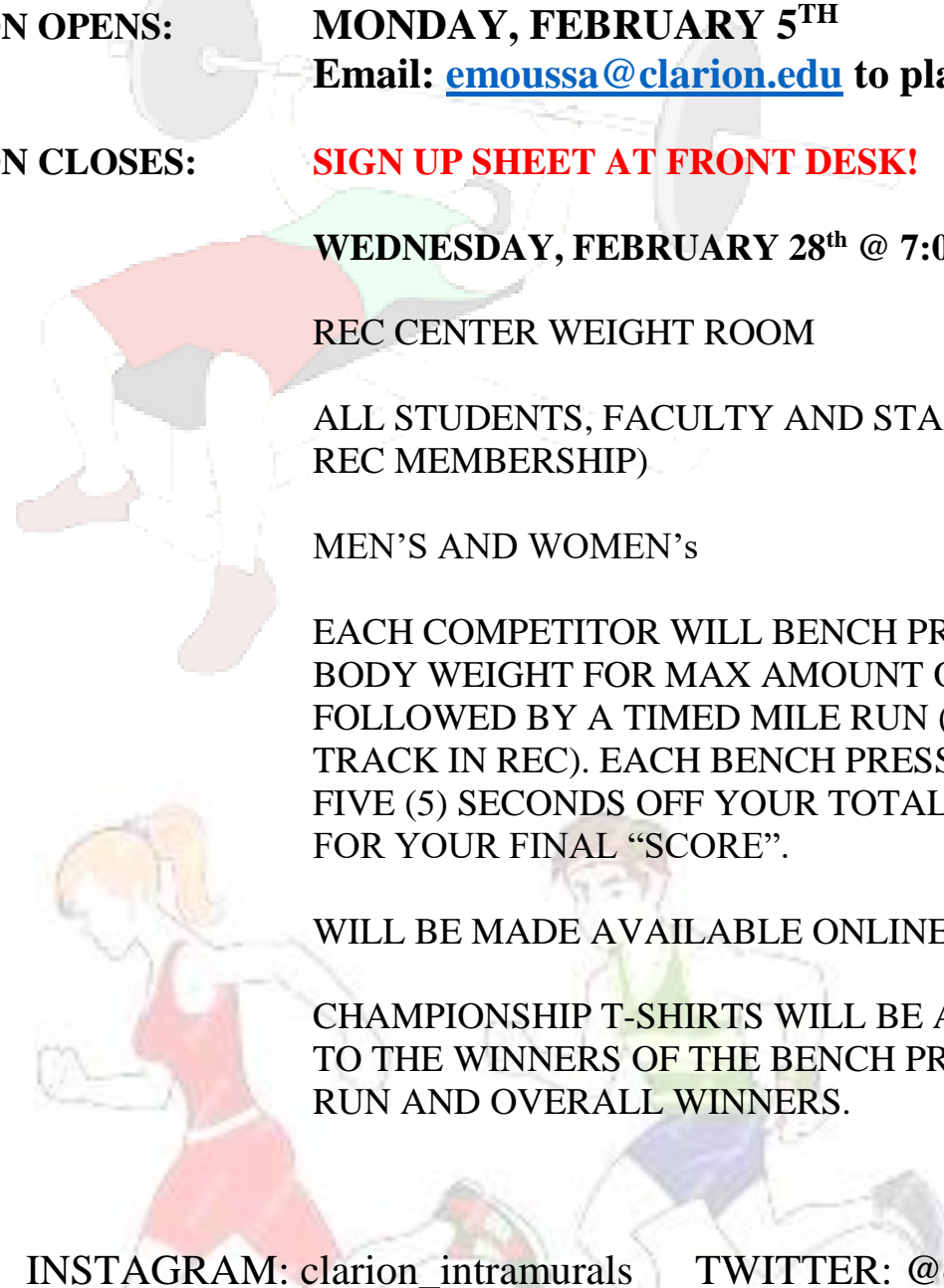


# Pump N' Run

## Body Weight Bench Press & Mile Run Competition

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- REGISTRATION OPENS:** **MONDAY, FEBRUARY 5<sup>TH</sup>**  
Email: [emoussa@clarion.edu](mailto:emoussa@clarion.edu) to play
- REGISTRATION CLOSES:** **SIGN UP SHEET AT FRONT DESK!**
- CONTEST:** **WEDNESDAY, FEBRUARY 28<sup>th</sup> @ 7:00pm**
- PLACE:** REC CENTER WEIGHT ROOM
- ELIGIBILITY:** ALL STUDENTS, FACULTY AND STAFF (WITH REC MEMBERSHIP)
- DIVISIONS:** MEN'S AND WOMEN'S
- FORMAT:** EACH COMPETITOR WILL BENCH PRESS THEIR BODY WEIGHT FOR MAX AMOUNT OF REPS FOLLOWED BY A TIMED MILE RUN (INDOOR TRACK IN REC). EACH BENCH PRESS REP TAKES FIVE (5) SECONDS OFF YOUR TOTAL MILE TIME FOR YOUR FINAL "SCORE".
- RULES:** WILL BE MADE AVAILABLE ONLINE.
- AWARDS:** CHAMPIONSHIP T-SHIRTS WILL BE AWARDED TO THE WINNERS OF THE BENCH PRESS, MILE RUN AND OVERALL WINNERS.
- FOLLOW US! INSTAGRAM:** [clarion\\_intramurals](#) **TWITTER:** [@clarion\\_IM](#)