The Pump-N-Run is an event that will test your overall fitness. Participants will combine the bench press and running 2 miles. Competitors will get a deduction from their race time for each time they can bench press a percentage of their body weight.

**Technical Information:**
- This tournament is open to all current student, faculty and staff members of the Hofstra community
- All teams must arrive by 11:30 a.m. to register, weigh-in, and practice for this event
- Awards will be given to the 1st place champions!

(Additional rules governing this event will be available at time of play.)

Entries will be accepted up until the start of this event.

**Division (please circle one):** Male Female Co-ed

**Individual**
Name: __________________________ Phone #: ________ Weight: ________

**Team** (may consist of either 2 males, 2 females, or co-ed)
Lifter’s Name: __________________ Phone #: ________ Weight: ________
Runner’s Name: __________________ Phone #: ________