

Thanks to our 2018 Sponsors:

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Health Care Systems**

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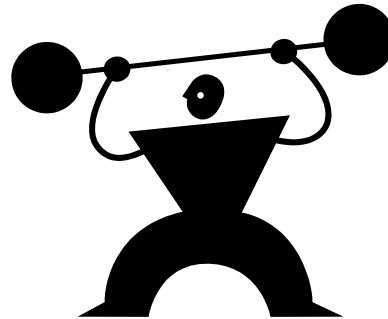
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Breeding's True Value Hardware  
Rudy's  
Pine Creek  
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Country Cutters  
Madhaus Gallery

# 20th Annual Cannonball Pump & Run



## RACE DATE

**Saturday - August 3, 2019**

**Lifting: 7:00 am**

**1 Mile & 5K Run: 8:30 am**

**Sponsored by  
Winterset Rotary**



## Race Information

### Start and Finish >>>

Lifting at 7:00 am, Run at 8:30 am  
on Saturday August 3rd at the  
**Cannonball Park** at  
201 E Court Street  
Winterset, Iowa 50273  
1 block east of the Courthouse

### Registration >>>

Race day registration packets can be  
picked up at the **Cannonball Park**  
between 6:30 & 7:00 am

### Register Online at >>>



[getmeregistered.com/CannonballPumpandRun](http://getmeregistered.com/CannonballPumpandRun)

### Also see

[www.fitnesssports.com](http://www.fitnesssports.com)

Winterset Rotary on Facebook

**Last day to Register by Mail:  
July 31, 2019**

### Contact Person >>>

Robert Kaldenberg  
515-462-4731  
[rakaldenberg@gmail.com](mailto:rakaldenberg@gmail.com)

## Important Race Information

Pump & Run participants are required to bench press their body weight (or a percent of their body weight) as many times as possible, then run a mile or 5K. Each successful repetition of the bench press earns competitors 15 seconds off their mile or 5K finish time. The winner of each age division will be the fastest time after deductions of time, thus demonstrating both endurance and strength!

## Lifting Requirements:

All divisions must complete at least one bench press to be entered in the Cannonball Pump & Run. For each repetition the arms must be in a vertical position and fully extended to be credited.

All those who fail to complete at least one bench press requirement will be entered in the 5K Run or Mile Run only.

### Males

HS thru age 39 must bench press their own body weight.

Age 40 to 49: 90%

Age 50 to 59: 80%

Under 14 and age 60 or over: 70%

### Females

HS thru age 39 must bench press 60% of their body weight.

Age 40 to 49: 55%

Age 50 to 59: 50%

Under 14 and age 60 or over: 45%

## Upcoming Races:

- Covered Bridge Race 5K Run/Walk  
Saturday October 12, 2019

## All time course records:

### 5K Pump & Run

**Male:** 35-39 Rocky Hardy, WDM, 2012,  
5K time 18:18, Reps: 43 @ 150#, Adj. time 7:33  
**Female:** 45-49 Patty Tisdell, Denver, Co, 2011,  
5K Time 21:26, Reps. 40@60#, Adj. Time 11:26

### One Mile Pump & Run

**Male:** 35-39 Rocky Hardy, WDM, 2010  
Mile Time 5:18, Reps: 43@155#, Adj. Time-5:27  
**Female:** 25-29 Samantha Rossin, Des Moines,  
2015 Reps. 26@80# Mile Time 6:22Adj. Time -:08

### 5K Run

**Male:** 30-34 Marty Dalton, Earlham, 2009,  
5K Time 15:03  
**Female:** 15-19 Erin Sawyers, Winterset, 2013,  
5K Time: 19:07

## Proceeds go to:

### Winterset Rotary Scholarship Fund Youth Exchange

Rotary  
Scholarship Program



*Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity.*

John F. Kennedy 35th US President

## Registration Form

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Day Phone: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

E-mail: \_\_\_\_\_

Shirt Size: S M L XL XXL

### ENTRY FEES

Before July 1 - \$25

After June 30 - \$30 Day of Race: \$35

Age on 8/3/2019: \_\_\_\_\_ Gender: Male ( ) Female ( )

### Age divisions for Pump & Run are as follows:

14 & under; HS, Out of HS-24, 25-29, 30-34,  
35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69,  
70-74, 75-79, 80+

### Medals to 1st, 2nd, 3rd place finishers in each age group

### Enter (circle) Event:

5K Pump & Run      1 Mile Pump & Run  
5K Run Only        1 Mile Run Only

In consideration of your acceptance of this entry, I hereby for myself, my heirs, executors and administrator, waive any and all rights and claims for damages I may have against the city of Winterset, IA; Winterset Rotary, sponsors and officials associated with the "Cannonball Pump & Run" their successors and /or assigns for any injuries incurred by me or my minor child in said event. I also hereby authorize any medical treatment deemed advisable by any licensed physician or emergency medical services personnel while participating in this event, and grant permission for any photographs taken of me and/or my minor child during the event to be published.

X \_\_\_\_\_

(Signature or signature of guardian if under age 18)

Date: \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Mail to: Roger Queck - Race Chair  
55 East Jefferson. Winterset, IA. 50273  
(If mailing do not mail after August 2, 2018)

**Make checks payable to Winterset Rotary**