

# PUMP AND RUN



**FRIDAY, JULY 28TH, 5PM-7PM**

**BENCH PRESS FOR REPETITIONS AND ONE MILE RUN**

**MEN: 125 LB BENCH PRESS (95 LBS. FOR TEEN AND 60 PLUS)**

**WOMEN: 65 LB BENCH PRESS (55 LBS. FOR TEENS AND 60 PLUS)**

**ONE MILE RUN FROM EADE FITNESS TO FOUR MILE BREWERY**

**"EVERY LOCKED OUT REP, PAUSED AT TOP, TAKES 3.5 SECONDS OFF RUNNING TIME"**

**AGE CATEGORIES FOR TEENS, WOMEN & MEN**



United Way  
of Cattaraugus County



**Information & Registration at:**

**[www.eadefitness.com](http://www.eadefitness.com)**

**"Train, Eat, Sleep.....Repeat, Compete!"**