

# SUNDAY, MARCH 7, 2010

DOWNTOWN COLUMBUS, OHIO

Greater Columbus Convention Center ■ Exhibit Hall F ■ Goodale St & High St

TENTH ANNUAL EVENT

## Run the Arnold 5K! Or take part in the unique Arnold 5K Pump & Run!

### Arnold 5K Pump & Run

**10:30 am** (weigh-in and lifting 7:00 - 9:00 am)  
Exhibit Hall F ■ Columbus Convention Center

*Computer Chip must be worn in Arnold 5K Pump & Run.*

Athletes need to successfully lift at least one rep and run the 5K. A runner's time will be based on how many times he/she can bench press their weight by formula. There will be ten lifting divisions.

AGE (minimum age 18)	MEN % of their weight	WOMEN % of their weight
39 and under	100%	70%
40 - 49	90%	60%
50 - 59	80%	50%
60 - 69	70%	40%*
70 and over	60%	40%*

\*Minimum lift 45 pounds

An athlete's run time will be reduced by 30 seconds for each lift (maximum 30 reps). This will allow a runner to reduce their run time by 15 minutes based on 30 reps (maximum allowed). If they bench press their weight 10 times - 5 minutes will be taken off the finish running time. Bench Press will be judged by U.S. Marines.

**Athletes must wear running shoes at weigh-in.**

Special awards to the top five men and women. All finishers will receive medals. Top five awards will be mailed the week after the event. Free issue of *RUNOHIO* to all finishers.

#### Registration On-line only:

Starting November 1, 2009 - (maximum 800 entrants)

On-line registration at: [www.runohio.com](http://www.runohio.com) or  
[www.signmeupsports.com](http://www.signmeupsports.com)

#### Entry Fee:

Includes FREE entry to Arnold Fitness EXPO on Sunday

**\$50** by February 1 or until limit is reached

**\$60** after February 1 or until 800 entrants registered

### Arnold 5K

**9:15 am** (check-in at 7:30 - 9:00 am)  
Exhibit Hall F ■ Columbus Convention Center

Special awards given to the top five men and top five women.  
Medals awarded to the top 75 men and the top 75 women.

#### Registration:

Complete form below and mail with payment or register on-line at [www.runohio.com](http://www.runohio.com)

#### Entry Fee:

Includes FREE entry to Arnold Fitness EXPO on Sunday

**\$25** by February 25, 2010

**\$30** in person at FrontRunner;

March 1 - March 6, 2010

**\$35** race day 7:30 am - 8:30 am; March 7, 2010

#### Early packet pick up:

March 1 - March 6, 2010

FrontRunner, 1344 W. Lane Avenue, Columbus, OH

#### Mail in registration for ARNOLD 5K RUN/WALK.

Make checks payable and mail to: Arnold 5K, c/o *RUNOHIO*,  
PO Box 238, Granville, OH 43023

WAIVER: In consideration of the acceptance of the entry, I waive for myself and my heirs and all claims for damages against the sponsors of the Arnold 5K Run and their representatives, the Greater Columbus Convention Center and all race officials and volunteers for injuries received during and as a result of this event. If I should suffer injury or illness, I authorize officials at the race to use their discretion to have me treated and be transported to a medical facility and I take full responsibility for this action. I certify that I am physically fit and sufficiently prepared myself for this event.

**X**

Signature required for entry to be accepted. Parent's signature if entrant is under 18 years old.

First Name

Last Name

Address

City

State

Zip

Age (as of 03-08-09)

Birth Date

Sex

T-shirt size:  Medium  Large  Extra Large

NOTE: **NO REFUNDS.** No switching of races or race number is permitted. No dogs, baby joggers or inline skates are allowed on the course.

**For more information contact:** Matt McGowan 740-587-0376 ■ Tim Pancher 614-774-5186 or visit [www.runohio.com](http://www.runohio.com)

**Spectator Admission:** Adults \$10.00 per day. 10 yrs. & under, FREE if accompanied by an adult. This includes total access to the Arnold Fitness EXPO. **NO STROLLERS ALLOWED.** Tickets available at the Columbus Convention Center day of event.

**Join us March 4-7, 2010 for the Arnold Sports Festival lineup of events!**

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