

## Arnold 5K Pump and Run

Written by Matt McGowan

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The 16th annual Arnold 5K Pump and Run was one of the 55 plus athletic events held during the 28th annual Arnold Fitness Weekend, which is billed as "The Largest Fitness Expo in the World". Arnold Schwarzenegger was on hand again this year to start the race. Governor Schwarzenegger said the "The Pump and Run is a true test of one's fitness as it combines both strength and endurance."

With over 950 athletes registered for the Arnold 5K Pump and Run from thirty-two States, Washington D.C. and Canada, this event is the largest of its' kind in the World. The race started on High Street at the north end of the Greater Columbus Convention Center, ran towards downtown, by the Nationwide Arena, around Goodale Park, through the Short North, North Market area, and the Arena District before, finishing on the north side of the Convention Center.

Before the runners started their run they spent the morning weighing in and bench pressing to reduce their running times. The lifting rules were: Men 39 and under bench pressed 100% of their weight, men 40 - 49 did 90% of their weight, men 50 and over benched 80% of their weight, men 60-69 did 70% and men 70 and over lifted 60%. Women 39 and under benched pressed 70% of their weight, women 40 - 49 benched 60% of their weight, women 50-59 benched 50% of their weight and women 60 and over lifted 40%. For each lift a runner's time was reduced by 30 seconds with a maximum of 30 reps counted.

{ad}The top three men benched the maximum 30 reps. Last year's runner up Maryland's Vaughan O'Brien (40) ran the fastest Arnold 5K Pump and Run time of the day 16:36 to post a final time of 1:36. Westerville's Aaron Rex (41) ran a 17:26 to take home runner up honors in 2:26.

Pennsylvania's Doug Orendi (42) ran an 18:06 to take home the bonze in 3:06.

Michigan's John Paul Zebrowski (23) lifted his weight 28 times and ran 17:09 to place fourth in

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3:09.

Cincinnati's Rob Messmer (40) turned in 29 lifts and ran 17:45 to place fifth in 3:15.

Michigan's Austin Zebrowski (23) lifted his weight 29 times and ran 18:05 to post a 3:35 sixth place finish. Columbus' Blaize O'Brien (45) recorded 29 reps and ran 18:29 to move up a spot from last year finished seventh in 3:59. Columbus' Daniel Conner (63) maxed out with 30 reps and ran 19:34 to record a 4:34 eighth place finish.

Dayton's Bruce Monroe (48) got 30 lifts and ran 19:35 to finish ninth in 4:35.

Mechanicsburg's Lucas Ayars (34) maxed out with 30 lifts and ran 29:39 to finish tenth in 4:39.

The top twelve women all recorded 30 lifts. Upper Arlington's Tina Husted (43) benched 60 percent of her weight 30 times and ran the fastest women's time of the day (18:12) to four-peat

as she won with a 3:12 and placed fifth among all runners. Michigan's Lisa Veneziano (51) a six time former winner lifted 50 percent of her weight and ran 18:56 took home runner up honors with her 3:56 and placed eighth among all athletes.

Last year's runner up Pickerington's Gretchen Kelly (35) lifted 70 percent of her weight and ran 19:21 to win the bonze in 4:21.

Hilliard's Ashley Tryban (29) ran 21:05 to finish fourth in 6:05.

Pickerington's Brittney Donley (39) ran 22:00 to take home fifth place in 7:00

Columbus' Cookie O'Neal (62) ran 22:06 to finish sixth in 7:06. California's Erika Kikucli (37) ran 22:13 to place seventh in 7:13.

Athens' Janalee Stock (61) ran 22:31 to record a 7:31 eighth place finish.

Columbus' Kati Pardi (31) ran 22:50 and placed ninth in 7:50.

Columbus Molly Disabato (53) ran 23:03 to finish tenth in 8:03.

The event had the support of the entire running community. RUNOHIO's Matt McGowan served as co-race director along with Tim Pancher. Pancher and his workers oversaw the

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bench pressing. Andy Harris of the Columbus Running Company provided computer chip timing for the race. Jeff Sheard and UltraFit – USA provided cones and finish line support while cross-country coaches from Bishop Watterson High School, Whetstone High School and Newark Catholic High School worked the race.

The Arnold Sports Festival is the brainchild of Arnold Schwarzenegger and James Lorimer, who have nurtured what began as a world-class bodybuilding competition in Columbus in the 1978 into one of the World's most popular and innovative sports festivals. The Arnold Sports Festival is the largest three-day sports festival in the world. About 185,000 sports fans saw more than 19,000 athletes competing in 55 plus sports including 15 Olympic sports.

Columbus' Evan Schwartz (15:05) and Galloway's Heather Conger (19:11) took home Arnold 5K golds.

Race photos from the 2016 Arnold Pump and Run and Arnold 5K are available online from Fairfield Photography ( [www.FairfieldPhoto.com](http://www.FairfieldPhoto.com) ).

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