

## Pump & Run

You may reduce your run time by up to 10 minutes by showing for your strength. The minimal age limit on the pump and run is 18 unless parental supervision is present.

### Bench Press

#### Men

19 & under	80% of body weight
20-39	100% of body weight
40-49	90% of bodyweight
50-59	80% of bodyweight
60-69	70% of bodyweight
70 & over	60% of bodyweight

#### Women

19 & under	50% of bodyweight
20-39	70% of bodyweight
40-49	60% of bodyweight
50-59	50% of bodyweight
60-69	40% of bodyweight
70& over	40% of body weight

### Rules

No bench press warm up. Body weight to nearest 5 lbs (with shoes, shirt, shorts.) Lift starts with arms in locked extension position, and feet must remain on floor.

**NO HOOKING FEET, NO BOUNCING BAR OFF CHEST. BODY MUST REMAIN IN CONTACT WITH BENCH. NO BELTS, WRAP, OR LIFTING SUITS.**

**Subtract 20 seconds per each bench press repetition. Maximum of 30 lifts allowed.**

## CATAGORIES

### 5K

Overall Male & Female
13 & under 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>
14-19 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>
20-24 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>
25-29 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>
30-34 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>
35-39 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>
40-44 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>
45-49 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>
50-59 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>
60 & over 1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup>

### Pump & Run

Top 5 Overall Male
Top 5 Overall Female

### 1Mile Run

Male & Female
12 & Under
1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> , 4 <sup>th</sup> , 5 <sup>th</sup>

**\*RUNNERS PLEASE DO NOT BE INTIMIDATED BY THE PUMP & RUN**  
**WE HAVE TWO SEPARATE DIVISIONS YOU MAY ENTER ONE OR BOTH**  
**FOR NO EXTRA CHARGE.**  
**IF YOU DO NOT PARTICIPATE IN THE BENCH PRESS YOU WILL NOT**  
**RECEIVE A TROPHY FOR THE PUMP & RUN DIVISION.**

**Return form to Doc's Pump & Run P.O. Box 508 Lexington, AL 35648**

**Please Read & Sign.**

I know that running or walking a road race is a potentially hazardous activity. I should not enter unless I am medically able and properly trained. I assume all responsibility for my own health. I do not hold any other party responsible for accidents, injuries, falls, high heat, humidity or any other factor involved. I relieve any and all responsibility of Doc's pump and Run, Trac or the Town of Lexington for injuries sustained during this event.

**Signature:** \_\_\_\_\_

**(Print) Name:** \_\_\_\_\_

**Address, City, State, Zip** \_\_\_\_\_

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**Age on Sept 12, 2009** \_\_\_\_\_

**Date of Birth:** \_\_\_\_\_ **SEX:** \_\_\_\_\_ **Male** \_\_\_\_\_ **Female**

**T-Shirt Size**    **Males**    Please Mark 1 Size Larger than Normal. These shirts are made slightly smaller than normal.

**Sizes**    Please Circle:    Small    Medium    Large    X-Large    2Xlarge

Pre-Register by Friday SEPTEMBER 4th.

5K or 5K Pump & Run: on or before September 4th-    \$15.00

1 Mile Run/ Walk: on or before September 4th –    \$12.00

RACE DAY REGISTRATION 5K or Pump & Run--\$ 18.00

1 Mile                    \$ 15.00

5<sup>th</sup> Annual

Doc's Pump & Run

2009

**DOC'S Block Party Presents:**

**THE MIDNIGHTERS**

September 12th, 2009 5-9pm

Doc's Pump & Run

Lifting will be from 4:00 till 6:00

5k Run 6:15 pm

1Mile will start immediately following last 5K finisher.

Location: In front of Lexington Family Chiropractic & Doc's Gym  
next to Big Star on Hwy 64 in Lexington.

You may be Fast....

You may be Strong...

**ARE YOU FAST & STRONG ?**