

**Doc's Pump & Run**  
P. O. Box 508  
Lexington, Alabama 35648

*6th Annual*  
**DOC'S Pump & Run**  
**2010**  
**DOC'S Block Party Presents:**  
**IGUANA PARTY**



**September 11, 2010, 5:00 - 9:00 P.M.**

**DOC'S PUMP & RUN**

Lifting Will Be From 4:00 'til 6:00 p.m.

5K RUN 6:15 P.M.

*1 Mile Will Start Immediately Following 5K Finisher*

**LOCATION:**

In Front of Lexington Family Chiropractic & Doc's Gym  
(next to Big Star on Highway 64 in Lexington)

**You may be Fast. . . You may be Strong. . .**  
**ARE YOU FAST & STRONG?**

## 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 90% 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 40% of bodyweight  
20-39 60% of bodyweight  
40-49 50% of bodyweight  
50-59 40% of bodyweight  
60-69 30% of bodyweight  
70& over 30% 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 beach 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  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>  
Male & Female

#### 1 Mile Run

Male & Female  
12 & Under  
13 & Up  
1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</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**

**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** \_\_\_\_\_

**Age on Sept 11, 2010** \_\_\_\_\_

**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 3rd — \$15.00**

**1 Mile Run/ Walk: on or before September 3rd — \$12.00**

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

**1 Mile \$15.00**