

IRMO FIRE HIGH INTENSITY

PUMP & RUN

5K

SATURDAY, NOVEMBER 7

📍 1057 Lake Murray Blvd. STE B

*100% of profits from registration will
be donated to Sole Stepping!*



WEIGH INS- 7:45AM

PUMP PORTION- 8:00AM

5K RUN/WALK- 9:30AM

**REGISTRATION STARTS
AT JUST \$25.00!**



HIGH INTENSITY TEAM



CLUB FITNESS

For more information & registration:

WWW.IRMOFIREHIT.ORG



IRMO FIRE HIGH INTENSITY

PUMP & RUN 5K

What is a pump & run?

Participants bench press a % of their body weight, and each lift (up to a max of 30) reduces your 5K time by 30 seconds.

AGE	39 & under	40-49	50-59	60-69	70 & over
MEN (% body weight)	100%	90%	80%	70%	60%
WOMEN (% body weight)	70%	60%	50%	40%	40%

ALL REGISTRATIONS INCLUDE AN EVENT T-SHIRT

\$25.00!

5K RUN/WALK
ONLY (15 & under)

\$35.00!

5K RUN/WALK
ONLY (16 & over)

\$45.00!

PUMP & RUN 5K
(16 & over)

Participants can choose to perform the pump & run OR just the run/walk.

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