

4th Annual Swampers 5K & 1 Mile

Saturday April 26, 2008

Time

7:00 A.M. Registration Begins
8:00 A.M. Start of 5K
9:05 A.M. Start of 1 Mile Run/Walk
9:35 A.M. Awards Begin

T-shirts

All registered runners receives a color t-shirt.
Pre-register to be guaranteed right size of shirt.
All registered runners receives a race day water bottle.
All pre-registered runners receive a duffel bag.

Location

Muscle Shoals Middle School (old High School)
100 Trojan Drive, Muscle Shoals, AL 35661
Finish on the Muscle Shoals Track with a live band playing as you finish.

Awards

5K: 1st, 2nd, 3rd, Overall Male and Female
1st Male and Female will receive the Mayors Cup
Masters: 1st Overall Male and Female
Grandmasters: 1st Overall Male and Female

Entry Fee

5K \$ 12 Pre-registered before April 5
\$ 15 Before April 19
\$ 20 Day of race

1st, 2nd, 3rd in each age category Male and Female
0-8, 9-10, 11-13, 14-16, 17-19, 20-24.....65-69,
70 and over.
Overall winners are not eligible for age group awards.

1 Mile \$ 10 Pre-registered before April 5
\$12 Before April 19
\$ 17 Day of race

All 5K runners receive a custom finishers medal.
All Kids 12 and under in 1 Mile receive a medal.

Pre-registered by Mail

Make Checks Payable to Muscle Shoals Civitans
Josh Aycock
690 Hereford Lane
Tuscumbia, AL 35674

1 mile: Top 3 Male and Female Overall (All Ages)
1st, 2nd, 3rd in 0-5, 6-8, 9-10, 11-12, Male and Female

Top 5 Schools with most kids receive a special plaque
Top 3 Companies with most runners receive a plaque

For race information contact

Josh Aycock at (256) 314-4631 or
(256) 415-1326 or email at runnerdude413@aol.com

Course

Both courses are very flat and fast
Certification #: 5K -AL 0519JD 1 Mile - AL 05020JD

Last Name _____ First Name _____
Address _____ Apt # _____
City _____ State _____ Zip _____ Phone _____
Date of Birth _____ Age _____ Female Male
5K _____ 1 mile _____ Email _____
School _____ (Must list to count for school award)
Place of Work _____ (Must list to count for corporate award)
Shirt Size: (circle one) YS YM YL AS AM AL AXL AXXL

I know that running a road race is potentially hazardous activity. I should not enter and run unless I am medically stable and properly trained. I agree to abide by any decisions of a race official relative to safely complete the run. I assume all the risks associated with running in this event but not limited to fall, contact with other participants, the effects of weather, including high heat and/or humidity, traffic and other road condition, all such risks being known and appreciated by me. Having read this waiver and knowing those facts and in consideration of your accepting of my entry, I for myself and anyone else entitled to act on my behalf, waive and release the Tennessee River Athletic Club, the Muscle Shoals Civitan Club, Muscle Shoals City, and Muscle Shoals City Schools and all sponsors their representatives and successors from all claims in liabilities of any kind arising out of participation in the event. I grant permission to all of the foregoing to use photographs, motion picture recording or any other record of this event for legitimate purposes.

Signature: _____ Date _____

(Signature of Parent or Guardian if entrant is under 18)