

The Swamper's 5k and 1 mile would not be possible without the support of our Sponsors, Volunteers and the City of Muscle Shoals!

THANK YOU!



AWARDS

RCCA Male & Female

Overall, Masters, Grandmasters, Senior Grandmasters

Team Awards

1st Place - \$500, 2nd Place - \$250, 3rd Place - \$100
(Each given to Charity of Choice)

5k & 1 mile

All participants receive a custom finishers medal

- Overall Awards, Master, Grandmaster

- 1st, 2nd and 3rd place awards in each age group:
0-8, 9-10, 11-13, 14-16, 17-19, 20-24.....60-64, 65-69, 70 and over

- 1 mile awards variations: 0-5, 6-8, 9-10, 11-12

For more information contact Josh Aycok, Race Director
runnerdu413@aol.com 256-320-7490
www.swampers5k.com

15th Annual Swampers 5k
P.O. Box 2823
Muscle Shoals, AL 35662

LIKE US ON FACEBOOK



Saturday, April 27, 2019
Muscle Shoals, Alabama



2019 RRCA
Southern Region
5K Championship

Sponsored by



*Shoals
Civic League*

The Shoals Civic League
uses proceeds from
this race to benefit local
charitable organizations
and needs.

Swampers 5K & 1 Mile

Muscle Shoals Middle School
100 Trojan Drive
Muscle Shoals, AL 35661

Schedule of Events

Friday, April 26, 2019

4:30 PM - 6:30 PM Packet Pickup and Late Registration

Saturday, April 27, 2019

6:30 AM Registration Begins

8:00 AM Start of 5k on Avalon Avenue under the overpass

9:00 AM Start of 1 Mile on Richton Avenue off of Trojan Drive.

9:45 AM Awards Ceremony - MSMS gym



5K Start

5K Map

The course is flat and fast.

1 Mile Certification

AL15012JD

5K Certification Number

AL11015JD

Entry Fees

Register on line at
www.swampers5k.com

5 K Race

Before April 7 \$12
Before April 21 \$18
Day of Race \$30

1 Mile

Before April 7 \$10
Before April 21 \$15
Day of Race \$20

Both Races ^{2 race numbers required}

Before April 7 \$15
Before April 21 \$25
Day of Race \$35

Family Race

Family of 4 or more living in the same household only \$55 if pre-registered by April 19, 2019

All preregistered participants will receive a custom 15th Annual Swamper's t-shirt.

ALL RACE DAY REGISTRATION MUST BE COMPLETED 30 MINUTES PRIOR TO RACE START.

IMPORTANT TIME LIMIT INFORMATION

Participants in the 5k will have 1 hour to complete the race.

For safety measures, all 5k participants must be off the course before the 1 mile begins.

For more information about the Shoals Civic League, please contact Delores Cotton (256) 314-1604

Swampers Entry Form

PLEASE PRINT

Name _____
Address _____

City _____ Zip _____

Phone _____
Email _____

Age _____ Birthday _____ / _____ / _____
Male _____ Female _____

5K _____ 1 mile _____ Both _____

T-Shirt Size - Circle One

YS YM YL AS AM AL AXL AXXL

FOR AWARD ELIGIBILITY - PLEASE LIST TEAM, SCHOOL, OR PLACE OF EMPLOYMENT _____

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 the weather, including high heat and or humidity, traffic and other road conditions, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I for myself and anyone else entitled to act on my behalf, waive and release the River City Runners, the Shoals Civic League, Muscle Shoals City Schools and the City of Muscle Shoals 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 _____

(Signature of parent or guardian if entrant is under 18)

Date _____

Mail with payment to: Shoals Civic League

P.O. Box 2823

Muscle Shoals, AL 35662

PLEASE MAKE COPIES AS NEEDED