

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

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, 70-74, 75 and up
- 1 mile awards variations: 0-5, 6-8, 9-10, 11-12

16th Annual Swampers 5k
P.O. Box 2823
Muscle Shoals, AL 35662



LIKE US ON FACEBOOK

For more information contact Josh Aycok, Race Director
256-320-7490
runnerdude413@aol.com
www.swampers5k.com



Saturday, April 25, 2020
Muscle Shoals, Alabama

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 24, 2020

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

Saturday, April 25, 2020

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

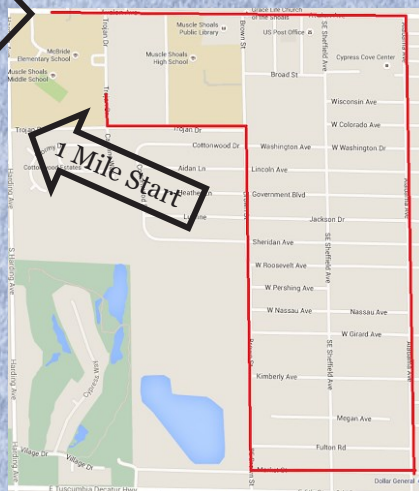
The course is flat
and fast.

1 Mile Certification

AL15012JD

5K Certification
Number

AL11015JD



Entry Fees

Register on line at
www.swampers5k.com

5 K Race

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

1 Mile

Before April 7	\$15
Before April 21	\$20
Day of Race	\$25

Both Races 2 race numbers required

Before April 7	\$25
Before April 21	\$35
Day of Race	\$45

Family Race

Family of 4 or more living in the same
household only \$60 if pre-registered by
April 15, 2020

All preregistered participants will receive a
custom 16th 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 _____

State _____ Zip _____

Phone _____

Email _____

Age _____ Birthday ____/____/____

Male _____ Female _____

5K _____ 1 mile _____ Both _____

T-Shirt Size - Circle One

YS YM YL AS AM AL AXL AXL

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