

# Swampers 5K & 1 Mile Entry Form

**April 11, 2026**

Muscle Shoals Middle School 100 Trojan Drive

Register Before March 25th: 5K or 1 Mile \$15 Both \$25

Before April 6th: 5K or 1 Mile \$25 Both \$35

Day of Race: 5K or 1 Mile \$35 Both \$45

**Name:** \_\_\_\_\_

**Address:** \_\_\_\_\_

\_\_\_\_\_

**Phone:** \_\_\_\_\_

**Email:** \_\_\_\_\_

**Circle**

**AGE:** \_\_\_\_\_

|      |        |
|------|--------|
| Male | Female |
|------|--------|

**Birthdate:** \_\_\_\_/\_\_\_\_/\_\_\_\_

|      |        |
|------|--------|
| 5K   | 1 Mile |
| Both |        |

**T shirt size**

|    |    |     |      |
|----|----|-----|------|
| YS | YM | YL  | AS   |
| AM | AL | AXL | A2XL |

If running for group award, list group or school name below:

\_\_\_\_\_

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 Race Ready Events, Muscle Shoals Education Foundation, 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.

**Sign and Date** \_\_\_\_\_

(or signature of parent or guardian if under 18)

**Mail registration form and payment to :**

**Muscle Shoals Education Foundation**

**3200 South Wilson Dam Road, Muscle Shoals, AL 35661**

**For questions call (256)320-7490 or email runnerdude413@aol.com**