

5K AWARDS

This will be a Chip-timed event. Please return Chip at finish line. If doing both races, return Chip after 1 Mile. If you pick up packet and do not run, please be sure you return Chip.

NOTE: Charge of \$25 For Non-Returned Chip.

1st, 2nd, 3rd Overall Male & Female

MASTERS

1st Overall Male & Female

GRANDMASTERS

1st Overall Male & Female

1st, 2nd and 3rd of 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

ALL 5K FINISHERS RECEIVE
CUSTOM FINISHERS MEDAL

1 MILE AWARDS

ALL KIDS 12 & UNDER IN 1 MILE
RECEIVE A MEDAL

1 Mile: Top 3 Male & Female Overall (All Ages)

1st, 2nd, & 3rd in 0-5, 6-8, 9-10
11-12 Male & Female

SCHOOL CORPORATE AWARDS

- Top 3 Schools With Most Kids
Receive A Special Plaque
- Top 3 Companies With Most
Runners Receive A Plaque

6th ANNUAL SWAMPERS

5K & 1 MILE

RUN/WALK



APRIL 24, 2010

MUSCLE SHOALS,

ALABAMA

Sponsored By The Muscle Shoals Civitans

SWAMPERS 5K & 1 MILE RUN
690 Herford Lane
Tusculum, AL 35674

SWAMPERS 5K AND 1 MILE RUN/WALK, APRIL 24, 2010

LOCATION

Muscle Shoals Middle School (old high school)
100 Trojan Drive
Muscle Shoals, Alabama 35661

SCHEDULE OF EVENTS

- 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

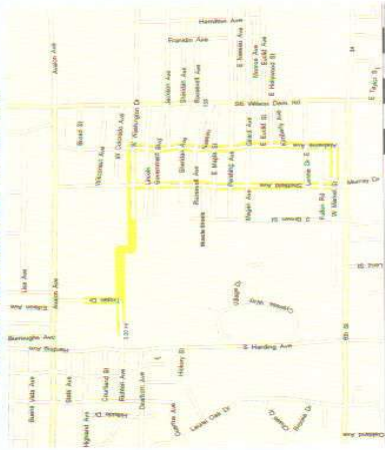
The race benefits the Muscle Shoals Civitan Club—helping the Shoals community for more than twenty-five years, including the Cerebral Palsy Center, Meals on Wheels, Colbert Caring Center, Salvation Army, The Healing Place, Safeplace, Muscle Shoals Education Foundation, ARC of the Shoals and many more. To be a part of this worthwhile organization, please call Debbie Bradford at 256-389-2698.

For a hotel discount call Holiday Inn, (256) 381-4710, \$60.00 plus tax. Ask for SWAMPERS DISCOUNT.

The race is a **TRAC Grand Prix Event**.

CONTACT INFORMATION
 Josh Aycock
 (256) 415-1326
runnerdude413@aol.com

COURSE MAP



5K ALO5019JD

1 MILE AL05020JD

The Swampers 5K and 1 Mile start at Muscle Shoals Middle School and end on the Muscle Shoals Track. There will be a live band playing as runners finish on the track. The course is flat, fast and certified. Listen on 91.3 FM "The Fix."

REGISTER ON LINE AT

www.active.com/event_details.cfm?event_id=1827902

RUNNERS CAN ALSO REGISTER AT

1st PLACE ATHLETICS

1589 Darby Drive • Florence, Alabama

Packet Pickup & Late Registration, Friday April 23, 2010

From 5:00 - 7:00 Inside Muscle Shoals School Gym

All Runners Receive A Color Swampers T-Shirt,

please pre-register to insure correct size

REGISTRATION & ENTREE FEES:

5K RACE

- \$12 Pre-register Before April 3
- \$15 Pre-register Between April 5 & April 17
- \$25 Day of Race Before 7:30

1 MILE

- \$10 Pre-register Before April 3
- \$12 Pre-register Before April 17
- \$20 Day of Race Before 8:30

BOTH RACES

- \$15 Pre-register Before April 3
- \$20 Pre-register Before April 17
- \$30 Day of Race Before 7:30

FAMILY RACE

Family of 4 Or More!

\$50 If Pre-registered by April 10, 2010

Pre-registration is not required but very much appreciated.

ALL RUNNERS REGISTERING ON RACE DAY

FOR 5K MUST REGISTER BY 7:30 & 1 MILE BY 8:30

SWAMPERS ENTRY FORM

Name _____
 Address _____
 City _____ Zip _____
 State _____ Phone _____ Email _____
 Age _____ Birthdate _____ Female Male
 5K 1 MILE BOTH
 School _____
 (Must List To Count For School Award)
 Place of Work _____
 (Must List To Count For Corporate Award)

T-Shirt Size (PLEASE 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 conditions, 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 _____
 (Signature of Parent or Guardian if entrant is under 18)
 Date _____
 Make Checks Payable To: Muscle Shoals Civitans
 Mail To: Josh Aycock
 690 Heretford Lane
 Tusculumbia, Alabama 35674
 (feel free to make copies)