

Swampers 5K & 1 Mile Entry Form



2025 RRCA Southern
5K Championship



April 12, 2025

Muscle Shoals Middle School
100 Trojan Drive
Register Before

Before March 26th: 5K \$15 Both \$25
Before April 7th: 5K \$25 Both \$35
Day of Race: 5K \$35 Both \$45

Name: _____

Address: _____

Phone: _____

Email: _____

AGE: _____

Circle

| | |
|------|--------|
| Male | Female |
| 5K | 1 Mile |
| Both | |

Birthdate: ____/____/____

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 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.

Sign and Date _____

(or signature of parent or guardian if under 18)

Mail registration form and payment to :
Shoals Civic League

P O Box 2823 Muscle Shoals, AL 35662

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