

5K RACE & 1 MILE RUN/WALK @ 7:30 AM SATURDAY, JUNE 18, 2022



Post Race
Party at

Fun • Food • Music

DIVISIONS and AWARDS

5K RUN

OVERALLS	1st, 2nd, 3rd Male & 1st, 2nd, 3rd Female
MASTER	40 + 1st Male & 1st Female
GRAND MASTER	50 + 1st Male & 1st Female
SR. GRAND MASTER	60 + 1st Male & 1st Female
AGE GROUPS	5 deep Male & Female 0-9, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+
Extra	Fastest Father-Child Team and Slowest Father-Child Team

5K RACE WALK

OVERALLS	1st, 2nd, 3rd Male & 1st, 2nd, 3rd Female
AGE GROUPS	3 deep Male & Female 0-29, 30-39, 40-49, 50-59, 60 +

1 MILE RUN

1st, 2nd, 3rd Male & Female
Participants must be registered in the event to be eligible for an award.
Participants are eligible for only one award per race.

Shirts	To all participants	
Course	Paved, flat & certified	For more information call
Splits	Called	251-975-7363 or 251-284-8484. Race
Water	At the half way marker	may be delayed by rain.
Facilities	Available in LuLu's	

By Robertsdale Rotary Club
Through Robertsdale Rotary Foundation (501©3) entity
Benefit ARC - Baldwin County
Where LuLu's at Homeport Marina Gulf Shores, AL
When Saturday, June 18th at 7:30am
 5K run/walk 1 Mile after 5K is completed
Fee \$20 Postmarked by June 8th, 2022
 \$25 Postmarked after June 8th, 2022
Students (K-12) \$15 Prior to June 8th, 2022
Pick-up Friday, June 17th, 2022 at LuLu's 3-6pm
Day of 6:00am day-of registration and packet pick-up

Register online at www.Active.com

SPECIAL THANKS TO:
 LUCY BUFFETT'S LULU'S • CITY OF GULF SHORES
 GULF SHORES POLICE DEPARTMENT



HOT TROT 2022 REGISTRATION FORM Race # _____

Make checks payable to: Robertsdale Rotary Foundation
Mail to: HOT TROT • P.O. Box 1133 • Robertsdale, AL 36567
Pre-registration: \$20 Postmarked by June 8th, 2022
Student Registration: \$15 Prior to June 8th, 2022
Registration \$25 Postmarked after June 8th, 2022
(Credit Cards will be accepted day of registration.)

Mark your event 5K Run 5K Walk 1 Mile Run
 Pay a fee for each event in which you want to be competitive.

PLEASE PRINT

Name _____
 Address _____
 City _____ State _____ Zip _____
 Telephone (_____) _____
 Email _____
 Age on race day _____ Sex _____
 Emergency Name / Phone Number _____
 I am running with my dad (Dad's Name) _____

Shirt Preference: Early Pre-Registration guarantees shirts preference is met

Tank Small Medium Large X-Large

T-Shirt Youth

T-Shirt Adult Small Medium Large X-Large XX-Large

Waiver (must be signed by participant/guardian) I know that running a road race is potentially hazardous and may cause injury or death. I should not enter and run unless I am medically able and properly trained. By my/guardians signature, I certify that I am medically able to perform this event, properly trained and in good health. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including but not limited to the right of an official to deny or suspend my participation for any reason. I assume all risks associated with the event, including but not limited to falls, contact with other participants, weather effects, and road conditions. I understand that for my own protection, bicycles, baby joggers, skates, skateboards, blades, animals, headsets are not allowed in the race. Having read this waiver, I or my guardian on my behalf, waive and release LuLu's Gulf Shores, the Robertsdale Rotary Club, the Robertsdale Rotary Foundation, any city, county, state, and national government entity responsible for areas used, all sponsors and volunteers from all claims or liabilities. Further, I grant permission for the use of my name and image in any media record of the event. Having read and understanding the above, I enter LuLu's presents Doc's Hot Trot for ARC 2022.

 SIGNATURE/GUARDIAN DATE