



5K RACE & 1 MILE RUN/WALK @ 7:30 am

Saturday, June 17th, 2023

Post Race Party at



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 17th at 7:30am
 5K run/walk 1 Mile after 5K is completed
Fee \$20 Postmarked by June 9th, 2023
 \$25 Postmarked after June 9th, 2023
Students (K-12) \$15 Prior to June 9th, 2023
Pick-up Friday, June 16th, 2023 at LuLu's 3-6pm
Day of 6:00am day-of registration and packet pick-up

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
Splits Called
Water At the half way marker
Facilities Available in LuLu's

For more information call
 251-284-8484 or 251-975-7363. Race
 may be delayed by rain.

Register online at www.Active.com

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



HOT TROT 2023 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 9th, 2023
Student Registration: \$15 Prior to June 9th, 2023
Registration \$25 Postmarked after June 9th, 2023
(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 2023.

 SIGNATURE/GUARDIAN DATE