

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

SATURDAY, JUNE 15, 2024



Post Race Party at



## DIVISIONS and AWARDS

### 5K RUN

OVERALLS 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Male & 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> Female  
 MASTER 40 + 1<sup>st</sup> Male & 1<sup>st</sup> Female  
 GRAND MASTER 50 + 1<sup>st</sup> Male & 1<sup>st</sup> Female  
 SR. GRAND MASTER 60 + 1<sup>st</sup> Male & 1<sup>st</sup> 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

### 5K RACE WALK

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

### 1 MILE RUN

1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> 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	251-284-8484 or 251-975-7363.
Water	At the halfway marker	Race may be delayed by rain.
Facilities	Available in Lulu's	

**By Through Benefit** Robertsdale Rotary Club  
 Robertsdale Rotary Foundation (501c3)  
 ARC – Baldwin County

**Where When** Lulu's at Homeport Marina Gulf Shores, AL  
 Saturday, June 15, 2024, at 7:30 am  
 5K run/walk 1 mile after 5K is completed

**Fee** \$25 Postmarked by June 7, 2024  
 \$30 Postmarked after June 7, 2024

**Students(K-12)** \$20 prior to June 7, 2024 / \$25 after June 7, 2024

**Pick-up Day of** Friday, June 14, 2024 at Lulu's 3 – 6pm  
 6:00 am day-of registration and pick-up

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



## HOT TROT 2024 REGISTRATION FORM

Race #

**Make checks payable to:** Robertsdale Rotary Foundation  
**Mail to:** Robertsdale Rotary Club PO Box 1133 Robertsdale AL 36567  
**Pre-registration:** \$25 Postmarked by June 7, 2024  
**Student Registration:** \$20 Prior to June 7, 2024 / \$25 after June 7, 2024  
**Registration** \$30 Postmarked after June 7, 2024  
 (Credit Cards will be accepted day of registration)

**Circle 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 \_\_\_\_\_  
 Phone \_\_\_\_\_  
 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

### Circle your Tank or T-shirt size

**Tank Adult** Small Medium Large X-Large

**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 2024.

\_\_\_\_\_  
 SIGNATURE/GUARDIAN DATE