

LuLu'S
HOT TROT for ARC
Saturday June 15, 2013
*****7:30AM*****

5K Run & Race Walk and 1 Mile Run
LuLu'S Gulf Shores, AL

By Robertsdale Rotary Club
 Through Robertsdale Rotary Foundation (501©3) entity
 Benefit Association for Retarded Citizens of Baldwin County
 Where LuLu's at Homeport Marina Gulf Shores, AL
 When Saturday June 15, 2013 **7:30AM 5K run/walk**
 1 Mile after 5K is completed
 Fee \$20 Postmarked by June 3, 2013 \$25 after 6/3/13
 Students (K-12) \$15 prior to 6/3/13
 Pick-up Friday 6/14/13 3PM to 6PM at LuLu's
 Day of 6:00AM day-of registration and packet pick-up

DIVISIONS and AWARDS

5K RUN

Overalls 1st, 2nd, 3rd male & female
 Master 40-49 1st male & female
 Grand Master 50-59 1st male & female
 Sr. Grand Master 60 + 1st male & 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+

5K RACE WALK

Overalls 1st, 2nd, 3rd male & 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 are available in LuLu's
 Door Prizes will be by random drawing. (MUST BE PRESENT TO WIN)

For more information call 251-947-4111 or 251-947-5677.
 Race may be delayed in the event of rain.

SPECIAL THANKS TO
 LuLu's at Homeport Marina
 Baldwin County Chiropractic Society
 City of Gulf Shores
 Gulf Shores Police Department
 Mandoki Hospitality

Post race party at LuLu's!!

Eats, beverages, fun, courtesy of LuLu's.



GRAND PRIZE DRAWING

Vacation Get Away

3 days/2nights 2 bedroom furnished condo at

The Plantation

Gulf Shores, AL

Donated by Mandoki Hospitality Gulf Shores, AL 251-540-5000



HOT TROT 2013 REGISTRATION FORM

Race # _____

Make checks payable to: Robertsdale Rotary Foundation
 Mail to: HOT TROT
 22645 Highway 59
 Robertsdale, AL 36567

Pre-registration: \$20 postmarked by 6/3/2013
 Student Registration: \$15 postmarked by 6/3/2013
 Registration after 6/3/2013 is \$25

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 _____

AGE ON RACE DAY _____ SEX _____

e-MAIL _____

EMERGENCY NAME & PH # _____

Shirt Preference If we run out of shirts on race day, additional shirts will be ordered and made available for pick up at LuLu's.

Tank Small () Medium () Large () X-Large ()
 T-Shirt Youth ()
 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 at Homeport Marina, 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 Hot Trot for ARC 2013

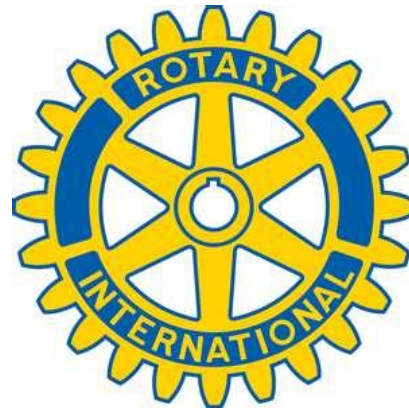
SIGNATURE/GUARDIAN _____ DATE _____



LuLu's Hot Trot for ARC

ROTARY 4 WAY TEST

1. IS IT THE TRUTH?
2. IS IT FAIR TO ALL CONCERNED?
3. WILL IT BUILD GOODWILL AND BETTER FRIENDSHIPS?
4. WILL IT BE BENEFICIAL TO ALL CONCERNED?



Saturday

JUNE 15, 2013

7:30AM

LuLu's at Homeport Marina

Gulf Shores, AL

Presented by the Robertsdale Rotary Club