



5K Race

Friday, December 7th

6:00PM

\$25 Early/\$30 Late/\$20 Students



Hosted by Minden Medical Center Rehab & Physical Therapy, this year we hope to get everyone in the Christmas Spirit! We will run through Ridgewood Neighborhood at night to take in thousands of Christmas Lights lining the course, Christmas Decorations, Christmas music and caroling groups and if we're good, Santa himself will make an appearance. Come join us for a Jolly Good Time!

Starting Time: 6:00pm Friday, December 7, 2018

Race Course: The course will begin and end at Minden Medical Center Outpatient Physical Therapy at 1120 Homer Road in Minden, LA. Participants will run/walk through Ridgewood neighborhood and enjoy Christmas lights displayed.

Registration: Early Registration is \$25 until November 16th. *All participants who register by November 16th will receive a long sleeve official Rehab Reindeer Run T-shirt.* Late Registration is \$30 November 17th - Race Day. Student Price is \$20 at all times. You may pay with a Credit Card online at www.mindenmedicalcenter.com/RehabReindeerRun or with cash, check, or card at MMC Business Office at 346 Homer Road in Minden or Sportspectrum in Shreveport at 6970 Fern Avenue. IPICO timing system is included in registration fee.

Packet Pickup: Thursday, December 6th, 8-5pm, at MMC Physical Therapy at 1120 Homer Road and Race Day 8am-5:45pm before race.

Age Group Awards: A male and female in each of the following age groups will receive awards: 12 and under, 13-18, 19-25, 26-30, 31-35, 36-40, 41-45, 46-50, 51-55, 56-65, 66+. There will also be an overall 1st place male & female award.

Giving back to children in need: We are asking that participants bring an unwrapped child's toy or book to give to our local Civitan Santa program. They will distribute the gifts with the help of our local Sherriff's department just in time for Christmas to local less fortunate children.

Post Race Party: Following the race we'll have FREE chili, hot chocolate and race awards, so stick around!

Incllement Weather: Check facebook.com/MMCPhysicalTherapy or call 382-7371 for updates on race day weather.

Waiver & Release

In consideration of my being admitted to enter the Rehab Reindeer Run, I, for myself, my heirs, and assigns, executors and administrators, do hereby forever release and discharge Sportspectrum, RRCA, Sportspectrum Race Management, NWLRA, Minden Medical Center, Minden Medical Center Rehab & Physical Therapy, their employees and agents, of and from any and all claims or demands for damages, injuries, or liability, in any manner arising out of participation in this event. I agree to indemnify and hold harmless the parties released above from any claims or demands for damages, for injuries or liability, in any way arising out of my participation in this event. I certify that I have prepared myself for this race and that I am in adequate physical condition to complete the event I have entered. I agree to follow all rules of this race and to permit

The Rehab Reindeer Run Official Entry Form - December 7, 2018

Today's Date: ____/____/2018

Entry Fee: **\$25.00**

Late Entry Fee after November 16th: **\$30.00**

Student: **\$20.00**

Last Name _____ First Name _____

Email Address _____ @ _____ Date of Birth ____/____/____

Cell Phone Number _____ Would you like to receive a reminder text ? Yes No

Address _____ City _____ State _____ Zip _____

Male Female Long Sleeve T-Shirt Size (Circle One): YM S M L XL (XXL add \$2.00)

I understand and agree to all conditions of waiver. Signature: _____

Parent/ Guardian Signature if under 18 years old: _____