



THESE SHOES ARE MADE FOR WALKING!

It's the 1st Minden Kidney Walk hosted by Minden Nephrology & Hypertension and Dr. Pallavi Shirsat. The walk builds hope for the future without suffering-for every person in this fight. Are you with us? By participating in the 2025 Minden Kidney Walk you'll let others they're not alone.

The walk will be around the clinic on Enter and walk individually or enter individually and run with friends, co-workers, family, etc. as a TEAM! There is a prize for the largest team!

Race Starting Time: 9:00am, Saturday, May 3, 2025

Registration: Early Registration is \$30 until April 15, 2025. All participants who register by April 15, 2025 will receive a Minden Kidney Run t-shirt. Registration AFTER April 15th until Race Day is \$35. Student Price is \$25 at all times. You can register at MMC Business Office, 346 Homer Rd or register online.

Course: The course will begin at First Methodist Church parking lot on McDonald Street next to Broken Bean, then left from parking lot onto McDonald Street, left on College Street, left on West Union and left in front of Minden Medical Center and end up back in the First Methodist Church parking lot.

Packet Pickup: Thursday, May 1, 8am-5pm, Friday, May 2, 8am-5pm at #3 Medical Plaza (Dr. Shirsat's office) before race.

Waiver & Release: In consideration of my being admitted to enter the Minden Kidney Walk, I, for myself, my heirs, and assigns, executors and administrators, do hereby forever release and discharge Minden Nephrology & Hypertension, Minden Medical Center, 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 use of my likeness in any/all promotional formats and/or media outlets; including, but not limited to print, social media, broadcast, digital, advertising, publicity, web content or otherwise. I understand and agree to all conditions of waiver.

MINDEN KIDNEY WALK 2025 OFFICIAL ENTRY FORM - JOIN US SATURDAY, MAY 3rd AT 9:00 AM!

Payment Method: _____Cash _____Check Amount: \$_____

Signature _____ Date: _____

Parent/Guardian Signature if under 18 years old: _____

Today's Date: _____ / _____ /2025 Early Registration: \$30 Registration after April 15th : \$35 Student (any time): \$25

First Name _____ Last Name _____ Birth Date _____

Address _____ City _____

State _____ Zip Code _____ Cell Phone Number _____

Email Address _____

MMC Employee? _____ Yes _____ No If yes, please list department: _____

Circle: Male Female T - Shirt Size (circle): XS S M L XL XXL (add \$2 for XXL)

Please read and sign waiver (above) before turning in to be able to participate in the Minden Kidney Walk.