



Hosted by Minden Medical Center Rehab & Physical Therapy, this year we hope to get everyone in the Christmas Spirit! We will run/walk through the Ridgewood Neighborhood at night to take in all of the Christmas lights lining the course, Christmas decorations, music, caroling groups and more! Come join us for a jolly good time!

Starting Time: 6:00pm, Friday, December 8, 2023

Registration: Early Registration is \$30 until November 20th. All participants who register by November 20th will receive a long sleeve official Rehab Reindeer Run T-shirt. Registration AFTER November 20th until Race Day is \$35. Student Price is \$25 at all times. You may pay with credit card online at <https://runsignup.com/Race/LA/Minden/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 the registration fee.

Race Course: The course will begin at MMC Outpatient Physical Therapy, 1120 Homer Road, then left from parking lot onto Southridge Drive and through Ridgewood neighborhood via Ridgewood Circle and will end at MMC Outpatient Physical Therapy.

Packet Pickup: Thursday, December 7th, 8am-5pm, MMC Outpatient Therapy, 1120 Homer Road and race day 8am-5:30pm before race.

Age Group Awards: A male and female in each of the following age groups will receive awards: 12 and under, 13-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+ There will also be an overall 1st place male & 1st place female award.

Post-Race Party: Following the race we will have complimentary chili, hot chocolate and race awards, so stick around!

Inclement Weather: Check Minden Medical Center's Facebook page 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.

I understand and agree to all conditions of waiver.

Signature _____ Date: _____

Parent/Guardian Signature if under 18 years old: _____

2023 Rehab Reindeer Run Official Entry form – 6pm, December 8th

Today's Date: ____ / ____ / 2023 Early Registration: \$30 **Registration after November 20th: \$35** Student (any time): \$25

First Name _____ Last Name _____ Birth Date ____ / ____ / ____

Address _____ City _____

State _____ Zip Code _____ Cell Phone Number _____

Email Address _____

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