



niagara life centre

Participant Information

Name _____ Phone _____

Address _____

City _____ Postal Code _____

Email _____

Age _____ Walker _____ Runner _____ PLEASE PRINT CLEARLY.

Sponsor Name	Address	Amount Paid

Make cheques payable to Niagara Life Centre.
Tax receipts issued for amounts of \$20 or more.



28th!

Saturday, April 22

Registration: 8:30-9:00 am at the
Grantham Lions Club
732 Niagara St - (corner of Parnell)

#WalkRunNLC





Registration Form

Saturday, April 22, 2017

Highlights

Thank you to our Sponsors

Pre Registration Preferred
Call 905.934.0021 or
online at niagaralifecentre.ca/walkrun

Registration at Grantham Lions Club
 732 Niagara Street (corner of Parnell)

Run Start/Finish at Canal Parkway at Lock One

Schedule:

Registration: 8:30-9:00 am
 9:00 Warm up
 9:15 5 k walk
 9:30 5 k run
 9:45 1 k run
 11:00 Lunch and Awards


WAIVER: In consideration of my accepting this entry, I hereby, for myself, my heirs, executors, and administrators, waive and release any and all rights and claims that I may have against Niagara Life Centre Ministries, its Board of Directors, its employees, the Grantham Lions Club and any others involved in the event. I know that running a road race is a potentially hazardous activity. I should not enter a walk/run unless medically able and properly trained. I assume all risks associated with participating in this event, including, but not limited to falls, contact with other participants, the effects of the weather including high heat, traffic, and the conditions of the road, all such risks being known and appreciate by me. If the participant is under 18 years of age, a legal parent or guardian must sign this waiver.

Signature: _____ Date: _____

- More opportunities for children in the 10 years and under and 11-18 years categories to win. This year each will have prizes for the top 6 fundraisers instead of 3.
- Post event celebration at Grantham Lions Club with lunch and refreshments.
- Activities for children of all ages, including bouncy castle from Niagara Inflatables and Halaloo the clown.
- Prizes awarded to top male and female runners PLUS prizes awarded for top pledges collected from all participants in the following categories:

Team (3 team winners)

10 years and under (6 winners) 

11-18 years (6 winners) 

19-49 years (2 winners)

50 plus (2 winners)

About Niagara Life Centre

Niagara Life Centre is a vibrant, visible, Christian organization caring for families and individuals by offering low fee counselling services. We provide practical and compassionate care for the emotional, social, physical and spiritual needs of those we serve.



237 Lakeshore Road, St. Catharines, Ontario,
 L2M 1R9, 905.934.0021
niagaralifecentre.ca

I will be participating in

- 5K Walk
 5K Run
 1K Run

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

Email: _____

Age on Event Day: _____ Male Female

I am participating as part of a team.

Team Name: _____

Team Captain: _____

ADULT \$20
CHILD/STUDENT \$10
No FEE with \$100.00 in pledges