

niagara life centre

Participant Information

Name _____ Phone _____
Address _____
City _____ Postal Code _____
Email _____

65 Lakeshore road
St. Catharines, ON
L2N 2T3 PH. 905-934-0021
www.niagaralifecentre.ca



Charitable Registration #13872-4463 RR0001

Age _____ Walker _____ Runner _____

PLEASE PRINT CLEARLY

THIS YEAR ONLINE DONATIONS ARE POSSIBLE VISIT OUR WEBSITE WWW.NIAGARALIFECENTRE.CA/EVENTS

| Sponsor Name Please print clearly | Address | Amount Paid |
|--------------------------------------|---------|-------------|
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Make cheques payable to Niagara Life Centre.
Tax receipts issued for amounts of \$20 or more.



5KM WALKATHON, 1KM AND 5KM TIMED FUN-RUNS

SATURDAY, MAY 4

30 years of family fun

Fun activities for children of all ages,
including bouncy castle from
Niagara Inflatables, Halaloo the clown,
pizza and terrific prizes.

ALONG THE WELLAND CANAL PARKWAY
AT THE GRANTHAM LIONS CLUB
732 NIAGARA STREET

8.30AM TO 9AM REGISTRATION

THIS YEAR DONATIONS/REGISTRATION
ALSO AVAILABLE ONLINE
WWW.NIAGARALIFECENTRE.CA/EVENTS



Registration Form

Pre-Registration preferred online
at niagaralifecentre.ca/all-events/

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: _____

Adults \$20
Child/Student \$10
No Fee with \$100.00 in pledges

Saturday, May 4, 2019

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, it's Board of Directors, it's 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: _____

Family fun

Activities for children of all ages, including bouncy castle from Niagara Inflatables, face painting and Halaloo the clown. Post event celebration at Grantham Lions club with pizza and ice-cream. Prizes awarded to top male (1st and 2nd) and female runners (1st and 2nd) PLUS prizes awarded for top pledges collected from all participants in the following categories;

Highest pledge:

Team (2 winners)

10 years and under (4 winners)

11-18 years (3 winners)

19-49 years (2 winners)

50 plus (1 winners)

One prizes per participant.



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, including counseling for children.

NLC Business sponsors



NLC Event sponsors



Individual top pledge overall... wins helicopter ride over the Falls.

For more information about NLC:

65 Lakeshore Road,
St. Catharines, Ontario,
L2N 2T3,
Phone 905.934.0021