



65 Lakeshore road  
St. Catharines, ON  
L2N 2T3 PH. 905-934-0021  
www.niagaralifecentre.ca  
Charitable Registration #13872-4463 RR0001

# niagara life centre

## Participant Information

Name \_\_\_\_\_ Phone \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Postal Code \_\_\_\_\_

Email \_\_\_\_\_

Age \_\_\_\_\_ Walker \_\_\_\_\_ Runner \_\_\_\_\_

PLEASE PRINT CLEARLY

[THIS YEAR ONLINE DONATIONS ARE POSSIBLE VISIT OUR WEBSITE WWW.NIAGARALIFECENTRE.CA/EVENTS](http://WWW.NIAGARALIFECENTRE.CA/EVENTS)

Sponsor Name Please print clearly	Address	Amount Paid

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](http://WWW.NIAGARALIFECENTRE.CA/EVENTS)



## Registration Form

Pre-Registration preferred online  
at [niagaralifecentre.ca/all-events/](http://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 (1<sup>st</sup> and 2<sup>nd</sup>) and female runners (1<sup>st</sup> and 2<sup>nd</sup>) 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



### For more information about NLC:

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