

Charitable Registration #13872-4463 RR0001

**PLEASE PRINT CLEARLY**

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

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THIS YEAR DONATIONS/REGISTRATION  
ALSO AVAILABLE ONLINE  
[WWW.NIAGARALIFECENTRE.CA/EVENTS](http://WWW.NIAGARALIFECENTRE.CA/EVENTS)



Registration Form

NEW Registration online at  
niagaralifecentre.ca/fundraiser/walknrun

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: \_\_\_\_\_

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, ex-ecutors, and administrators, waive and re-lease 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 partici-pants, the effects of the weather including high heat, traffic, and the conditions of the road, all such risks being known and appreci-ate 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 run-ners (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 (1 winner)
  - 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 compas-sionate care for the emotional, social, physical and spiritual needs of those we serve, includ-ing 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

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