



CHARITABLE REGISTRATION NUMBER  
#13872-4463 RR0001

## *Annual Walk and Run*

### 2021 WALK AND RUN PLEDGE FORM

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#### PARTICIPANT INFORMATION

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_

POSTAL CODE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

AGE: \_\_\_\_\_ 5KM WALKER ☐ 5KM RUNNER ☐

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#### HOW CAN YOUR SPONSORS SUPPORT YOU?

1. CHEQUE PAYABLE TO NIAGARA LIFE CENTRE, WITH WALK/RUN AND YOUR NAME IN MEMO LINE.

65 LAKESHORE ROAD,  
ST. CATHARINES, ON  
L2N 2T3

2. E-TRANSFERS SENT TO ADMIN@NIAGARALIFECENTRE.CA , WITH WALK/RUN IN MEMO LINE, ALONG WITH YOUR NAME.

3. VISIT OUR WALK AND RUN WEBSITE AT  
WWW.NIAGARALIFECENTRE.CA , AND PAY VIA CREDIT CARD.

4. CASH! IF YOU CHOOSE TO COLLECT CASH (OR CHEQUES), YOU CAN RECORD IT, AND DROP IT OFF TO THE NLC OFFICE IN ST. CATHARINES WITH YOUR SPONSOR SHEET.

niagara life centre  
counselling



LET'S GET MOVING NIAGARA!

THIS EVENT HAS BEEN SPONSORED BY  
WESTLAND GREENHOUSE SOLUTIONS



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#### SPONSORS

SPONSOR NAME	ADDRESS	DONATION AMOUNT	PAYMENT METHOD

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