

Title Sponsor: Westland Greenhouses



Annual Walk and Run

REGISTRATION FORM

I will be participating in:

- ☐ 5 km Walk
☐ 1 km Walk
☐ 5 km Run
☐ 1 km Run

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

Email: _____

Age: _____

Please Circle: Female Male

I am participating as part of a team:

Team Name: _____

Team Captain: _____



Registration Fees:
Adult (18+): \$20
Child/Student: \$10
Under 5: Free

NO FEE with \$100.00 in pledges

PLEASE PRE-REGISTER ON OUR WEBSITE SO WE
KNOW YOU ARE COMING!

www.niagaralifecentre.ca/campaigns/walk-run/

**SATURDAY, APRIL
30TH, 2022**

REGISTRATION

LOCATION:

Covenant Christian
Reformed Church
278 Parnell Rd, St. Catharines, ON
(Between Niagara Street and
Bunting Road)

8:30 - 9:00 am - Registration

9:15 am - 5 km Walk Begins

9:30 am - 5 km Run Begins

9:40 am - 1 km Walk Begins

9:45 am - 1 km Run Begins

11:00 am - Lunch & Prizes

WAIVER FORM

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, its Board of Directors, its employees, Covenant Christian Reformed Church, and any other 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 parents or guardian must sign this waiver.

Signature: _____

Date: _____

EVENT HIGHLIGHTS

NLC is excited to welcome back in person events! We look forward to our Annual Walk and Run, with the new addition of a 1 km walk. Prizes awarded for those with the top pledges. Pizza lunch provided after the walk and run, with fun activities for all ages!

Registration and donations for this event can also be done online -- visit www.niagaralifecentre.ca/campaigns/walk-run/

What do I need to bring along to the walk/run?

- Registration and pledge forms, with monies collected
- Re-useable water bottle
- Your NLC t shirts from past walk/runs

THANK YOU TO THIS YEAR'S TITLE SPONSOR!

Westland Greenhouse has been a long time supporter and partner of Niagara Life Centre. Since 1995, Westland has been supplying, maintaining and installing various greenhouse projects, large and small. To learn more, visit www.westlandgs.com.

ABOUT US!

Niagara Life Centre is a vibrant, visible, Christian ministry 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.

HELP, HOPE, HEALING

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