

Title Sponsor: Westland Greenhouses



Annual Walk and Run

REGISTRATION FORM

I will be participating in:

1 km Walk

5 km Walk

1 km Run

5 km Run

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

Email: _____

Age: _____

Please Circle: F M

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

CAN PREPARE FOR YOU!

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

**SATURDAY, APRIL
29TH, 2023**

REGISTRATION LOCATION:

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

Event Schedule:

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 - Light Lunch Begins

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 appreciated by me. If the participant is under 18 years of age, a legal parents or guardian must sign this waiver.

Signature: _____

Date: _____

EVENT DAY

NLC is excited for our Annual Walk & Run!


We are in for some fun with activities geared to all ages!

Pizza lunch and light snack provided after the walk and run.

We look forward to seeing you there!

Donations can also be made online through Canada Helps! Visit::

<https://www.canadahelps.org/en/charities/niagara-life-centre/p2p/walk-run-2023/>

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 years 

**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

**THANK YOU TO
OUR BUSINESS
SPONSORS!**



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**MARV ROOFING
FOR MISSIONS**

