Concess Name			
Please Print Clearly	Address	Amount Paid	Method of Payment
Charitable Donation Receipts for \$20 a Cash, cheques, e-transfer and online cr E-transfer: admin@niagaralifecentre.cs Credit Card Online Payment: Visit www Cheques can be made out to Niagara Li Charitable Registration #13872-4463 R	Charitable Donation Receipts for \$20 and up. Online Donations Preferred. Scon Cash, cheques, e-transfer and online credit card payment are accepted. E-transfer: admin@niagaralifecentre.ca with "Walk/Run" and your name in memo line. Credit Card Online Payment: Visit www.niagaralifecentre.ca/campaigns/walk-run/ Cheques can be made out to Niagara Life Centre: 65 Lakeshore Road, St. Catharines, ON, L2N 2T3 Charitable Registration #13872-4463 RR0001	Scan To Donate Online: L2N 2T3	

Sagara Life Ca



Presented By: Westland Greenhouses

SATURDAY, APRIL 29TH, 2023

1 km & 5 km Walkathons 1 km Fun Run 5 km Timed Fun Run

Support mental health + counselling services in Niagara!



Pre-register on our website today! www.niagaralifecentre.ca/campaigns/walk-run/

EVENT LOCATION: Covenant Christian Reformed Church 278 Parnell Rd, St. Catharines, ON

Title Sponsor: Westland Greenhouses



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:	

I am pa	rticipa	ting as p	oart of a t	eam:
Team N	ame:			
Team C	aptain	:		
		9) 🔍 🗨		
	Reg	gistration F	ees:	
	A	-lult (18+)∙ \$	20	

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 appreciate 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/niag ara-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



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!





















