





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: \_\_\_\_\_



Minimum Donation of \$20.00 to participate in event.

PLEASE PRE-REGISTER ON OUR WEBSITE SO WE CAN PREPARE FOR YOU!

<https://niagaralifecentre.ca/events/walk-run-2025/>

## SATURDAY, APRIL 26TH, 2025

### Registration Location:

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

### Event Schedule:

- **8:30 - 9:00 am** - Registration
- **9:15 am** - 5 km Walk Begins
- **9:15 am** - 5 km Run Begins
- **9:40 am** - 1 km Walk Begins
- **9:45 am** - 1 km Run Begins
- **11:00 am** - 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 parent 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 snacks provided after the walk and run.

We look forward to seeing you there!

Donations can also be made online through Canada Helps!



### SCAN TO DONATE:

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



### WHAT TO EXPECT!

This family friendly event has activities for everyone including a fun warmup, face painting, balloon twisting, games, snacks, timed 1 & 5 km walk/runs, lunch, and awards for top pledges and race winners! This event will be held rain or shine, all outdoors, so please come dressed for the weather!



### ABOUT US!

Niagara Life Centre is a vibrant organization dedicated to providing subsidized, low-fee counselling and mental health services to the Niagara Region. **We believe everyone should have access to mental health resources regardless of financial situation.**

HELP | HOPE | HEALING



FRAME