



Registration Form

Saturday, April 25, 2015

Pre Registration Preferred
Call 905.934.0021 or
online at niagaralifecentre.ca/walkrun

Registration
St. Catharines Museum,
1932 Welland Canal Parkway (at Lock 3)

RunStart/Finish at Canal Parkway at Lock 3

Schedule:

Registration: 8:30-9:00 am
9:00 Warm up
9:15 5 k walk
9:30 10 k run
9:45 5 k run
10:00 1 k run
11:00 Lunch and Awards

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 again Niagara Life Centre Ministries, its Board of Directors, its employees, and any others involved in the event. I know that running a road race is a potentially hazardous activity. I should not enter and 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: _____

Highlights

- Post event celebration at St. Catharines Museum with lunch and refreshments
- Activities for children of all ages, including bouncy castle from Niagara Inflatables and Halaloo the clown
- Prizes awarded to top male and female runners PLUS prizes awarded for top pledges collected from all participants in the following categories:

Team, 10 years and under, 11-18 years, 19-49 years 50 plus

About Us

Niagara Life Centre is a vibrant, visible, Christian organization caring for families and individuals by offering low fee or free counselling services. We provide practical and compassionate care for the emotional, social, physical and spiritual needs of those we serve.



237 Lakeshore Road, St. Catharines, Ontario,
L2M 1R9, 905.934.0021
niagaralifecentre.ca

Thank you to our Sponsors



Sandra Orchard
Romantic Suspense to inspire the soul



I will be participating in

- 5K Walk
- 10K Run
- 5K Run
- 1K Run

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

Email: _____

Age on Event Day: _____ Male Female

I am participating as part of a team.

Team Name: _____

Team Captain: _____

ADULT \$20
CHILD/STUDENT \$10
No FEE with \$100.00 in pledges