

Participant Waiver and Release of Liability

Be the Change: Run for Mental Health 2026

Saturday, September 12, 2026 | Sundre, Alberta

By submitting this form and participating in the *Be the Change: Run for Mental Health 2026* event (the “Event”), I acknowledge and agree to the following on behalf of myself and any minors I am registering:

1. Assumption of Risk

I understand that participating in a running or walking event involves physical activity that may include risks such as falls, collisions, dehydration, weather-related hazards, or other injuries. I knowingly and voluntarily accept all risks associated with my (and/or my child’s) participation in the Event, including any risks related to the foam pit, uneven ground, or outdoor terrain.

2. Medical Fitness to Participate

I certify that I (and/or the children I am registering) are physically able to safely participate in the Event. I understand that it is my responsibility to consult with a medical professional if I have any concerns about participation.

3. Waiver and Release

I waive, release, and discharge the organizers of the Event, its volunteers, sponsors, and partners — including but not limited to Emma Peters, Burden Bearers Counselling, The Den S.Y.C., Town of Sundre, and any affiliated organizations — from any and all claims, demands, damages, or causes of action arising out of or in connection with my (or my child’s) participation in the Event, whether caused by negligence or otherwise.

4. Emergency Medical Treatment

I authorize Event organizers and volunteers to seek emergency medical treatment for me or my child if necessary. I understand that any medical costs incurred will be my responsibility.

5. Photo/Video Release

I grant permission for my image and/or the image of any children I am registering to be used in photographs, videos, or other promotional materials related to the Event. (If you prefer not to be photographed, please notify the check-in volunteers on race day.)

6. Parental Consent (for Minors)

As the parent or legal guardian of any participant under 18 years old, I confirm that I have the legal authority to provide this consent, and I agree to all of the above on their behalf.

Signature Confirmation

By signing below, I confirm that I have read and understood this waiver, and I agree to be bound by its terms.