

# CAMBRIDGE MOVES

**FOR MENTAL HEALTH 2026**

## Participant information

Thank you for joining us at Cambridge Moves for Mental Health 2026! Together, we're fighting the stigma around mental health and ensuring our community maintains accessible mental health services.

## Event Details

Your safety is our top priority. Please obey all traffic laws, and listen to route marshals throughout the event. Emergency services can be reached at 911 and event organizers can be reached at 519-722-4881.

The route today is just under 3km long, you are welcome to walk, jog, roll, or move in any other way that brings you joy to complete it. The route can be cut short by using Main St. if necessary.

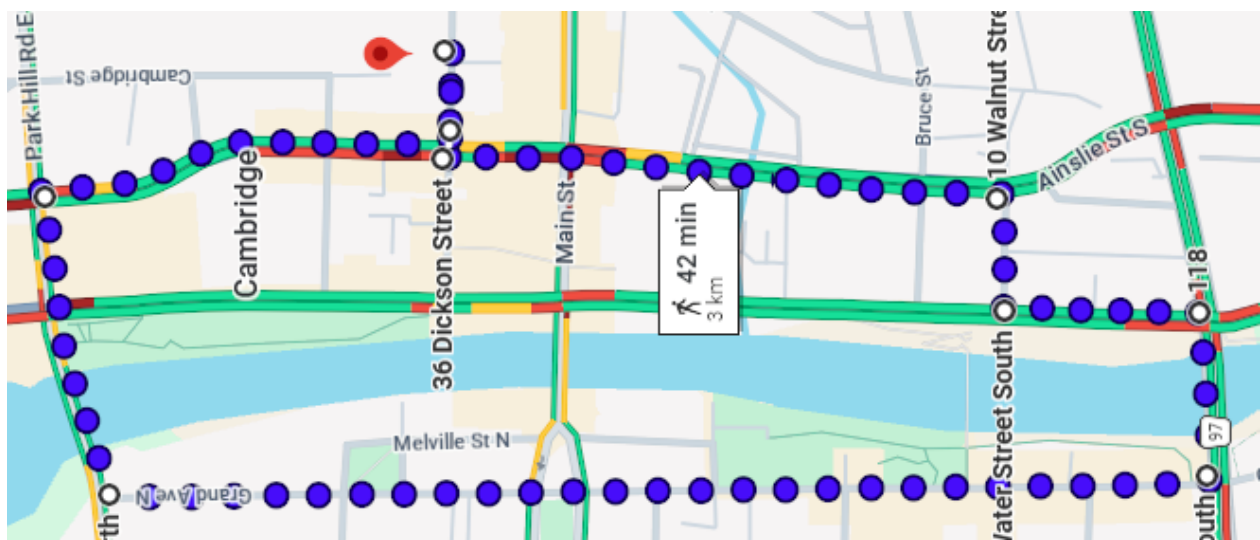
All participants are invited to stay after the walk to enjoy music, games, and food at Civic Square. We are offering both Halal and vegetarian hot dogs, chips, and water.

**We're grateful to our event sponsors:**



## Route Map

For an interactive version of the route map, visit [porchlightcnd.org](http://porchlightcnd.org) and click "Route Map".



# PHOTO & LIABILITY RELEASE

I wish to participate in the event titled "Cambridge Moves for Mental Health", scheduled to take place in Cambridge, Ontario on May 10th, 2025, and I agree to abide by the rules, regulations, and event instructions of the event, as well as all applicable municipal and provincial laws and regulations.

I understand that participating in such an event, using public streets and facilities is a potentially hazardous activity and can result in serious injury or death. I am aware of and expressly assume all risks associated with participating in this event, including, without limitation, falls, contact with other participants and objects, the effects of weather, traffic, and the conditions of the streets and route used by the event and I assert that my participation in this event is voluntary.

In consideration for being permitted to participate in this event, I, for myself and for anyone entitled to act on my behalf, hereby waive and release from any and all claims for injuries and damages I may have arising out of the event or my participation in the event, Porchlight Counselling and Addiction Services, the City of Cambridge, the Regional Municipality of Waterloo, the Province of Ontario, any beneficiaries, sponsors, officials, participating clubs, communities, organizations, friends of the event, participants, third-party vendors, government or public entities, and their respective affiliates, successors, officers, directors, employees, volunteers, agents, and representatives.

I intend by this Waiver and Release to release, in advance, and to waive my rights and to discharge all of the persons and entities mentioned above, from all claims for damages for death, personal injury or property damage that I may have, or which may hereafter accrue to me, as a result of my participation in this event even though that liability may arise from negligence, carelessness, or recklessness (whether simple or gross) on the part of the persons or entities being released, from dangerous or defective property or equipment owned, maintained, or controlled by them or because of their possible liability without fault I understand and agree that this Waiver and Release is binding on my heirs, assigns, and legal representatives.

I attest that I am physical capable of, and have sufficiently trained for, completing this event. If I am aware of or under treatment for any physical infirmity, ailment, or illness, my medical care provider has been apprised of, and has approved of, my participation in this event. I acknowledge that I and I alone, am solely responsible for my personal health and safety, and the personal property I bring with me. I consent to receive medical treatment which may be advisable in the event of illness or injuries suffered by me during this event, and I agree to pay for the costs of any such medical treatment. I agree that my participation in the event is subject to the sole discretion of the organizers of the event, and that my participation may be limited or terminated, with or without cause.

I represent and warrant that I will be at least "16" years old at the time of the event. If I am under the age of 18, I understand I MUST have a guardian accompany me on the event as a fellow registered participant.

I understand that all donations processed by the Porchlight Counselling and Addiction Services are non-refundable and non-transferable, even if I do not participate in the event. I give permission to Porchlight Counselling and Addiction Services for the free use of my name, photograph, voice, or likeness, in any broadcast, telecast, advertising promotion, or other account of this event or marketing or promotion for future or similar events, and waive any rights of privacy I may have in that regard.

THIS WAIVER AND RELEASE SHALL BE INTERPRETED AND THE RIGHTS OF THE PARTIES DETERMINED UNDER THE LAWS OF THE PROVINCE OF ONTARIO. THE ONTARIO COURTS SHALL HAVE EXCLUSIVE JURISDICTION FOR ANY DISPUTE ARISING UNDER, OR PERTAINING TO, THIS WAIVER AND RELEASE.

I have carefully read this Waiver and Release and fully understand its contents. I am aware that this is a release of liability and a binding contract between myself and the persons and entities mentioned above and I sign it of my own free will. I understand that I am giving up substantial rights, including my right to sue.

I acknowledge that I am signing this Waiver and Release freely and voluntarily, and intend by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.