



Finestrat 28th and 29th November 2015

Please, read this document carefully, write your name and sign it at the end if you agree and want to participate in the **Lurbel Challenge Aitana**.

As a participant in the Lurbel Challenge Aitana, I accept and certify:

1. I am physically well prepared for this ultra endurance race, I am aware of the difficulty and specificity of the race, I enjoy good general health, without suffering illness, infirmity or injury that may be aggravated by my participation in such a race. If during the race I suffer some kind of injury or any other circumstance that could seriously damage my health, I will draw it to the attention of the Organization as soon as possible.
2. I am aware that this type of competition, taking place in the mountains with hard-to-reach areas which are also very difficult to control, it carries an additional risk to the participants. And the role of the organization is not to help the runners to solve their own problems. So I go of your own will and initiative fully assuming the risks and consequences of my participation.
3. That I have the physical and technical capacity and the means to ensure my own safety, under the semi self-sufficient conditions delivered throughout the race; and I also have the knowledge about the route of the race, a Protected Natural Area.
4. That, in addition to the minimum mandatory equipment, I will decide if I have to add something else that I may need depending on my physical capacity and the weather forecasting.
5. I accept and agree to comply with safety standards and protocols established by the Organization, and I will maintain responsible behaviour does not increase the risk to my physical or mental well-being. I will follow the instructions and will abide by decisions taken by the Organization (judges, doctors, organizers and/or volunteers) on security issues.
6. I authorize the race Medical Services to diagnose and cure any condition that may prevent me continuing the race, whether or not I am able to ask for it; and to leave the race if they think it is necessary due to health priorities.
7. That, before or during the race, I will not consume banned substances considered by Athletics and Mountain Sports Federations.
8. I authorize the Organization of race to use any photograph, film or recording made in connection with my participation in this event.
9. That, my race number is not transferable and cannot take another participant or any other person in my place.

Name and last name:

Signature

DNI/passport number:

Date of birth: