



Indemnity

Date:

I, the signatory, hereby acknowledge and understand the rules of running this race over the rough terrain. In consideration of the acceptance of my entry, I for myself, my executors, heirs, administrators and assigns do hereby release and discharge the Race Organisers, Kamiesberg Municipality, the landowners and any and all sponsors, any and all volunteer groups, and all local authorities from all claims for injuries, damage or property loss I may suffer caused by negligence of any of them and arising out of my participation in this event, including pre- and post-race activities.

I am physically fit and sufficiently trained to participate in this endurance event and assume all risks of such participation. I do not suffer from any heart issues. I specifically direct that should evacuation from the route be required, such rescue service costs incurred, if any, will be for the account of the signatory.

Athlete details

Name and Surname:

Id:

Age (Race day):

Gender:

E-mail address:

Contact nr: **Alternate nr:**

Choose option:

Route	Amount	Tick	T-shirt size: S, M, L, XL, XXL, XXXL
20km	R200.00		
10km	R150.00		
5km	R100.00		

Medical/ Heart or any other Issues: Y/N: **Please state conditions.**

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Signed – Athlete:

Official use **Amount paid** **Checked by** **Race nr**