



SELF DECLARATION

I declare that all the information that I have provided is complete and accurate and I am fit to participate in the event.

I, the undersigned, hereby declare that I know that I am about to participate in a sports activity that demands significant physical effort.

I hereby declare that I am healthy and fit for the activity and have trained for it accordingly.

I understand that my participation in this event, under the circumstances that I am not adequately in physical form, may endanger my health.

I am aware that the organizing committee of the event, the hosting party, the organizers and producers and sponsors will not undertake any responsibility for any harm that I may endure, including bodily harm that may occur prior to the event, during or thereafter, nor are they responsible for any lost or damaged belongings.

I declare that if during the week of the race, I suffer or if I suspect that I suffer from any sickness, including fever, digestive issues or cough, then I will consult a physician prior to the event and receive permission to participate.

I hereby grant permission to the production company, and the related marathon sponsors, organizers, management and producers to use any photographs and videos of me without payment or compensation for the purpose of public relations, marketing and advertising.

Participant Name: _____

Date: _____

Signature: _____

Parental Consent for Minors (those under 18 years of age)

Participants under 18 years of age must include parental consent with his/her health declaration by providing the signature of a parent below.

I permit my son/daughter to participate in the sporting event and confirm that he/she is healthy and in proper physical condition to do so.

Full name of parent: _____

Date: _____

Signature: _____