

## **Statement of health and waiver of liability**

I, the undersigned, hereby declare as follows:

1. Any information I give or disclose to Spartanion and / or anyone on its behalf is true and accurate.

2. I am healthy and have such physical and mental strength that I am able to train properly for running at the heat I will run in Spartanion ("my heat"), in a way that I will be physically fit and mentally fit and ready to run in my heat.

3. I know that running in my heat requires high physical and mental fitness. I undertake that if before the race my physical or mental health will change and / or I will not be in good health and / or will not be physically fit or mentally fit for my heat, I will refrain from participating in Spartanion even though I have registered to it.

If I suffer or have any suspicion that I will suffer, in the week before running Spartanion, from any illness, including fever, gastrointestinal disorders or cough, I undertake to consult a physician before participating in Spartanion and obtain a medical certification to approve my participation in Spartanion, otherwise I will refrain from participating in Spartanion

4. I applied for a medical examination and this found me physically and mentally qualified to participate in Spartanion, as indicated in the medical certificate sent along with my statement to Spartanion.

5. I am a skilled experienced runner who knows the dangers of long distance running in general and my heat in particular.

Without prejudice to this generality, it is known that these dangers include: dehydration, heat / sun stroke, hypothermia, hyponatremia, hypoglycemia, rhabdomyolysis, any kind of heart attack/disorder, mechanical erosion/harm, weather damage and more.

For the avoidance of doubt I make it clear that I know that running on my heat involves a very high physical and mental effort and I know and understand that my participation in Spartanion is liable to endanger my health.

6. I take into account all the dangers involved in running my heat and all responsibility for any damage, God forbid, if I suffer such, before, during or after the Spartanion.

7. By signing this declaration, I confirm that I know that the organizers of the Spartanion and all those associated with it relied on this statement and without it would not have approved my participation in Spartan.

8. My signature on this Declaration is made with absolute free will, without any coercion and without any pressure of any kind whatsoever, out of total free will.

9. I have non and will not have any and waive in advance and in a final, absolute and irrevocable manner, any claim and / or demand and / or legal demand of any kind whatsoever from the organizers of the Spartanion and from anyone on their behalf and from anyone connected with the organization and / or the existence of Spartanion, including without prejudice to the generality of the foregoing, in respect of any damage, including physical, mental or property.

10. I hereby irrevocably the Spartanion organizers and anyone acting on their behalf and all directly and / or indirectly related to the organization and / or existence of the Spartanion from any liability for any damage caused to me, including physical, mental or property damage, before, during or after the Spartanion.

11. Spartanion organizers have the absolute right to prevent or terminate my participation in Spartanion for any reason, at their sole discretion. This right is also given to a medical entity found in Spartanion.

12. I undertake to act or refrain from action, in accordance with any instruction, written or verbal from the organizers of Spartanion at any time, including to act strictly in accordance with the provisions of the Rules and all other provisions of Spartanion as specified in the statute and any information I received or will receive from Spartanion

13. I will indemnify Spartanion organizers and those acting on their behalf and any related thereto, as aforesaid, for any expense incurred by them, including for any payment made as a result of any claim or demand raised against them, whether by me, whether on my behalf or in my name, on any matter relating to Spartanion.

14. I have read the Spartanion statute and this declaration thoroughly, understood all of them and I confirm that their content is agreed upon and I undertake to act according to what is stated in them.

I will read from time to time the rules on the Spartanion site and in any case before my participation in my heat, and any change that will appear in it from the moment I signed this document until the start of my heat, will be considered as part of the regulations on the date of signing today and I cannot make a claim I did not know about it.

I, the undersigned, confirm with my signature that all is written in my above statement, after reading it well, understand it completely and accepted all that is stated in it, myself.

In witness whereof I have come Signed, today , \_\_\_ of \_\_\_\_\_ 2019

Name: \_\_\_\_\_ ID/Passport No: \_\_\_\_\_

\_\_\_\_\_  
(signature)