



I, Mr./Mrs. _____ with
ID Cart/Passport _____ as participant in the Trail Peñalara 60K(TP60) 2023
race,

DECLARE:

1. That I have read and accept the regulations of the Trail Peñalara 60 K (TP60) 2023, participating in the race voluntarily and under my responsibility.
2. That I am fully aware of the technical difficulties and physical demands of the race, assuming that this activity may be contraindicated for my health in case of certain illnesses or injuries.
3. That at the time of the celebration of the race I must be physically able to face this type of ultradistance mountain competition, in good health without suffering from illness, defect or injury that prevents or limits my participation.
4. That I undertake to comply with the regulations of the race, as well as the indications that I may receive from the Organization, trying to minimize possible risks. To this end, I undertake to follow the instructions of the Organization and the security and civil protection forces. I also undertake to carry with me at all times the compulsory material established as obligatory, which I declare to know how to use.
5. That I authorize the Organization's medical services or personnel to carry out any treatment or care they consider necessary, even if I am not in a position to request it. If, in the Organization's consideration, I am not in a physical or mental condition to continue the race, or if this would be detrimental to my safety, I agree to abide by their decision and abandon the race.
6. That I authorize the Organization of the GTP to use any photograph or recording taken of my participation in the race for promotional or informative purposes.
7. That, being aware of the high environmental value of the places through which the event takes place, I undertake to respect the environment in a responsible manner, especially:
 - a) To walk exclusively along the marked paths, without taking shortcuts or opening new paths.
 - b) Not altering flora or fauna, respecting the indications and regulations of the National Park.
 - c) Not affecting watercourses or backwaters, especially avoiding approaching those high-mountain lakes or wetlands that I may find along the route.
 - d) Not throwing rubbish or any other objects in places other than those set up at the Organization's checkpoints.

Having read and agreed,

Name:

Signature:

Date: