



## ***PERSONAL STATEMENT***

The undersigned .....

Born in (place and date of birth) .....

Resident in ..... Address .....

Province/State/Region ..... Postal code .....

Country .....

Mail .....

**Enrolled to the:** Long Distance . . . . . Short Distance . . . . . Man + Dog . . . . . race

- Declares to be aware of the race distance in question, its technical characteristics, the mountain environment in which it takes place, the chance to meet different weather conditions (sun, heat, rain, cold), that its length may see me running at night time and that I will have to bring the material required with me for the duration of the competition.

- I declare not to be in possession of any doping material;

- To be in possession of the indicated certificate;

- To have warned the organization of any possible medical conditions that concern me and and so I decline the organization from any medical problem that may arise during the race.

Dates of the competition: . . . . .

Place and date: .....

Signature

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