



DISCLAIMER OF RESPONSABILITIES AND MEDICAL CERTIFICATE OF MISSIONX3 CIRCUIT

I am _____ and my ID is _____. And with this disclaimer I declare that:

1. I have read the regulation, so that I understand and I accept all of these conditions. The three race of the **MISSIONX3** circuit are:

- ✓ **TRAIL CAP DE CREUS** (April 7th, 2019) <https://www.trailcapdecreus.com/>
- ✓ **TRAIL CATLLARÀS** (May 19th, 2019) <https://www.catllaras.com/>
- ✓ **TRAIL ULLDETER** (June 23th, 2019) <https://www.trailulldeter.com/>

The regulation of the **MISSIONX3** circuit is on the website: www.missionx3.com

2. I am totally sure to be well prepared physically and psychologically to do the race. I was doing the appropriate medical checks to ensure that I have good health and not suffering from any illness, allergy, physical defect or injury.
3. I am fully aware of the conditions of the route, track, distance and profile of it.
4. I am aware about the risks and dangers of the **MISSIONX3** circuit. So that I attend voluntarily and under my responsibility in this race. For that reason I am willing to disclaim any responsibility for the organization or another runner, and also not to inform against the organization.
5. I have enough knowledge and technical skills to ensure my own safety in the race.
6. I have the mandatory equipment for doing the race in safety conditions. I ensure that my equipment are in good condition, and I know to use properly.
7. I agree to comply with the standards and security protocols established by the organization of the **MISSIONX3** circuit. I also have a responsible behaviour for me and others runners. I would comply all the instructions given by the organization (judges, doctors and organizations).
8. I authorise the medical services to do any practise test or diagnostic that they consider. I am allowed to abandon the race and to enter in the hospital, if they believe it necessary for my health.
9. I authorise the organization to use any photo, recording or filming of myself. And for that, not receive any compensation in return.
10. Before or during the circuit I am not going to take any consumed illegal substances, considered as doping for athletics federations. I allowed to do any doping control at any time.
11. I am aware that my race bibs is non-transferable, so that I can not give or sell to anyone else. Even in the case I can not attend to the event.
12. I have the compromise to follow all the general guidelines of respect for others and the environment, that are listed below:
 - a) Running wisely and according to the rules established because I know that the roads are opened to the traffic.
 - b) Running slowly when there are people, animals or vehicles.
 - c) Do not disturb the natural process and the functioning of ecosystems.
 - d) Impaired biotic resources, geological, cultural, and in general, natural landscapes.
 - e) Avoid or skip the sensible natural areas.
 - f) Perform the physiological needs in appropriate places, or in any case, out of the water fill points and far to the meeting points.
 - g) Not cause fire or risk fire hazards.
 - h) Not use any installation or structure that leaves a permanent imprint on the ground.
 - i) Do not throw or leave solid or liquid waste outside of the garbage designed areas.
 - j) Do not leave the marked track.
 - k) Close the fence or cattle that I was forced to open in my step.

In _____, ____th of _____ 2019.

Signed
NAME

NUMBER ID