



Personal statement 2019

The undersigned

Born The

City Via

Mail

Province Zip code Nation

Enrolled in the race: Mid Distance 55 km (60 km) Short Distance..... Man + Dog.....

-I declare that I am aware of the distances of the race in question, its characteristics of the mountain environment in which it takes place, the possibility of meeting different climates (sun, heat Rain, cold), that his length will see me run at night and bring with me the material Required for the duration of the competition.

-I declare not to use any type of doping substance.

-To be in possession of the medical certificate specified below.

-to have informed the organization of possible medical pathologies that concern me and to download for which

The organization from any medical problem that I might have during the competition.

Signature

Race date

The document does not apply as a registration form

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