



## DECLARATION OF COMMITMENT / TAKING RESPONSIBILITY

Surname ..... Name .....

Born in ..... Date of Birth ...../...../.....

### **I DECLARE**

- to be conscious of the length and specificity of the Dolomiti di Brenta Trail (of which I rated the location, the terrain, the elevation profile) and be prepared to deal with that route;
- to have acquired, before registering to this event, personal autonomy in the mountains in order to manage in the best way possible the problems related to this type of activity (for example: knowing how to tackle alone, without help, climatic conditions which can become difficult because of altitude, wind, cold, fog, rain or snow, and be able to handle, even if isolated, physical or psychological problems due to fatigue, gastrointestinal problems, muscle / joint pain, minor injuries); to be therefore aware that the Organization's role is not to help a runner to handle these problems and that in trail running security depends on the runner's ability to predict these matters and to handle any resulting need;
- to commit to assist any participant who may incur in difficulties along the way by respecting the principle of mutual aid as a fundamental principle in the practice of trail running;
- to be aware of the need to have with me all necessary equipment to deal with the difficulties that may arise during the event; I undertake to accept and follow the instructions that will be provided by the promoters of the event;
- to accept all decisions taken by the promoters of the event including a possible modification of the proposed route or the cancellation of the event;
- to be aware that every choice and action that I will make in the course of the event will be a personal choice and action, of which I take each and exclusive responsibility;
- to consequently absolve, by signing this declaration, the organization and its governing/executive bodies, from the responsibilities that may in any way arise as a result of my participation in the Dolomiti di Brenta Trail for any damage that may occur to me or that I may cause to third parties in the performance of the race.

### **I COMMIT**

to engage in a respectful conduct and respect of the environment, and in particular:

- to respect the rules of the competition stating that I have learned them well;
- not to use doping substances and wrongly self-medicate;
- not to exceed my limits, so as not to impair my physical and moral integrity;
- to carry with me all mandatory equipment listed by the organizers for the entire duration of the competition;
- never to throw anything on the ground;
- to stay on the paths to preserve the flora;
- to respect the wildlife in particular avoiding shouts and loud noises;
- to comply strictly with the rules of the park / nature reserve.

### **I AUTHORIZE**

- the organization of the event Dolomiti di Brenta Trail to the processing of my personal data in compliance with the current legislation and for the purposes related to the event;
- the use of my image to promote the event on any kind of means, by giving up to any rights and claims in any way connected with such use.

Date ...../...../.....

Signature .....