



Specification DISCLAIMER AND CERTIFICATE OF FITNESS Costa Brava Xtrem Running 2012

I _____ Dorsal _____ i DNI _____

Through this document states:

1. I have read, understood and fully accept the Rules of the sporting event called the Costa Brava Xtrem Running 2012, to be held between 18 and 20 May 2012. These regulations can be found posted on the official website of the race: www.cbxr.es

2. I am physically well prepared for the competition, I enjoy a good health and not suffering any illness, physical defect, disease or injury that may aggravate cardiovascular breathing as a result of my participation in this test . If during the course suffered some injury or other circumstances that could seriously damage my health, I will inform the Organization as soon as possible.

3. I am fully aware of the hardness of the test, the route and profile of it, which I could consult the website of the race: www.cbxr.es

4. I am aware that this type of competition involving an additional risk for participants. So are attended voluntarily and with their own initiative, assuming full risk and the consequences of my participation.

5. Which has the physical ability and technical skills sufficient to ensure my own safety, the conditions of autonomy in which the test is developed. They also have sports equipment and the security required by the organization, ensuring that it is in good condition, I know to use it properly and that I shall wear on me throughout the competition.

6. I agree to comply with standards and security protocols established by the Organization for the Costa Brava Xtrem Running 2012, in which took part and to maintain responsible behavior that will increase the risks for my physical or psychological integrity. I will acataré instructions and decisions to take the responsibility of the Organization (judges, doctors and organizers) on security issues.



7. To authorize the medical test in which I practice any care or diagnostic tests you may need, or not being able to apply it. Given your requirements, I undertake to leave the test if they believe it necessary for my health.

8. To authorize the Organization of the test to use any photography, filming or recording is made, provided it is limited to my participation in this event, and not receive any compensation in return.

9. Before or during the test is not consumed illegal substances, considered as doping by athletes and federations of Mt. The organization may spend the first three classified anti-doping control.

10. That my back is personal and not transferable, so you can not take any other participant or person in my place.

11. To participate voluntarily and under my own responsibility in the event. Therefore exempt or exempt from any liability to the organization, partners, sponsors and other participants, any material or physical damage occurring to my person and therefore waive any claims or demands against the said .

12. I agree to follow the general guidelines of respect for the environment that are listed below:

- a) Transit carefully tracks and roads open to traffic.
- b) Transit slowly in the presence of people, animals or vehicles.
- c) cause alterations in the processes and the natural functioning of ecosystems.
- d) damage the biotic resources, geological, cultural or general landscape.
- e) Dodge and avoid environmentally sensitive areas.
- f) Perform the physiological needs in the appropriate fields, or in any case, out of the water and away from places of passage or meeting people.
- g) No fire or cause fire hazard situations.
- h) not use or install any structure or item that leaves permanent mark on the environment.
- i) Do not leave objects or spill liquid or solid waste out of the racks specifically for the collection of these.

Blanes 18 May 2012.

SIGNATURE