



DISCLAIMER AND KLASSMARK FITNESS CERTIFICATE

By means of this document I HEREBY DECLARE:

1. That I have read and fully accept the rules and regulations of the The Traka organized by KLASSMARK. These regulations can be found published on the official website: www.thetraka.com
2. That I am sure that I am physically and psychologically well prepared to perform the test. That I follow the appropriate medical controls to ensure that I am in good health and that I do not suffer from any illness, allergy, physical defect, injury or cardiorespiratory condition that would make my participation inadvisable.
3. That I am fully aware of the hardness of the race, the route, profile and distance of the same, which I have previously consulted on the website of the race.
4. That I am aware that this type of race involves a risk for the participants. Therefore, I attend voluntarily and under my own responsibility, assuming all the risks and consequences derived from my participation. Therefore, I exonerate from any responsibility to the organization, collaborators, sponsors and other participants, for any physical or material damage that occurs in my person; Therefore, I renounce to file a complaint or lawsuit against the aforementioned.
5. That the owners of the land, mountains and farms through which the race takes place, are not responsible in case of accidents and are exempt from liability. Que dispenso dels coneixements i de la destresa tècnica suficients per garantir la meua pròpia seguretat, tenint en compte l'entorn natural i les condicions d'autonomia de la prova.
6. That I have the sports and safety material required by the organization in accordance with the regulations. I guarantee that the material is in good condition, that I have the knowledge to use it properly, and that I will carry it with me throughout the event.
7. That I commit myself to comply with the rules and safety protocols established by the organization, as well as to maintain a responsible behavior that does not increase the risks to my physical or mental integrity. I will follow the instructions and abide by the decisions taken by those responsible for the organization (judges, doctors and organizers).
8. That I authorize the Medical Services of the race to perform any treatment or diagnostic test that they consider appropriate at any time during the race, whether I have requested it myself or not. In view of their requirements, I agree to abandon the test and allow my hospitalization, if they deem it necessary for my health. Que autoritzo a l'organització de la prova a realitzar i utilitzar qualsevol fotografia, filmació o gravació que es faci, sempre i quan estigui exclusivament relacionada amb la meua participació en aquest esdeveniment, i a no percebre cap tipus de contraprestació a canvi.
9. That before or during the race I will not consume prohibited substances, considered as doping by the cycling and mountain federations. The organization can pass an antidoping control to any participant.
10. I am aware that my race bib is personal and non-transferable, therefore I will not give it or give it to anyone else. This includes the case that I will not be able to attend the race.

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11. The owners of the trails along the routes are not responsible for any incident, damage or injury that may occur. The organizers exonerate the owners of any responsibility associated with the use of these paths.
12. That I commit myself to follow the general guidelines of respect for others and the environment, which are listed below:
 - a) Transit with caution and according to the road rules, on roads and highways open to traffic.
 - b) Transit, little by little, in the presence of people, animals or vehicles.
 - c) Not to provoke alterations in the processes and in the natural functioning of the ecosystems.
 - d) Not to deteriorate the biological, geological, cultural or general resources of the environment.
 - e) Avoid or avoid environmentally sensitive areas.
 - f) To carry out physiological needs in suitable places, or in any case, away from water points and far from places where people pass by or gather.
 - g) Do not light fires or provoke situations of fire risk.
 - h) Do not use or install any type of structure or element that leaves a permanent imprint in the environment.
 - i) Do not fill or abandon objects or solid or liquid waste outside the places expressly enabled for the collection of these.
 - j) Do not leave the marked route.
 - k) To close the tanks or branches for animals that I am obliged to open in my path.