



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 Traka. 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 dispo dels coneixements i de la destresa tècnica suficients per garantir la meva 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 meva 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.

THE TRAKA ADVENTURE

It is a non-competitive bike ride, where the organization provides a route and is exempt from liability:

1. I am aware that I must comply with traffic regulations.
2. I understand that in adverse weather conditions such as rain, wind, cold, or heat, I must take shelter, stop, and not put my physical integrity at risk.
3. I am fully aware that all responsibility falls on me.
4. I am fully aware that in an adverse situation, I must act like any other person.
5. I am fully aware that in the event of river flooding, fires, traffic accidents, or roadworks, I will act responsibly like any other person and recalculate the route to continue if possible.
6. I am fully aware that any accident or mechanical failure is my responsibility.
7. I am fully aware that if I abandon the event, I must return by my own means, seeking the most appropriate public transport.
8. I am fully aware that drafting behind another participant is prohibited.
9. The Traka Adventure is a ride where all traffic regulations and local laws must be followed, both day and night. If you leave the route, it is strictly forbidden to ride on highways and motorways. **REMEMBER!** Leaving the high mountain area to return to Girona means that vehicles must use the highways N-260 TÚNELS DE COLLADO and A-26 Olot to Besalú.

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10. On the route, you may encounter unexpected situations, some risky and others not, such as fires, traffic accidents, roadworks on paths or roads... It is important that you mentally prepare to be one of the participants and respect the instructions of the authorities or the competent persons at that moment. If you leave the route and recalculate due to such an adversity, nothing happens.
11. The ride passes through high mountain, mid-mountain, coastal, and flat areas. Keep in mind that the weather varies greatly depending on the zone; the difference between high areas and the coast can vary by up to 20 degrees, and at night by up to 30 degrees. Therefore, be aware that during the hours you are on the route, you may encounter adverse weather conditions such as rain, snow, hail, thunderstorms, high temperatures, or unexpected river flooding.
12. The adventure has no aid stations; you must be self-sufficient. You can stop to recharge and buy, but external assistance is not allowed. Pre-booking accommodation or restaurants before the event is not allowed, nor is receiving help from another participant, such as being towed with elastics, ropes, or pushed by hand.
13. In case of medical emergency or mechanical failure of your bike, you can take whatever transport you consider necessary. Remember that if you continue, you must do so from the same point where you left the route.
14. In the pairs category, support is allowed, but you cannot be towed by a rope, handle, or elastic band. If one of the two components abandons, the companion may continue, but will not be classified with any time.
15. At The Traka Adventure, the organization will not provide any insurance and is not responsible for any damage that may occur directly and/or indirectly to you or third parties. It is mandatory to have insurance, and for that, you must consider that it must cover:
 - a) Riding a bike both day and night.
 - b) Keep in mind that all responsibility lies with you.
 - c) The insurance must explicitly include: death and good medical coverage for at least 6 months.
 - d) If you are from a country other than the event location, the insurance must cover extradition and repatriation.
 - e) Our office will be available 24 hours a day for 4 days, monitoring every move of each participant, so it is mandatory to keep your phone on in case we need to contact you.
 - f) Also, a security team will be ready 24 hours a day for any emergency, but remember that if you have a mechanical or fatigue problem, you must be self-sufficient to return to Girona.
 - g) Your bib number has a phone number for the organization that you can call in case of emergency, 24 hours a day. Obviously, we do not have ambulances distributed along the 560 km, as it is impossible to cover such a large perimeter, but we do have experience in activating our emergency service and can rescue you by air or land depending on the severity.
 - h) If you don't take risks, you have a challenge ahead of you that will leave you with memories for a lifetime. At least, we have worked to make that happen, so our main goal is safety and ensuring everyone returns home after experiencing unique moments.