



NAME	
SURNAME	
NUMBER ID	
PHONE NUMBER	
RACE	

The following participant _____, with full knowledge of the consequences of law 1599/86, and with my declaration of participation in the Two-Day Mountain Running Race with the distinctive title "Methana Volcano Challenge", which will take place on the weekend of October 23 and 24 in Methana , I accept and declare responsibly of the following:

1. I am in excellent physical condition and I have make all the necessary medical examinations, in order to participate safely in this race, as I have complete a heart check up, etc. over a period of 6 months.
2. I have the necessary knowledge and experience from trail running races and the requirements of a trail run race, so that I can complete the race safely.
3. I take full responsibility in case of an accident during the race, which is completely exempt from the organizers of the race, as well as anyone who assists in this organization, sponsors, judges, volunteers, security staff and others, no matter how diligence they might show in order to watch and prevent any possibility of accident throughout the race.
4. I became aware of all the regulations of the race which I accept without any reservation.

...../...../202..

The declarant