

**EXCLUSION OF EXTRA-CONTRACTUAL CIVIL LIABILITY**

Name and surnames: .....

Date of birth: ...../...../.....

I.....  
with ID number ..... hereby wilfully and voluntarily  
acknowledge:

1. That as a runner participating in this event I am aware of the inherent risks of this race.
2. That I am aware that the safe exercise of this sport requires to be in good health for its practice, frequent training and personal discipline. I therefore declare to be in good and optimal health for the practice of this sport and I declare not to suffer any illness or serious injury that may adversely affect the adequate practice of these type of races.
3. In view of the foregoing, I assume full exclusive and personal responsibility for the risks of this race and I take responsibility for the results arising from the failure of compliance with the above stated and from any act, accident, injury or circumstance arising during this competition.

Date: ...../...../.....

Signature: .....