

Participant in Laugavegur Ultra Marathon 2017

With my signature, I confirm the following:

- I certify, that I am fit, both physically and mentally, for the completion of the Laugavegur Ultra Marathon.
- I am wholly aware of the length and specificity of the Laugavegur race, that goes through the Icelandic highland and out of inhabited area.
- I know how to deal with harsh and difficult weather conditions, wind, cold, fog, rain, snow and other adverse weather conditions.
- I have studied the information on marathon.is about the cut off time, and I am aware of the 4 hours cut off time in Álftavatn (22 km) and 6 hours in Emstrur (38 km). I know that the cut off time has no exceptions, and that there is the same time limit for all participants.
- I am aware that the role of the organizers and their staff is not that of assisting an individual participant in their fatigue or lack of experience in training, energy or proper clothing. I understand that safety is depended on the runner's capacity to deal with unpredictable situations.
- I have read, understood, and accepted the 2017 Laugavegur Ultra Marathon race rules.
- I agree to follow the instructions given by the race staff and accept the assistants they think is necessary for the safety of myself and other participants.
- I waive and release any rights and claims for damages I may have against the 2017 Laugavegur Ultra Marathon and the race organizer, Reykjavik Marathon, any staff member or co-sponsor of the run for any injuries, illnesses, accidents or other unpredictable incidents I may suffer from during the 2017 Laugavegur Ultra Marathon.

Name: _____

Date of birth: _____

EMERGENCY INFORMATION FOR THE 2017 LAUGAVEGUR ULTRA MARATHON

Please contact the following person in case of emergency and remember the country code

Name: _____

Telephone #1 _____ Telephone #2 _____

In Iceland I'm staying with/at _____

Address: _____

City/town: _____ Postal code: _____