

MAGALIESBERG CHALLENGE

Indemnity

I, the signatory, hereby acknowledge and understand the rules of running this race over the rough terrain of the Magaliesberg and surrounds. In consideration of the acceptance of my entry, I for myself, my executors, heirs, administrators and assigns do hereby release and discharge the Race Organisers, Energy Events, Van Gaalen's Cheese Farm, any and all sponsors, any and all volunteer groups, and all local authorities from all claims for injuries, damage or property loss I may suffer caused by negligence of any of them and arising out of my participation in this event, including pre- and post-race activities. I am physically fit and sufficiently trained to participate in this endurance event and assume all risks of such participation. I do not have any current heart ailments, or history of such. I specifically direct that should evacuation from the route be required, such rescue service costs incurred, if any, will be for the account of the signatory.

Race Rules

1. All entrants for the 50km and 36km race must be 18 years or older on the day of the race to enter.
2. If under the age of 18, your Parent/Guardian must sign the indemnity.
3. The race map is available and should be carried by anyone unsure of the route.
5. All race numbers must be worn on the front of your t-shirt and visible at all times.
6. No Personal seconding is allowed, thus on the Challenge you must be self-sufficient.
7. **SHORT CUTS:** there will be a number of check points along the route to ensure that individuals do not take short cuts. If you do, you will be DSQ! So ensure you know the route.
8. 22km, 36km and 50km Race - you are required to take a charged cell phone, a minimum of 1 litre of water carrying capacity, emergency nutrition (sarmie, energy bar - not just gel sachet) on this leg and appropriate weather gear (if it is cold and raining you must have a rain coat, not just a wind-breaker).
9. Each individual is responsible for carrying their own litter off the mountain; absolutely no litter will be tolerated.
10. All the land owner rules must be adhered to. Sorry, no dogs on the run.
11. Participants indicate acceptance of the rules of Magaliesberg Challenge, by their signature on the entry form.
12. Cut off times will be advised. The Mountain marshals have the right to turn you around from ascending, if you are not in good health - i.e. dehydrated, over-exhausted and / or dizzy.

13. Prize Giving will be at the Start / Finish venue around lunch time. Be there to claim your prize.

14. Race Numbers are collected at the Base camp venue of Van Gaalens.

15. No refunds, substitutions or changing race distance once you have entered.