

SALOMON BASTILLE DAY TRAIL RUN

Indemnity

I, the signatory, hereby acknowledge and understand the rules of running this race over the rough terrain of the off road trails. 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, Franschoek Municipality, Department of Water Affairs, the landowners, Salomon, Cape Nature and 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 understand the conditions can be extreme. I do not suffer from any heart issues. 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. Follow the designated and marked route only. The 50km and 35km route for experienced trail runners - Sorry, no juniors U18. 15km route for beginners and 25km for intermediate trail runners.
2. Obey all instructions from marshals. Failing to listen to instructions, may award you a disqualification.
3. Prize winners can only be from Batch A. Please choose your batch upon entering?
4. You are required to be self-sufficient with water and nutrition - do not rely on water tables, there are none, this is trail running. There is fresh water in the streams which is pleasant and safe to drink.
5. Equipment - you will need the appropriate gear for the weather on the day. This may be a windbreaker, or a full-blown raincoat and thermal under garments. Be prepared!
6. 25km; 35km; 50km runners should take a space blanket, basic first aid kit, and a cell phone (although reception is sketchy).
7. Keep in mind that you are responsible for your own well-being on the trail. Be mindful of your condition and only do what your body allows. If you have a heart condition or other medical issue, let us know in advance.
8. Absolutely no litter will be tolerated. You can help by picking up any dropped items.
9. Respect Animals - Do not disturb or harass wildlife. Animals scared by your sudden approach may be dangerous.
10. Sorry, no dogs on the run.

11. Be friendly to other trail runners, if you see any.
12. Please do not pick wild flowers, chip rocks or gather any other artifacts or trophies. Take photos, leave footprints.
13. Participants indicate acceptance of the rules of The Salomon Bastille Day Trail Run by their signature / click on the entry form.
14. No refunds, substitutions or changing race distance once you have entered, unless requested. Please note: you will be forfeiting the additional costs if downgrading.
15. Race Registration table opens at 6:00am, at the start venue, top end of Berg River Dam. Equipment check before you start.
16. Start times: 50km at 6:30; 35km at 7:00; 25km from 8:00am (start groups); Short Course 15km from 9:00am (start groups).
17. Prize giving and Race feedback is at 12 noon, weather dependent.