

## **TABLE MOUNTAIN CHALLENGE**

### Indemnity

I, the signatory, hereby acknowledge and understand the rules of running this race over the rough terrain of Table Mountain. 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, Abseil Africa, Table Mountain National Park, 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 enquired, such rescue service costs incurred, if any, will be for the account of the signatory.

### Race Rules

1. All entrants must be 18 years or older on the day of the race to enter the Solo category.
2. If under the age of 18, your Parent/Guardian must sign the indemnity.
4. All race numbers must be worn on the front of your t-shirt and visible at all times.
5. Personal seconding is only allowed at these transition points, thus on the Challenge you must be self-sufficient.
6. 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.
7. You are required to take a charged cell phone, a minimum of 1.5 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).
8. Each individual is responsible for carrying their own litter off the mountain, absolutely no litter will be tolerated.
9. All the National Parks rules must be adhered to. Sorry, no dogs on the run. We have no priority on the trails over other users, please be considerate.
10. Participants indicate acceptance of the rules of The Table Mountain Challenge, by their signature on the entry form.
11. We reserve the right to exclude any runner, at any time from the event.
12. Prize Giving will be at 2pm. Be there to claim your prize, also many lucky draws, random competitions and gifts.

13. Please note: we do not offer refunds. Any subs, team edits or changes will be charged at a R100 fee per change.

14. 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, you are not allowed to start this event.