

In order to participate in the 3rd FunTrails Round Minano 50K/30K, you will need to sign this pledge. Please read the pledge and check the health check sheet and the checklist of essential equipment. If you agree with everything, please sign it yourself.

Pledge

【Details of the pledge】

1. I agree to and comply with the terms and conditions of participation, precautions, and agreement to participate in the tournament website.
2. I will pay attention to my health, be in perfect physical condition without heart disease, etc., and participate in this tournament after having sufficient training. Submit a health check sheet at the time of reception.
3. I have no objection to receiving first aid if I am injured, have an accident, or become ill during the Games. In addition, I agree that my compensation is within the scope of the insurance taken out by the tournament organizer.
4. If you injure yourself or cause injury to another person, you are responsible for the injury and will not claim related expenses or damages from the organizer.
5. In the event of an unforeseen event such as a natural disaster such as an earthquake, bad weather, illness, incident, accident, etc., the organizer may change or reduce the course or cancel the event at its discretion.
6. We will not challenge the organizer's decision to request rescue from the police or fire department. In addition, we will not claim rescue costs or compensation for damages from the organizers.
7. I will not have another person run in my place (substitute runner).
8. I will bring my designated mandatory equipment to the competition.
9. I will strive to protect the natural environment and comply with rules such as not deviating from the trail and prohibiting overtaking where necessary for nature conservation.
10. I also accept that I will be disqualified for violating the pledge.

I (the participant) will participate in the tournament by understanding the contents of the pledge.

May 2024

Name	number	Name of parent or guardian (if the person is a minor)
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- It will not be used for any other purpose without the consent of the submitter.
- It will be discarded approximately one month after the end of the tournament.
- If there is no abnormality in the state of health, ✓ "○" if there is an abnormality. Please fill it out.
- If you have any of the above, please do not participate.

Checking your health status

item	
There are no coughs, sore throats, or other cold symptoms or feeling unwell.	

Must-have equipment checklist ※Please check each item.*All items are required.

[! caution !] If it is found that there is a shortage of mandatory equipment, you will be disqualified for any reason and will not be allowed to run on the race course.

- ① The mobile phone number that you provided at the time of entry
- ② Portable cups (150cc or more)
- ③ 1L or more of water (when starting and departing each aid station)
 - ※PET bottles are not allowed (items with removable suction spouts)
 - ※When replenishing, to avoid contact with the point where the mouth is attached.
- ④ Food you need for each person * Reference: 2 gels × your own estimated race time, etc.
- ⑤ 1 light and spare batteries
 - ※The spare battery can also be a mobile battery. However, it must be able to be lit while charging
- ⑥ Survival Blanket (130cm or more × 200cm or more)
- ⑦ whistle
- ⑧ Taping tape (80 cm or more × 3 cm or more)
- ⑨ Portable toilet * If used, it can be obtained with aid points.
- ⑩ Course map (can be downloaded from the tournament website or a smartphone or watch with GPX installed)
- ⑪ Hooded rainwear (jacket)
 - ※GORE-TEX, etc., which has a breathable function and waterproof seams with seam tape.
- ⑫ First aid kit (bandages, disinfectants, etc.)
- ⑬ Health insurance card (photocopy is not allowed) *Original passport for foreign nationals
- ⑭ Zack carries it on both shoulders that can store essential equipment and equipment that he needs individually. Katakake sack is not allowed.

Name (If you are printing on one side, please sign here as well.)