

To participate in the FTR Chichibu & Okumusashi 100K/30K, you need to sign this pledge. Please read the pledge and also check the health check sheet and the checklist of essential equipment. If you agree to everything, please sign in your own handwriting.

written oath

【Contents of pledge】

1. I agree to and will abide by the conditions of participation, precautions, participation agreement, and measures against new coronavirus, etc., as stated on the competition website.
2. I will pay attention to my health condition and participate in this event after having trained sufficiently and being in perfect physical condition with no heart disease, etc. I will submit a health check sheet at registration.
3. I have no objection to receiving first aid in the event of injury, accident or illness during the event. I further accept that any compensation to me will be covered by the insurance taken out by the organisers of the competition.
4. If I am injured or cause injury to others, I accept responsibility for my own injuries and will not make any claim against the organisers for related costs or damages.
5. In the event of unforeseen circumstances such as earthquakes or other natural disasters, bad weather, illness, incidents or accidents, the organisers reserve the right to alter or reduce the course, or cancel the event at their discretion.
6. The organiser will not appeal against the decision to call the police or fire department for rescue. We will not claim rescue costs or compensation for damages from the organisers.
7. I will not allow another person to run in my place (substitute runner).
8. I will take part in the event with the specified equipment.
9. I will endeavour to protect the natural environment and will abide by rules such as staying on the trails and not overtaking where necessary for nature conservation.
10. I accept that I may be disqualified for violating my pledge.

I understand the content of the pledge and will participate in the competition.

Date: _____

Name	bib number	Name of parent/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.
- The information will be destroyed approximately one month after the end of the competition.
- Please enter "✓" if you have no abnormalities in your health condition and "○" if you have abnormalities.
- If applicable, please refrain from participating in the event

Health checks.

item

No common cold symptoms or physical symptoms such as cough, sore throat, etc.

Checklist of essential equipment

※Ensure that they can be possessed during the race.
Please indicate ✓ check in each.

【! Attention!】 If you are found to be short of the required equipment, you will be disqualified for any reason and will not be allowed to run on the competition course.

- ① Cellular phone with the number you reported at the time of entry
- ② Portable cup (150cc or more)
- ③ 1L or more water (at the start and when leaving each aid station) (No plastic bottles (with removable suction cups) to avoid contact with the mouthpiece when refueling at the aid stations.
- ④ Water, salt, and energy necessary for each runner
- ⑤ Survival blanket (at least 130cm x 200cm)
- ⑥ whistle
- ⑦ Taping tape (80cm or longer x 3cm or longer)
- ⑧ Portable toilet *If used, available at aid points.
- ⑨ Course map (download from the event website or use a smartphone or watch with GPX uploaded)
- ⑩ Rain wear with hood (jacket and pants) GORE-TEX or other waterproof/breathable material with seam-taped seams.

(FTR30: Jacket only.)

- ⑪ First aid kit (bandage, antiseptic, etc.)
- ⑫ Original passport
- ⑬ Transportation expenses when retiring

*Ashigakubo ⇒ Seibu-Chichibu 190 yen / Higashi-Gono ⇒ Seibu-Chichibu 320 yen / Naguri ⇒ Seibu-Chichibu 1,490 yen

- ⑭ Light and spare batteries **(FTR100: 2 sets, FTR30: 1 set)**

*Spare batteries can be mobile batteries. However, the lights must be able to be turned on while being recharged.

* Additional lights may be carried instead of spare batteries.

- ⑮ A sack to be carried on both shoulders that can hold the required equipment and personal gear.
- ⑯ Long-sleeved shirt for protection from the cold. Cotton or light underwear is not acceptable.
- ⑰ Long tights for protection from the cold. Tights covering up to the knees and long socks up to the knees are acceptable.
- ⑱ Gloves for warmth and hats that cover up to the ears. Caps, headbands, etc. are not acceptable.
- ⑲ Reflective plates (to be worn on the backpack to be easily recognized by vehicles driving at night).

※① to ⑲ are all required equipment for the FTR100.

※For FTR30, items ① to ⑮ are compulsory equipment. ⑯ to ⑲ are to be determined according to your own running ability and the weather conditions.

Name