



To participate in the Ayabe Suigen no Sato trail run50K/15K, you need to sign thispledge.

Please read the pledge and also check the 'Health Check' and 'Essential Equipment Checklist' on the reverse side. If you agree to everything, please sign in your own handwriting.

pledge

【Content of pledges】

1. I agree to and comply with the terms and conditions of participation, precautions, and consent to participate in the conference 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.
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 an earthquake or other natural disaster, 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 understand the content of the pledge and will participate in the competition

Date: _____

Name	Bib number	Name of parent/guardian ※If you are under 20 years old



- 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 are no abnormalities in your health, please fill in "✓".

Checking your health status

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

Checklist of essential equipment

- It is mandatory to have items ① to ⑭ in your possession during the race.
- When you are ready, please tick each of these items.

【Attention】 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)

* It is recommended to use flasks and bottles.

④ Food needs for each person *Reference: Amount of energy required (race time × 2 – number of aids)

⑤ Survival Blanket (130cm or more × 200cm or more)

⑥ whistle

⑦ Taping tape (80 cm or more × 3 cm or more)

⑧ Portable toilet * If used, it can be obtained with aid points

⑨ Course map (Please download from the tournament website) Smartphones and GPS Watches are also acceptable.)

⑩ Hooded rainwear (jacket)

* Seam taped and waterproof and breathable items

⑪ First aid kit (bandages, disinfectants, etc.)

Passport (original) (We recommend that you take out overseas travel insurance, etc., just in case)

⑬ Light and spare batteries (Ayabe 50K only)

*The spare battery can also be a mobile battery. However, it must be able to be lit while charging

*Ayabe 50K players only. Ayabe 15K players are not required equipment.

⑭ A backpack to be carried on both shoulders that can hold mandatory equipment and personal equipment.

*Waist pouches and shoulder backpacks are not permitted.

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